It’s just not fair. Ah! We were young and naïve and so easily drawn to those irresistible hot rays on our bodies and the relationship seems perfect. But what started out as a love affair with Mr. Sun changed through the years to reveal a dark side with brown spots, wrinkles, and rough and saggy skin. You might be surprised to find out that our exposure to the sun causes 80 percent of our skin damage which the skin can no longer protect itself like it once did. Your skin is the largest organ of your body, and it deserves your attention. What you do for your skin on a daily basis can make or break your appearance. I’ve treated a lot of women (and men) who are under the false impression that getting Botox every few months is all they need to do to look good. Yes, they correct or soften the wrinkles on their forehead and around their eyes, but their skin looks horrible. Fortunately, with today’s advanced technologies, there is hope to reverse the sun’s damage and get back healthy, pretty skin. Maintaining a home skin-care regimen is vital if we desire healthy skin. Also, your daily program should be easy, affordable, and make a visible difference. One of the most world-renowned dermatologists has developed a new skin-care line, and we have fallen in love with it here at Medical Cosmetics. ZO SKIN HEALTH skin care by Dr. Zein Obagi is here! For more than 35 years, Dr. Obagi has pioneered skin-care solutions that restore skin health and correct damage with specific treatments and home-care products. You may remember Dr. Obagi for his Obagi Nu-Derm skin-care line he created in 1988. His new ZO SKIN HEALTH line offers the highest-quality products with today’s advanced science and innovative technology. It also provides greater ease with creating a variety of customized plans for patients with visible results within 2–3 weeks. We are also impressed with the price point of this advanced line. To be specific, the most expensive item in the entire line is their amazing Daily Power Defense serum at just $150. That’s less than half of many unnamed skin-care serums on the market today—spending a lot of money doesn’t always equal results. Our medical esthetician, Michelle, is excited to meet with you and customize a program that will deliver results like you have never seen before. Michelle is known for her honest and supportive approach with clients. You may choose an aggressive anti-aging protocol or decide on a slower, gentler plan. The good part is that you decide.

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)
• Dermaplaning
• Chemical Peels
• Microdermabrasion
• Esthetic Facial Treatments
• Professional In-House Makeup Artist
• Jane Iredale Skin Care Mineral Makeup
• Medical-Grade Skin-Care Home-Care Products

Tell Me, Is It Really ‘ZO’?

Michelle is known for her honest and supportive approach with clients. You may choose an aggressive anti-aging protocol or decide on a slower, gentler plan. The good part is that you decide.

Truly, we feel so strong about this skin-care line, we are anxious to share it with you. You will learn about the principles of skin-health restoration, and with that knowledge we know you’ll get excited about restoring your own skin’s health. Call us for an appointment.

It’s just not fair. Ah! We were young and naïve and so easily drawn to those irresistible hot rays on our bodies and the relationship seems perfect. But what started out as a love affair with Mr. Sun changed through the years to reveal a dark side with brown spots, wrinkles, and rough and saggy skin. You might be surprised to find out that our exposure to the sun causes 80 percent of our skin causes.
A New Year, a New You...and a Jump-Start on Your Summer Body!
with Dr. Funk: Excellence, Experience, and Education

“IT’S A NEW YEAR and a NEW YOU. As always, I’m committed to helping my patients achieve stunning and natural-looking results,” said Dr. Funk, adding that now is the perfect time to begin planning for the summer season’s many outdoor activities—including getting ready for shorts and bathing suits!

One of those possibilities is an innovative new hair transplant system called NeoGraft®, a procedure new to Central PA and recently added to Dr. Funk’s practice. This procedure is proving to be revolutionary for men and women suffering from hair loss or thinning.

“With NeoGraft, gone is the long, highly visible scar for obtaining the tiny individual hairs. This system has wonderful potential for anyone who is looking for a fuller and healthier head of hair with a natural-looking hairline,” said Dr. Funk, adding that unlike other transplant systems, NeoGraft is virtually painless, requires a short recovery time, only has minimal scarring invisible to the naked eye, and allows for contemporary short hairstyles.

NeoGraft is just the latest addition to an extensive menu of services offered by Dr. Funk, and his experienced and compassionate staff help you feel and look your best.

“Our goal is to offer the latest techniques and cutting-edge technology for a variety of procedures, resulting in natural-looking and revitalizing outcomes,” said Dr. Funk.

According to Dr. Funk, some of his most popular surgical procedures continue to be face work, such as facelifts, and eyelid, nose and ear surgery, all intended to restore youth, easing tired features and restoring and refining hidden beauty.

Bodywork is also a common request, with each specific procedure designed to enhance the natural shape and boost confidence. Many request breast surgery, including augmentation, mastopexy (lifts), reduction or reconstruction. Common and popular body-contouring procedures include abdominoplasty (tummy tuck), brachioplasty (arm lifts) and body lift, skin-tightening procedures following massive weight-loss surgery and the ever-popular liposuction, according to Dr. Funk.

Additionally, in recent years, Dr. Funk noted there’s been a rise in the popularity of nonsurgical procedures, such as SculpSure® and CoolSculpting®, both innovative techniques designed to target and reduce stubborn fat deposits, resulting in a noticeably slimmer appearance without requiring surgery or a recovery period.

And of course, there’s a number of nonsurgical, noninvasive options to brighten and rejuvenate facial appearance. TempSure (the new Pellevé®) and Ultherapy® are designed to help tighten milder degrees of relaxed face and neck skin. TempSure can also assist in softening fine crepiness of the skin of the arms, thighs and abdomen.

“All of our facial fillers, including Juvederm®, Restylane®, Voluma®, Sculptra®, and neuromodulators Botox® and Dysport®, are physician-performed, restoring loss of facial volume and adding rejuvenating results with little or no recovery time,” said Dr. Funk.

Kybella can be used to melt away excess fat under the chin.

“We also offer a number of skin-tightening procedures, including Fraxel® Dual and PicoSure®, which is also one of the best laser tattoo-removal devices. Both of these procedures offer faster recovery times with amazing results,” continued Dr. Funk.

Have you or a loved one thought about refreshing your look? Are you looking to have your confidence restored for 2019? Do you want to approach the summer months with self-assurance? If so, contact Dr. Funk at one of his offices in Lancaster, York, and Camp Hill/Harrisburg, or visit his website at www.drfunc.com.
Did You Know That Diabetes and Hearing Loss Are Related?

Medical Marijuana Update

Medical marijuana (cannabis) has been legal in Pennsylvania for over seven months. The program is up and running as both growers and dispensaries are open for business, and over 85,000 Pennsylvania patients have been certified to purchase marijuana in order to treat various medical conditions. The initial diagnosis list has been expanded from 17 to 21 different medical conditions. Added to the initial list are opioid use disorder, terminal illness, dyskinetic disorder, and neurodegenerative disorder. More than 30 physicians in Lancaster County have completed the mandatory education and are eligible and registred to evaluate and recommend patients for certification.

On July 31st, 2018 the PA Department of Health approved 13 new marijuana growers and 23 new dispensary permitees as Phase II of the program is now underway.

Dry leaf (also known as flower or whole plant) marijuana has now been added to the different forms available. This product is vaporizable and is more familiar and affordable as compared to the relatively expensive oils, pills, and tinctures that until recently were the only options available. The flower is traditionally smoked in joints, pipes, and bongs. State law explicitly forbids fully burning it. The processing of the plant into oils and concentrates strips away many of the cannabinoids, terpenes, and flavonoids—these are the molecules responsible for many of the beneficial effects of the drug. Vaporization (vaping) of dry leaf subjects marijuana to a lower temperature and produces fewer cancer-causing carcinogens, and is the only approved method of consuming it. Vaping requires a separate device that may cost up to $200.

Eight Pennsylvania research institutions have been chosen to conduct much-needed medical marijuana clinical trials. Clinical research is critically important to our long-term understanding of the medical marijuana program as we move forward. Currently, patients with chronic pain disorders account for the majority of registered participants. Increasing numbers of patients with postraumatic stress disorder, inflammatory bowel disease, and terminal illness are being certified. Speak with your physician if you feel that you or your loved one might benefit and be a candidate for medical marijuana. Please visit our website for additional information at www.painspecialistsoflancaster.com.

Drs. Simons and Shorter are PA Department of Health–approved physicians for the certification of patients for use of medical marijuana. For information on formal processes, approved physicians, and dispensary locations, visit the state-provided website, www.medicalmarijuana.pa.gov.

Hearing loss is a major public health concern affecting more than 36 million people. Diabetes mellitus affects an estimated 9.6 percent of the U.S. adult population and is associated with microvascular and neuropathic complications affecting the retina, kidney, peripheral arteries and peripheral nerves. It has been reported that prevalence of hearing loss in diabetic patients is twice that of nondiabetic individuals, and that vertigo, tinnitus and hearing loss in diabetic patients are likely due to inner ear diseases related to glucose metabolism disorders.

Part of the difficulty in identifying the effects of diabetes on hearing is the presence of comorbidities, such as hypertension and atherosclerosis, which could potentially affect hearing. Diabetes has been reported to induce progressive bilaterally sensorineural hearing loss with aspects similar to presbycusis, including greater hearing loss at higher frequencies. There is a link between the neuropathic and microvascular complications of diabetes and the complex blood supply of the inner ear. The auditory system requires glucose and high-energy utilization for its complex signal processing. Excess levels of glucose, or high blood sugar, causes disruption to the cochlea, or inner ear, both anatomically and physiologically. Generally, the high frequencies of hearing range are affected. Additionally, heavy smoking and a history of diabetes are associated with significantly increased odds of hearing loss. Many patients may not realize the relation between their hearing impairment and their diabetic condition. Due to the often high-frequency nature of diabetes-related hearing loss, it commonly goes undetected and unreported. Some people may feel that their hearing caused them to be less able to adapt to various activities of daily life, including making changes, trying new things, or taking advantage of opportunities. In contrast to diabetes monitoring for vision changes and neuropathy, hearing loss is not a well-documented complication of diabetes. Regular hearing tests should be an important part of monitoring diabetes. Therefore, we encourage routine annual hearing evaluations as part of the annual evaluations of blood-sugar control.
A year after their daughter was diagnosed with type 1 diabetes, Jossie and Xavier Medina share with pride how 8-year-old Gabriella Bowman has managed her condition with courage and determination.

“She’s a very strong girl. She is like our little superhero,” said stepdad Xavier.

Last year, Gabriella was experiencing excessive thirst, weight loss, mood changes, and other symptoms that indicated something was wrong.

“There was a huge change in her demeanor. She just didn’t seem like herself,” Jossie recalled.

Gabriella’s parents took her to Lancaster General Health Physicians Roseville Pediatrics, where her blood sugar tested at a dangerously high level—close to 600, which put her at risk for diabetic ketoacidosis, a life-threatening condition that occurs when a person with diabetes becomes severely dehydrated.

Her parents were instructed to bring Gabriella directly to the emergency room at Children’s Hospital of Philadelphia (CHOP), where she was expected and treated upon arrival. LG Health and CHOP have a partnership which helps make care coordination between medical teams seamless for patients and their families.

Gabriella was immediately given intravenous (IV) fluids as well as insulin to stabilize her blood sugar. The nurses explained that they were there to take care of her and help her feel better.

Over the course of the next four days, the family were taught how to manage type 1 diabetes, including how to test Gabriella’s blood sugar and inject insulin. Because she was diagnosed during the summer, the family had time to adjust to the life-changing diagnosis before it was time for Gabriella to return to school in the fall.

Gabriella now uses an insulin pump, which automatically provides the appropriate dose of insulin when needed.

She has gone from feeling initially upset about her diagnosis to inspiring others with her resilience and positive attitude. Recently, she was nominated to participate in the National American Miss pageant and advanced to the state finals. When asked by the organizers why she wanted to win, Gabriella responded that it was important to her to show other children with type 1 diabetes that they can do anything with no limits. “Type 1 is not going to stop me,” she said.

For fun, Gabriella enjoys playing outside with her younger brother and cheerleading on her community team. As part of her ongoing diabetes management, she has regular visits with a pediatric endocrinologist from Children’s Hospital of Philadelphia at the CHOP Specialty Care Center, which has two offices at LG Health’s Suburban Pavilion, offering a variety of pediatric specialties.

Go to LGHealth.org/CHOP for more information about LG Health’s partnership with Children’s Hospital of Philadelphia.
If you’d like to achieve your personal appearance goals, the experienced team at Plastic & Aesthetic Surgical Associates can help. We use cosmetic and reconstructive procedures to correct imperfections you may have had from birth or that were caused by injury or disease. No matter what your unique aesthetic goal is, our surgical and nonsurgical procedures can refine your natural beauty.

**Aesthetic Services:**
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- Enzyme Treatment
- Anti-Aging Facial
- Teen Facial with Extractions
- Classic Relaxing Facial
- Hydrating Facial
- Deep Pore Cleansing Facial
- Firming Facial
- Rosacea Facial
- Gentleman’s Facial
- Eye Treatment
- Lip Treatment
- Microdermabrasion
- Switch Treatment
- Oxygen Treatment
- Micro-Needling Treatment
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**Medical Grade Peels Offered:**
- Obagi Blue Peel®
- SkinMedica® Illuminize Peel
- SkinMedica® Vitalize Peel
- SkinMedica® Rejuvenize Peel
- The Perfect Peel
- Glytone® Eye & Lip Peel
- Glytone® Neck Peel
- Glytone® Hand Peel
- Glytone® Glycolic 30%-70%
- Salicylic
- Mandelic
- Pyruvic
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- TCA Strong

**Injectables**
- Juvéderm®
- Botox®
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- Restylane®
- Perlane
- Kybella

**Skin Rejuvenation/Laser Treatments (Cynosure Icon Laser)**

Plastic & Aesthetic Surgical Associates
1535 Highlands Drive, Suite 300, Lititz
300 Continental Drive, Elizabethtown

P: 717-625-3509
UPMCpinnacle.com/PlasticAestheticSurgicalAssociates

**GIVE YOURSELF OR SOMEONE YOU LOVE THE GIFT OF CHANGES!**

Plastic & Aesthetic Surgical Associates offers gift certificates for the full amount of one service. Call us today to discuss your goals. We can also suggest a service to surprise your loved one.

**UPMC Pinnacle**

Bryan J. Cicuto, DO
Board-certified in plastic surgery and fellowship-trained in plastic and reconstructive surgery as well as burn surgery.

Jessica Brubaker, CRNP
Faulkner Chevrolet Joins Beards for Brothers Campaign

Faulkner Chevrolet is joining with local police departments and first responders in Lancaster County during the month of November to raise funds for Beards for Brothers. The Beards for Brothers campaign was started by Officer Bill Watt, from East Hempfield Police Department who heads up the K-9 program. Each year Officers select a first responder or organization from the community who is currently battling Cancer, or provides care to those battling cancer. This year the Beards for Brothers campaign will raise money for Officer Wendell Metzler of the New Holland Borough Police Department, a 25 year veteran of law enforcement, was a Volunteer Firefighter for 23 years and an Emergency Medical Technician for 7 years. In June of this year, it was discovered he had stage four Melanoma cancer with tumors all over his body. Wendell has undergone numerous radiation treatments and is currently receiving aggressive immune therapy treatments to battle this disease. Wendell has been unable to serve his community and the costs to battle this disease are mounting.

Throughout November, Faulkner Chevrolet staff will grow out their facial hair and collect funds through the programs’ Go Fund Me page. The goal is to make a sizeable donation and join Police Officers from Akron Borough, Columbia Borough, East Calico Township, East Hempfield Township, Elizabethtown Borough, Lititz Borough, Lancaster City, Lancaster County Park Rangers, Manheim Borough, Manor Township, Millersville University, New Holland Borough, Southern Regional, Strasburg Borough, West Hempfield Township, West Lampeter Township, and Quarryville Borough along with Volunteer Firefighters, EMS, and Dispatchers from Lancaster County, PA to raise not only funds but peace of mind for Officer Metzler and his family.

Faulkner Chevrolet General Manager Chad Berger states, “We’re beyond proud to join the members of the First Responders and Officer Metzler in this wonderful initiative through Beards for Brothers.”

For inquiries, please contact Eileen Culp at 717-723-5240 and eculp@faulknerchevrolet.com or to make a donation, please visit www.gofundme.com/ beards-for-brothers-2018.

MDA 16th Annual 5K Run/Walk

ERA Preferred Properties, Inc. held their 16th annual 5K Run/Walk to benefit the Muscular Dystrophy Association (MDA) on October 6, 2018. They raised over $10,000.00 to benefit MDA! The race started and ended at the Hillside Medical Center, 250 Fame Ave. in Hanover. The community really came together to show their support for this great cause. A special thanks to Heritage/ERA Preferred Properties Real Estate, Inc., UPMC Pinnacle Hanover, Hillside Medical Center, and the South Penn Road Runners. We appreciate everyone who participated in some way to make this the most successful 5K Run/Walk in the history of this event!

The Muscular Dystrophy Association is a voluntary, nonprofit health agency dedicated to curing muscular dystrophy, ALS, and related diseases by funding worldwide research and providing comprehensive healthcare and support services, advocacy, and education for local families living with one of 43 neuromuscular diseases.

Health & Wellness

Holiday ‘Trimmings’

The holiday season is upon us. Family gatherings, work functions, and plenty of opportunities to postpone the lifestyle changes discussed at your last doctor visit. While most people enjoy the holidays, many would also say it is the most stressful time of the year. Unfortunately, busy schedules force eating on the go, and the temptation of mom's chocolate chip cookies leads the average person to gain 1–2 pounds every December. I already can envision patients admitting in January that they need a few months to get “back in shape”. As exercise program after a little too much cheating over the holidays. Some people even skip the January lab work and doctor's visit to prevent disappointment. In hopes of avoiding these situations, I’ve listed a few recommendations that could help keep your belt buckle at its current notch over the next few months.

- Do not plan on dieting after the holidays. You are more likely to eat in excess now when you anticipate a diet later.
- Weigh yourself before Thanksgiving—then try to keep your weight steady through December. It is difficult to lose weight during the holidays. If you can at least maintain your weight, you will not have to worry about dieting later.
- Stay active. It is easy to ditch your exercise routine when you are busy. Put exercise on your schedule just like anything else. Thirty minutes of activity most days of the week is the recommended frequency for everyone. A job where you are “on your feet all day” does not count—you need a brisk walk, jog, or bike ride to get your heart rate up and the blood flowing. Exercise is a great stress reliever as well.
- Eat a small snack prior to parties. You are less likely to overeat if you are not starving when you arrive at the party. Similarly, do not skip meals. You are more likely to overeat at the work luncheon if you have skipped breakfast.
- While at parties, choose the small plate when going through the buffet line—you’ll end up eating less. Also, if you stand next to the chips and cookies all night, you are more likely to graze—stay away from the snack bowl!
- Allow yourself to cheat—a little. Remember food by itself does not make you gain weight—excess portions do. Limit portion size and stick to one serving of your favorite foods per meal. If you overdo it at one meal, eat sensibly the rest of the day.
- Try to cook healthy. There are many resources available via the internet, books, and newspaper to make your favorite recipes healthier. Using apple sauce rather than oil in baked goods is a popular example.
- Remember, drinks are empty calories. Drinking regular soda, iced tea, or even eggnog with your meal can add several hundred extra calories per day. Alcohol is a culprit as well. Not only do alcoholic drinks add calories, but you are more likely to overindulge at the buffet if you’ve had a few drinks. Water, diet drinks, or skim milk should be your only liquid intake on a typical day.
- Make a grocery list before you shop, and stick to it. Wandering through aisles (especially the bakery) will only lead to buying things you do not need and might regret later. Get in and out of the store as quickly as possible!

The holiday season is again upon us. Family gatherings, work functions, and plenty of opportunities to postpone the lifestyle changes discussed at your last doctor visit. While most people enjoy the holidays, many would also say it is the most stressful time of the year. Unfortunately, busy schedules force eating on the go, and the temptation of mom's chocolate chip cookies leads the average person to gain 1–2 pounds every December. I already can envision patients admitting in January that they need a few months to get “back in shape”. As exercise program after a little too much cheating over the holidays. Some people even skip the January lab work and doctor's visit to prevent disappointment. In hopes of avoiding these situations, I’ve listed a few recommendations that could help keep your belt buckle at its current notch over the next few months.

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Remember, a little willpower can go a long way. Adopting even a few of these principles could help alleviate the need for that New Year’s resolution diet on January 1. Good luck!

Established in 1944, the Lancaster City & County Medical Society (LCCMS) is a profession- al association for physicians that serves to promote and protect the practice of medicine for the physicians of Lancaster County so they may provide the highest-quality patient-centered care in an increasingly complex environment.

Doctors and Patients—Preserving the Relationship

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

It really is the most beautiful time of the year! We’ve already experienced our first snowfall of the season, setting the stage for a beautiful Christmas and New Year’s!

We at Lancaster County Woman newspaper are truly blessed and want others to experience these blessings as well. For the past 20 years we’ve shined the spotlight on numerous community organizations by publishing a list of items they need to continue providing essential services to our community. This year is no exception. Check out these wonderful organizations (starting on page 25) and give generously by volunteering your time, donating supplies, or making a monetary contribution.

These organizations are the backbone of our community, and your donations ensure their continued operation, especially during the holiday season, when resources are limited and demand is high.

The Bible says, “The generous will themselves be blessed; for they share their food with the poor” (Proverbs 22:9). So give generously with gratitude for what you have been given. You will be a blessing to others, and in turn you’ll be blessed, too!

This holiday edition is full of special events, services, and products, all designed to enhance your enjoyment of the season. From beautiful holiday dresses and gowns at Bella Rose Bridal Boutique (located in the new Shoppes at Belmont), to a free Advent concert at the Jesuit Center in Wernersville, there are special products and events for you and your family to enjoy everywhere in the county.

Among the unique holiday offerings are Lancaster School of Cosmetology’s very affordable spa gift packages and Spa la Vie’s holiday stress-relieving massages and specialty skin-care treatments. Dr. Wendell Funk’s Cosmetic Surgery & Laser Center can help you become a new you in 2019…and at the same time, get a jump on summer beach weather.

Dr. William Carter’s Medical Cosmetics will help you rejuvenate sun-damaged skin and have you looking great for the holidays.

With all the excitement of the holidays, it’s easy to forget the reason for the season: the birth of Jesus Christ. We are thankful for His birth and His sacrifice to ensure everlasting life.

Please remember to pray for our soldiers and their families everywhere in the world, especially during the holidays. Many families will not be together, and our prayers and gratitude go out to all of them.

With Warm Blessings to You and Your Family for a very Merry Christmas and a Happy New Year!

JoAnn Notargiacomo

Lititz Hematology Oncology Care Welcomes Allan Davis, MD

Allan Davis, MD, has joined Lititz Hematology Oncology Care as the newest member of the practice. He received a Bachelor of Arts degree in chemistry from Case Western Reserve University in Cleveland, Ohio, and earned his medical degree from Jefferson Medical College in Philadelphia, Pa. Dr. Davis completed his hematology and oncology fellowship at the University of Pennsylvania, Philadelphia, Pa., and completed his residency in internal medicine at Mount Sinai Hospital in New York.

Dr. Davis is well known to Lancaster residents, having maintained a solo practice for over 30 years. His care philosophy is “to do good deeds and be kind to people.”

Dr. Davis is accepting new patients. To schedule an appointment at Lititz Hematology Oncology Care, call 717-625-5850.

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 UPMC.com.
A mild amount of anxiety is normal. It helps us study harder for tests, or to be more cautious in a dark alley late at night. Anxiety is adaptive and helpful in normal amounts. However, sometimes our normal anxiety gets ramped up. Our primitive fight-or-flight response switch gets triggered when it really doesn’t need to be. Our heart rate increases, our breathing becomes shallow, all of our physical resources rally to confront the danger… but there really is no danger. The “danger” switch got flipped when it didn’t need to be flipped.

This kind of anxiety for some people becomes a panic attack. Fear increases to the point where s/he thinks s/he is going crazy or is going to die of a heart attack. It becomes debilitating because once a panic attack happens, the person then becomes fearful that a panic attack will happen again and takes great precautions not to have this happen. The individual may stop going to places with a lot of people, may stop riding mass transit, and may stop interacting with friends. The fear of having a panic attack becomes all encompassing.

For others, anxiety manifests in social situations; the individual becomes increasingly self-conscious to the point of desiring to leave the situation. There are also people who become severely anxious around feared objects or animals.

There are many different forms of anxiety. If you find that the amount of anxiety you are experiencing is causing any of the symptoms above or is getting in the way of being able to work or have relationships, then it’s time to get it checked out. The first step should be to your primary care physician to make sure there aren’t any underlying medical conditions that can masquerade as anxiety. If not, then give therapy a try. Cognitive-behavioral therapy has been found to be very beneficial in the treatment of anxiety disorders. There are also some helpful visualization and grounding exercises on my YouTube channel: youtube.com/c/kellyfdennis

I hope you’ll check them out and help yourself on the journey to feeling better!
Tips on Panic and the Holidays

1. Keep in mind it will not last more than about 30 minutes. It will end in about 30 minutes, after the perceived threat is no longer perceived as a threat.

2. Change your thinking from “I’m dying” to “everything will be okay” or “I am resilient.”

3. Calm yourself with aromas such as lavender, vanilla or your favorite scent.

4. Close your eyes to limit incoming stimuli, and visualize a calming place (a garden, forest or beach).

5. Keep in mind it will not last forever. It will end in about 30 minutes, after the perceived threat is no longer perceived as a threat.

6. Change your thinking from “what if I fail” or “what if I’m dying” to “everything will be fine” and “this is a normal reaction and will end soon.”

7. Light exercise or walking can engage the body and senses.

8. Practice mindfulness by holding an object and focusing on its texture, color, smell, etc.

9. Those who experience anxiety or panic regularly may carry an object such as a small gemstone to help them stay mindful and stop a panic attack.

10. Repeat a mantra silently to yourself, or yourself such as “everything will be okay” or “I am resilient.”

11. Calm yourself with aromas such as lavender, vanilla or your favorite scent.

12. Schedule an appointment with a psychotherapist to explore and better manage anxiety.

Anxiety and panic attacks can be treated effectively with psychotherapy, specifically cognitive behavioral therapy. Seek help when a panic attack:

1. lasts longer than usual.
2. is much worse than usual.
3. is inhibiting your life, preventing you from going to work, socializing or completing daily tasks.

Cervicogenic Headaches: Are They Affecting You?

Headaches interfere in many peoples’ 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.
As you’re loading your shopping cart with school supplies and new jackets, it is also an ideal time to stock up on natural items to help ward off coughs, colds and other maladies. I’m all about new jackets, it is also an ideal time to stock up on natural items to help ward off coughs, colds and other maladies. I’m all about making easy but impactful shifts to help families address food and health challenges. And as germs descend upon us, I’ve got plenty of simple ideas for supporting your child’s immune system!

1. Crack the code for handwashing. This is one of the simplest ways to ward off colds. The secret to getting the job done is to make it fun. Try equipping your kid’s bathroom with foaming soap, or soap bars in kid-friendly shapes. Or, make handwashing a game by teaching your kids to blow bubbles through their fingers.

2. Prepare your natural medicine cabinet. Be ready at the first sign of a stuffy nose or scratchy throat. The anti-oxidant-rich black elderberry is a real immune health hero. It’s been used since ancient times in remedies for colds, coughs and upper respiratory infections. Chewable Sambucol Gummie are great for kids because they taste like berries.

Vitamin D: Supplementing becomes even more important as days grow shorter and there’s less sunshine. Plus, vitamin D3 is a natural flu fighter. Black Elderberry: It’s been used since ancient wellness.

3. Sweeten their lunch boxes without sugar. Refined sugar has a negative impact on the immune system. So instead of processed chips which may be loaded with hidden sugars, pack thinly sliced cucumbers with a side of hummus. Toss in fresh fruit slices to quell a sweet tooth.

4. Tempt them with nutritious afternoon snacks. Red apples are in season! They help clean up the liver as well as support the immune system. Serve them sliced with nut butter or sprinkled with cinnamon. Kids also love pears dipped in chocolate hummus, and Sietta tortilla chips (made with avocado oil and cassava flour) served with guacamole. Quench their thirst with smoothies or coconut water instead of sugary, caffeinated sports drinks.

5. Take advantage of opportunities to serve healthy meals at home. I know all about a packed schedule once school starts. But when meals are prepared in your own kitchen, you have more control over what goes into them. When the weather turns cold, I get excited because it’s bone broth season. Genuine, homemade bone broth helps us recover from colds and it’s my go-to afternoon pick-me-up. Pomegranates are also in season right now and they’re anti-oxidant bombs! Carrots and sweet potatoes support respiratory health, and they are freshest in the fall. And be sure to watch for seasonal heirloom tomatoes. They not only taste great in tomato sauces and gazpacho, but I pack them like candy into lunch boxes. My Nutrition School for Families online program has many more ideas and resources for transitioning from fast-food to home-cooked meals.

Making positive changes is a process. It takes time. Make it your goal to adopt one of these tips each month. Start now and by mid-winter, you may notice fewer sniffles and coughs around the family dinner table.

About the Author
Esther Blum, MS, RD, CDN, CNS, is an Integrative Dietitian and bestselling author of Cavewomen Don’t Get Fat; Eat, Drink and Be Gorgeous: Secrets of Gorgeous; and The Eat, Drink, and Be Gorgeous Project. She currently maintains a busy private practice in Connecticut where she prescribes whole food diet therapy and supplement protocols to heal and reverse chronic illness.

Widely respected as an industry expert, Esther was voted Best Nutritionist by Manhattan Magazine. She has appeared on Dr. Oz, the Today Show, A Healthy You with Carol Alt, the ISAC Show, ABC-TV, FOX- 5’s Good Day NY, and Fox News Live. Esther is an in-demand authority frequently quoted in Entertainment Online, In Touch, Time Magazine, The New York Post, The Los Angeles Times, In Style, Bazaar, Self, Fitness, Marie Claire, and Cosmo.

Esther received a Bachelor of Science in Clinical Nutrition from Simmons College in Boston and is a graduate of New York University, where she received her Master of Science in Clinical Nutrition. Esther is credentialed as a registered dietitian, a certified dietitian nutritionist and a certified nutrition specialist. She is also a member of the American Dietetic Association, Dietitians in Functional Medicine, Nutritionists in Complementary Care, and the Connecticut Dietetic Association.
EMU at Lancaster Aviation Students Benefit from Career Pipeline Interview Program with Republic Airline

 Qualified students in Eastern Mennonite University at Lancaster’s aviation program will have an opportunity to interview for job opportunities with Republic Airline under a new career pipeline interview program.

The agreement between the two partners was recently signed and is the first such for EMU at Lancaster’s newest academic program: the four-year bachelor’s degree in leadership and organizational management with an aviation concentration.

“Republic Airline is honored to partner with EMU at Lancaster as we work together to fill an industry gap,” said Valerie Penn, college relations consultant with the airline company. “With quality pilots in such high demand, Republic sees great value in supporting students in such high demand, Republic sees great value in supporting school or a prospective employer in that it gives our students a head start in their job search after completing our program,” said EMU at Lancaster Aviation Coordinator Jim Cistone. “The program is also a mark of Republic Airline’s confidence that our program is preparing qualified pilots with exemplary character and high performance standards.”

The agreement ensures that Republic Airline will notify EMU at Lancaster students with conditional offers of employment of summer internship opportunities before students in other programs.

Additionally, the two partners will cooperate and collaborate to ensure that all students meet a high standard of work ethic, flying skills, aviation knowledge, professional attitude and demeanor, and personal qualifications.

Qualifications for an interview include:
- cumulative 3.0 GPA or higher.
- letters of recommendation from EMU at Lancaster faculty.
- signing of a release allowing Republic Airline to review all academic, aeronautical, EMU at Lancaster and FAA records.

 ● meeting of standards set for other candidates applying for positions with the airline.
 ● agreement to several background checks.
 ● completion of instrument rating and instructor standardization course, and acquisition of FAA Commercial Pilot Certificate with Airplane Multiengine Land, CFI, CFII and preferably MEI certificates.

Republic Airline, based in Indianapolis, Indiana, operates a fleet of nearly 190 Embraer 170/175 aircraft and offers scheduled passenger service with approximately 950 daily flights to 100 cities in 40 U.S. states, Canada, the Caribbean and Central America. The airline provides fixed-fee flights operated under its major airline partner brands of American Eagle, Delta Connection and United Express.

Republic also has two pilot development programs: the RJet Cadet Program and the RJet Pilot Prep Program.

LHOP Names Shelby Nauman New Chief Operating Officer

The Lancaster Housing Opportunity Partnership (LHOP) has announced the hiring of Shelby Nauman as its Chief Operating Officer.

Nauman is currently Vice President at the Lancaster City Alliance, where she has been on staff for 14 years. She brings nearly 20 years of management and leadership experience including serving as Mayor Smithgall’s Chief of Staff. At the Lancaster City Alliance, Nauman concentrated on neighborhoods and community development.

“We are extremely excited to have Shelby join our team,” stated Ray D’Agostino, LHOP CEO. “We have had a great working relationship with her and the Alliance for the past several years, particularly in the SoWe neighborhood.

“She has a depth of experience with organizational management, communications and team building that will assist us as we grow in serving a more diverse and regional community,” he continued.

At LHOP, Nauman will lead the day-to-day operations of the organization, with responsibilities in team and program development, project management, communications and marketing. “Equitable housing for all Lancaster residents is something I am very passionate about and I am pleased to bring my leadership and neighborhood expertise to LHOP to further benefit the community,” said Nauman.

While our team is sad to see Shelby go, this move makes great sense for the community as we all look to address housing needs for our most vulnerable population,” said Marshall W. Snively, President, Lancaster City Alliance. “This only strengthens the partnership between LHOP and Lancaster City Alliance and ensures Lancaster remains a place where everyone has the opportunity to be a part of the story,” said Snively.

Over the past four years, LHOP has increasingly become involved in neighborhood work. As the lead agency in the south-west neighborhood (SoWe), LHOP works as the backbone support for a resident-driven decision-making board and a collaborative of organizations, including the Lancaster City Alliance, to implement a revitalization plan.

Increasingly, LHOP has developed services and lending products to assist households and communities to access and create affordable housing. “Shelby’s experience in community development and skills in communications and marketing will be important to support LHOP’s efforts in creating more opportunities for improved neighborhoods and more quality, affordable housing,” D’Agostino noted.

LHOP has 12 full-time and two seasonal part-time staff at three offices: Lancaster, York and in the SoWe neighborhood. LHOP also operates a regional loan fund in eight counties known as the Local Housing Investment Fund and Trust (LHIFT) of south-central Pennsylvania.

Nauman is a graduate of West Chester University. After graduation she started a career in television broadcasting at WGAL in Lancaster. Nauman lives in West Lampeter with her husband and three children.

The Lancaster Housing Opportunity Partnership (LHOP) is a Community Benefit, charitable nonprofit organization and certified CDFI in Lancaster County with a 25-year history of making a positive impact by assisting people in gaining access to housing and creating fair and affordable housing. With the understanding that “good housing is the foundation of a great community,” LHOP provides targeted education and training programs, financial products, and technical assistance in fair and affordable home ownership and rental housing opportunities.
Health & Wellness

The Gift of Wellness at Lancaster’s Spa la Vie

by Susan C. Beam

With their commitment to total body wellness and the goal of inspiring and empowering their clients to grow towards the best versions of themselves, Lancaster’s Spa la Vie, located at 3031 Columbia Ave., is delighted to announce the addition of yoga classes to their already extensive menu of spa services and wellness options. Whether looking to stretch your own muscles or hunting for a gift for that special someone this holiday season, Spa la Vie has it.

“Yoga is a whole different way to care for yourself. It works both the physical and the mental—you’re not only stretching and lengthening your muscles for flexibility, but also enjoying the mental benefits of relaxing, rejuvenating yourself and getting in touch with your body. It’s a gift you give yourself,” explained Spa la Vie owner Danielle Todd, who said she has practiced yoga on and off for many years.

In addition to her personal experience with the benefits of yoga, Todd said she was also committed to bringing yoga to her spa as a way to empower clients to take care of themselves on a daily basis. “With our busy lives, we tend to lose focus on ourselves and our bodies,” she said, noting that stress, repetitive movement or even a sedentary lifestyle can be tough on our muscles and joints.

“Incorporating yoga in your routine can be an excellent preventive measure for muscle discomfort and stress relief. Many people help themselves with these ailments by getting a massage once a month, but yoga can work on those painful or tight muscles in a different way on a daily basis. Massage and yoga are therapeutic, self-care practices which go hand-in-hand,” explained Todd.

Currently, Spa la Vie is hosting different kinds of yoga classes twice a day, four to five days a week, with plans to expand into more offerings at a later date. Additional class descriptions can be found on the Spa la Vie website, and all levels are welcome.

“We strive to create a welcoming and peaceful atmosphere,” emphasized Todd. “People are sometimes nervous to try yoga because it seems foreign, or they lack self-confidence in their ability. Right now, our classes are of an intimate size, and we have a dual commitment being helpful and practicing nonjudgment.”

In addition to the daily classes, Spa la Vie hosts special experiences, including an upcoming major event on December 2. “Join us for Case for a Cause, a unique wine-tasting experience with One Hope Wine. Proceeds from every bottle of wine sold and an additional 10 percent will be donated to Carrying to Term, a nonprofit that provides support to moms who are given a terminal pregnancy and a cause which is near and dear to our hearts,” said Todd.

Later, on the same day at 5:30 p.m., they will be holding a sound bath in which participants can immerse themselves in a soothing sound experience, which creates a stabilizing harmony and body vibration. Tickets are available for purchase on the website; costs include $35 for the wine tasting, $25 for the sound bath, or $60 for both, which includes the gift of a $25 spa gift certificate.

Looking forward, Todd says she has big plans for the future for continuing to host all kinds of wellness events. “We’re currently working on a calendar of special events—offerings which are really special and unique, some of which are new to both the field and to Lancaster. I’m really looking forward to seeing some of these innovative workshops unfold,” she said.

For more information, check out the Spa la Vie website at www.spalavelancaster.com. Or, with the holiday season approaching, if you’re looking to give the gift of wellness to yourself or a loved one, Spa la Vie has a variety of options, and gift certificates can be purchased on the website and printed at home for the ultimate in convenience.

Danielle Todd

Spa la Vie
Holistic | Beauty | Health | Wellness

(717) 295-4523 • 3031 Columbia Ave., Lancaster, PA 17603
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! 717.581.0123 • www.smilesbystevensdmd.com.
Dysphagia is the sensation of food “sticking” when you swallow. This symptom is quite bothersome and is usually a sign of an underlying esophageal disorder. The symptom may be intermittent (i.e., happens once while eating steak at a local restaurant and again six months later), or it may be progressive occurring more and more frequently and with increasing severity. It usually involves solid foods, but sometimes solids and liquids cause the problem. In any event, it is considered an “alarm” symptom that requires further investigation by a gastroenterologist.

One of the causes of dysphagia, eosinophilic esophagitis (EOE), seems to be becoming more prevalent over recent years, especially in the northeastern U.S. It seems to occur predominantly in males, but it does occur in females as well. It is a frequent cause of food impaction, which leads to an emergency-room visit and eventual need for endoscopic removal of the food bolus. It is frequently seen in patients who have a history of some type of allergy—environmental, food or other. Diagnosis is made during endoscopy with a biopsy showing the typical cell called an eosinophil (a type of white blood cell frequently associated with the allergic phenomenon) in the lining of the esophagus. These cells are found in large numbers and cause a change in the appearance of the lining and elasticity of the esophageal wall. The esophagus may develop areas of narrowing caused by rings or linear furrows, which cause the symptom of food sticking after swallowing.

EOE is most likely due to an allergic-type reaction to a protein in a commonly ingested food. Milk, eggs, gluten, soy and certain legumes have been implicated as potential allergens causing the ailment. Elimination diets have been used as a treatment coupled with serial endoscopic biopsies to determine the offending protein. Strict avoidance of gluten and milk has resulted in significant improvement in a considerable percentage of patients. Allergy testing is probably of little or no value in identifying the offending protein.

Approximately one-third of the patients diagnosed with EOE will respond to treatment with high doses of proton pump inhibitors (PPIs) such as Prilosec (omeprazole) or Protonix ( pantoprazole). Other PPIs include Prevacid, Dexilant and Aciphex. Symptoms improve and if repeat biopsy is performed, a decrease in the number of eosinophils is noted on esophageal biopsy. If these medications do not result in symptomatic improvement, swallowed steroid spray has been used with good results. Endoscopic dilation of esophageal narrowing is sometimes required.

Many different conditions affecting the esophagus can cause the symptom of dysphagia. If you have experienced this symptom or are having ongoing difficulties, you should consult with a gastroenterologist or your primary care physician for further evaluation and treatment.

If you have further questions or would like to schedule an appointment, the providers at Regional GI are here to assist you. Please call our office at 717-869-4600 or use our website at www.regionalgi.com.

Richard J. Elkin, DO, is a gastroenterologist at Regional Gi with areas of interest in ERCP, GERD, IBD, and IBS. DO: Kansas City University of Medicine and Biosciences. Internship: Metropolitan Hospital, Central Division, PA. Residency: University of Medicine and Dentistry of New Jersey – Kennedy Memorial Hospital Clinical & Research. Fellowship: University of Medicine and Dentistry of New Jersey – Kennedy Memorial Hospital. Visiting Fellow: Graduate Hospital of University of Pennsylvania and St. Christopher’s Hospital for Children. Board Certification: Internal Medicine and Gastroenterology. Dr. Elkin has lived in Lancaster for 32 years. He and his wife have two children and 4 grandchildren. He is an avid fisherman and also enjoys cycling and golf.

### Deductible met?

**Schedule your colonoscopy before the year ends.**

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

Contact your primary care physician or call RGI at 717-869-4600 to discuss a screening colonoscopy.
by Susan C. Beamer

Many people dream of living a life spent in fulfillment and contentment. For Marlin and Doris Thomas, who recently celebrated 55 years of marriage and who, for 53 of those years, have served Lancaster and the surrounding regions through their efforts as founders of Willow Valley and Related Companies, achieving this is no secret. Instead, they attribute it to incorporating the values of love, faith, and community spirit in their marriage and business.

“The same values we’ve brought to our marriage, we’ve brought to our business—it’s how we live and work. We deeply believe in integrity, commitment, and strong faith. We are intentional in the decisions we make in our commitment to family, community, and teamwork,” said Marlin Thomas.

The Thomas family began with a chance meeting as children. “We met in first grade in a small private school in Danville. After that, we lost track of each other, going to different private schools in Danville. After the couple married in 1963, Doris joined her husband’s family’s poultry business until they founded Willow Valley in 1966.

For the past five decades, under their guidance, Willow Valley has grown to include nearly 500 acres, including the award-winning Willow Valley Communities, DoubleTree Resort by Hilton, Willow Valley Golf Course, The Square, and assorted other businesses employing over 2,000 people.

“For us, one of the most rewarding things has been the opportunity to invest in people, help them develop, see them flourish, and in turn, see them help others flourish,” said Marlin Thomas, adding, “It has never been about us. Instead, this is about all the people who made it happen.”

Those people include Diane Poillon, CEO and President of Willow Valley Associates, Rick Poillon, Executive VP of Property Management, and Joe Lucia, CFO. For Willow Valley Living and CCS Building Group, John Swanson is CEO. For Willow Valley Living, Denny Griest is President and COO, Scott Summy is Chief Human Resources Officer, and Brian Rutter is Chief Marketing Officer. Bill Koch is President of CCS Building Group, and Blaise Holzbauer is Executive VP of Winding Partners.

This value is exemplified in their mission statement: “We will be a strong organization because we glorify God by serving Him, seeking His will daily, and showing Christian love and respect to others at all times. We will do this by reaching for the highest standards of quality and integrity in every area of service, every facility, every product, and every resource we provide to our guests, customers, residents, community, and team members.”

According to the Thomases, they feel “truly blessed” in their life and enjoy staying active with the Willow Valley family, which has expanded to include their children in organizational roles. Daughter Diane Poillon is President and CEO of WVA, and daughter Sheryl Holzbauer is VP of Community Relations for WVA. In 1996, they realized their dream of having a house of worship on the Willow Valley campus. Most recently, in summer 2018, they opted to move the chapel to its current position as a beacon of love, faith, and promise on the grounds of the DoubleTree Hilton.

The 3,200-square-foot, fully restored and picturesque Victorian wedding chapel, which is complete with original stained-glass windows and original features, now greets guests arriving to the hotel and is available as a space for weddings, and prayer and meditation. Seating is available for up to 175 guests, and recently added was an outdoor terrace for additional relaxation and entertainment in the lush landscape of the area.

For the Thomas family, the moving of the Willow Valley Chapel was part of their continued efforts to serve the community in a celebration of faith and family values. Going forward, Marlin and Doris Thomas say they plan to continue their legacy built around these ideals.

“Our goals are simple: to live a life of significance, develop others, give back to the community, and finish well,” said Marlin Thomas with a smile.

For more information on the Willow Valley companies, visit their websites at willowvalley.com, willowvalleycommunities.org, or csbuilds.com.

All In Rescue (A.I.R.)

Saving Lives
Our mission is to save horses from slaughter and rehab them to trust and love again...and to find them forever homes.

Fund-Raising
We rely on people and their generosity to help us keep this operation going.

allinrescueine.com
We love our supporters to come meet our rescues so feel free to contact us for a visit during business hours.

717.696.2929
1140 Union School Road
Mount Joy, PA 17552

All In Rescue (A.I.R.)

Our rescue Oden is blind in one eye but was adopted by Aileen and is now starting training. He’s sweet and trusting and has learned to smile for treats.

Sami Sunshine was an abused pony who was saved from auction, and after learning to trust again will be trained and lightly ridden on our lesson program. She’s improved so much since she’s come to us.

Our Gypsy Vanner baby (a year and 4 months old) was rescued from New Holland Auction and adopted by Shea Stevens. He has the personality of a giant golden retriever and is super sweet.

Our beautiful draft horse, Mary Angel, was saved by a fundraising page on my Facebook site. Everyone rallied together and came up with the funds to save her. She’s since been adopted by a family who will use her for wedding carriage rides and relaxation.

November/December 2018

Lancaster County Woman
Could It Be Neuropathy?

Six months ago, your feet and legs felt fine. All of a sudden, they feel kind of tingly. A few months later, you’re not sure if you can feel your toes or possibly your fingertips. What’s going on? Could it be neuropathy?

As the owner of Body & Sole Reflexology and Spa, Holly E. Walters has been performing reflexology for over 10 years, “We’re seeing more and more clients who have lost feeling in their extremities. Most times these folks are not sure why, and it’s frightening to them.”

So, what exactly is neuropathy? Peripheral neuropathy, as it is often called, is a result of damage to the peripheral nerves. The peripheral nervous system sends information from the central nervous system (the brain and spinal cord) to the rest of the body. Damage can result from infections, trauma, metabolic problems and toxic exposure. One of the most common causes of peripheral neuropathy is diabetes. High blood sugar (glucose) can injure nerves throughout your body. Diabetic neuropathy most often damages nerves in your legs and feet. Sixty to 70 percent of those with diabetes have some form of neuropathy. You can often prevent diabetic neuropathy or slow its progress with a low-glycemic diet and daily exercise.

Symptoms of peripheral neuropathy may include burning, numbness, tingling, stabbing pain, extreme sensitivity to touch, lack of coordination or clumsiness, or muscle weakness. If autonomic nerves are affected, symptoms may also include change in blood pressure causing lightheadedness, and bladder or digestive problems.

The good news is that in many cases, a certified reflexology practitioner can help. Reflexology is a science based upon the principle that there are hundreds of “reflex” points on your feet, hands, ears and face. With proper manipulation and palpation of these points, it enables the body to be put back into balance, or homeostasis, via nervous system response. With neuropathy, reflexology can gently activate the damaged nerve fibers to send out the body, an improvement in nerve response, a decrease in edema and a general sense of well-being after a reflexology treatment. Research shows that using reflexology for peripheral neuropathy, diabetic neuropathy, phantom limb pain and other forms of neuropathic pain may benefit people who are suffering from the perils of this condition.

Should you or someone you care about be experiencing symptoms of neuropathy, why not give yourself or someone you love the gift of health this holiday season?

Visit our website for our full menu of services: www.bodyandsolehealth.com.

The staff at Body & Sole would like to thank all of you, our loyal clients, for a great 2018 and continued success in the New Year. We look forward to helping you exceed your health expectations in 2019!

Merry Christmas to you and your families, and have a Blessed Holiday Season!

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Suffering From Vaginal Dryness?

There’s a Safe, Estrogen-Free, Long-term Solution!

THE PROBLEM: Vaginal Dryness, Painful Intercourse

Did you know that chronic stress and the aging process can wreak havoc on our hormones? Hormone imbalances, or declining hormones, can cause a variety of symptoms that often bring discomfort with sexual activity. This is due to a reduced amount of vaginal secretions. Not only can dryness in the vagina be very uncomfortable, but this can also cause micro-tears in the tissue that can cause pain. Eventually, this can form scar tissue, lessening sensation in the G-spot area.

This can be coupled with dryness of the outer female genitalia (vulva) area, which includes the vaginal lips and clitoris. The combination of these factors often leads to less sexual satisfaction and the overall decrease in desire for sex (libido). This can be very hard on your relationship, self-esteem and even your zest for life, but there is hope!

THE SOLUTION: Rejuv Restorative Vaginal Lubrication and Moisturizer

Rejuv can help prevent dryness, enhance healing, optimize pH balance, increase sensation and set the mood for an overall enhanced sexual experience and improved vaginal health. Rejuv’s ingredients combine to provide a safe, gentle sexual lubricant that will benefit the tissue as well as your partner.

SOUTHERN MARYLAND WISE-UP TO BODY IMAGE

Body Image Awareness Week, a campaign to support body image awareness, is celebrated in early November. According to Body Image Awareness Week’s website, the initiative seeks to raise awareness about the link between body image and mental health, and how to support the body image of those with eating disorders.

THE PROBLEM: Body Image

Many people, especially those with eating disorders, experience body image issues. These issues can lead to a variety of mental health problems, including depression, anxiety, and low self-esteem. In addition, body image issues can prevent people from engaging in healthy behaviors, such as exercising or eating a balanced diet.

THE SOLUTION: Support and Acceptance

Support and acceptance can help individuals with body image issues. This can be accomplished through therapy, support groups, and positive media representation. It is important to remember that everyone’s body is different, and that there is no one “perfect” body type.

Visit the Body Image Awareness Week website at bodyimageav.org for more information and resources.

November/December 2018
Lancaster County Woman
Ask Melissa Greene why she teaches creative writing and she’ll tell you, thoughtfully, “because writing touches the soul.”

Melissa, an 18-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 together. It’s my writing home,” says a teen who has taken classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing is to nurture writers while they grow, where even the most timid can relax. There are no grades, tests, cell phones or judgment, but thought they couldn’t. There are no guiding those who have longed to write, finding a way into your creative self.”

“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.”

“Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. 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, unphasing 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 therapists; offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, private, tailoring sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

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

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

As she works towards finishing out her first year with AAA Central Penn, Daubert’s personal ideologies have served her well. “I spent the first several months meeting as many people as possible and listening—to the beginning, I was doing far more listening than talking so I could better understand the organization. AAA is a member-focused organization, and we judge everything we do by how well it serves their needs,” she explained.

“One of my biggest focuses has been listening to the voice of the member,” she continued. “We’ve been doing a great deal of consumer research, talking to members and non-members alike to better represent the changing face of our world. We’ve fostered an online community where we can discuss new ideas with members and understand what best resonates with them.”

Daubert, as a 30-year member of AAA herself, said looking forward, her biggest goals for 2019 are “to continue to learn and contribute to the success of the business by taking care of the members.”

“We’ve started working on a 5–7-year strategic plan, which is very exciting. We’ll be looking to use the member voice to personalize the experience and increase awareness about the variety of products and services we offer—from roadside assistance to travel planning to our multiple options for insurance, and so much more,” she said.

When not busy serving her team and members at AAA Central Penn, Daubert enjoys cooking and maintaining an active lifestyle—both activities she appreciates sharing with her family, including her sons. She also likes to travel, and most recently experienced her first AAA President’s Trip, during which she and other AAA members enjoyed a European river cruise.
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You will love this treatment!
Available for sensitive skin.
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NO DOWN TIME!
Removes dead skin cells while soothing the skin with hydrating and moisturizing serums.
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The Historic Ephrata Cloister welcomes the holiday season with the traditional music program Christmas at the Cloister on Monday, December 10 and Tuesday, December 11. The program is held twice each night at 6:30 and 8:00 p.m. Held in the original 1741 Saal or Meetinghouse at the historic Ephrata Cloister, the “lessons and carols” style program combines the Christmas story with seasonal music and familiar carols for the congregation. The program features the talents of the Ephrata Cloister Chorus under the direction of Martin Hinkley. Following the program participants are invited to enjoy mulled cider and cookies in the Visitor Center.

Tickets are available in person or by mail at The Museum Store at Ephrata Cloister. Tickets are $6.00 each. For mail requests, please send a self-addressed, stamped envelope along with a note requesting a first and second choice of program day and time, number of tickets, and a contact telephone number. Checks can be made payable to: Ephrata Cloister Associates. No refunds or exchanges will be made. Address ticket requests to: Christmas at the Cloister, 632 West Main Street, Ephrata, PA 17522. Requests will be filled in the order they are received.

The Ephrata Cloister Chorus is sponsored by the Ephrata Cloister Associates who also operate The Museum Store, offering a wide selection of locally made items for everyone on your holiday list. Historic Ephrata Cloister is administered by the Pennsylvania Historical and Museum Commission. For more information call (717)733-6600 or www.EphrataCloister.org.

**Christmas at the Cloister Welcomes the Season with Music**

**When:** Monday and Tuesday, December 10 and 11, 2018  
**Time:** 6:30 and 8:00 p.m.  
**Admission:** $6.00 per person  
**Where:** Historic Ephrata Cloister  
632 West Main Street  
Ephrata, PA 17522  
*Seating is limited, and advance tickets are required.*

Claudia Marcozzi Palandjian, DO, joins Heartland Family Health at 1535 Highlands Drive, Lititz, as the newest member of the team. She received her medical degree from the Philadelphia College of Osteopathic Medicine and her bachelor’s degree from Brown University, where she graduated with honors in biology and community health. She completed her family medicine residency at Bryn Mawr Hospital and was the recipient of the Behavioral Health Science Award as well as the Academic Teaching Award.

Prior to joining Heartland Family Health, Dr. Marcozzi practiced outpatient medicine in Lancaster County. She currently works in academic medicine as National Faculty for the National Board of Osteopathic Medical Examiners. In addition to academics, Dr. Marcozzi’s interests include a focus on wellness and prevention as well as patient education and women’s health.

Dr. Marcozzi is accepting new patients. To schedule an appointment, please call Heartland Family Health at 717-627-4088.

Heartland Family Health Welcomes Claudia Marcozzi Palandjian, DO

Claudia Marcozzi-Palandjian, DO, joins Heartland Family Health at 1535 Highlands Drive, Lititz, as the newest member of the team. She received her medical degree from the Philadelphia College of Osteopathic Medicine and her bachelor’s degree from Brown University, where she graduated with honors in biology and community health. She completed her family medicine residency at Bryn Mawr Hospital and was the recipient of the Behavioral Health Science Award as well as the Academic Teaching Award.
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You do not need to have all services completed the same day.
Stretch out your package and make the most of this wonderful gift.

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Leslie McCarthy: Beautiful Translucent Acrylics

Leslie McCarthy will be bringing her colorful, whimsical, soulful paintings back to Mulberry Art Studios this winter to exhibit a new collection entitled Pieces. Pieces will open officially with a First Friday Reception on December 7 from 5 p.m. – 9 p.m. The work will remain on display until the end of the year. Mulberry Art Studios holds regular gallery hours from 10 a.m. until 4 p.m. on weekdays, and is available upon request during the weekends and evenings.

Pieces will feature work Leslie has created over the past two years of some of her favorite things—from hummingbirds and elephants, to beach scenes and cityscapes. The show displays new acrylic techniques Leslie has been experimenting with in her most recent artistic adventures, such as manipulating acrylic paint to look like watercolor and adding in pen and ink to create depth and add to the composition of the pieces.

Leslie is currently busy working on creating lots of hummingbird pieces for her Project Hummingbird series. The goal of Project Hummingbird is to paint 99 hummingbirds and donate 100 percent of the funds received through the sale of those pieces to the fight against human trafficking. To date, Leslie has painted 79 hummingbirds and has sold 53, with all of the funds going to A21, an organization dedicated to eradicating human trafficking. Leslie McCarthy has been working hard for 14 years to establish her own unique style of art. She has created over 50 commissioned pieces of art and has been featured as an up-and-coming artist in the Central PA Magazine August 2016 –17 issue. Her favorite medium to work with is acrylic. She is driven to paint by her passionate desire to see the world, and those around her, full of joy, hope, and love. In other words, her art is a concoction of one-quarter paint, one-quarter technique, and a lot of heart. Leslie McCarthy: Beautiful Translucent Acrylics

Her love of painting is a result of the inspiration she finds in her family, her friends, her faith, places she’s traveled, and stories she’s heard. Leslie draws the viewer in through her display of bold colors and vivid contrasts. Her playful imagery is strengthened by her use of ambiguous people and fantastical impressions.

Celeste J. Heery: In the Moment

Life passes by so quickly; I want to cherish every second. – Celeste J. Heery

In the Moment will be coming to Mulberry Art Studios this December for a monthlong exhibition. This collection of Celeste J. Heery’s acrylic and mixed-media paintings features a winter palette, with rich, deep, and vibrant colors. The show opens with a First Friday Reception on December 7 from 5 p.m. until 9 p.m. Gallery hours are held on weekdays from 10 a.m. until 4 p.m., or on evenings and weekends by appointment.

Heery begins a new painting with brush strokes of color that call to her, then follows the direction that the painting dictates. She prefers not to approach the canvas with pre-conceived ideas, instead letting her mind go silent so that the painting takes over. The most important thing for her is to focus on the process and not the result. Most of all, she tries to just let go. “My best work comes from a place of quiet and inner peace,” she shares. “I paint fast and spontaneously, as it helps me cover more ground and allows the spirit to flow through me. The painting takes on a life of its own. It gives me confidence, to trust where I am going and not worry about the destination. When I am painting, the cares of the world are left behind and I am free to let my thoughts be quiet, allowing my focus to be on each next step as it arrives. When I focus on the enjoyment of painting, and not on the approval of others, I produce better work.”

Celeste J. Heery was born in Huntsville, Alabama, and was raised in Virginia. Her love of art began in her freshman year at college, moved by Salvador Dali’s “Sleep.” She began painting in 2008 when she was living on a mountain in Asheville, North Carolina. She was suffering from serious depression at the time—Heery has bipolar disorder—and a trip to the gallery of her now favorite artist brought color into her life and gave her the compulsion to create. Creating art gives her mind the opportunity to be quiet, focusing on each moment as it arrives. Art allows her to be fully present, cherishing every second.

“As a person who struggles with mental illness, I can often have a very busy, worried brain,” Heery explains. “The gift of art, for me, is that when I am creating, the cares of the world are left behind and I am able to be present and in the moment. Life passes by so quickly, I want to cherish every second.”
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 (intruterine 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
Holiday Dresses

Bella Rose Bridal Boutique • The Shoppes at Belmont, 1571 Fruitville Pike, Suite 2, Lancaster, PA 17601 • 717-553-5656 • bellarosebridalpa.com
Gifts That Give Hope, a 501(c)3 nonprofit organization, is dedicated to supporting other nonprofits through meaningful, alternative gift giving. This year’s annual Gift Fair will take place Saturday, December 8, from 10 a.m.–4 p.m. at the Farm & Home Center, 1383 Arcadia Road, Lancaster, PA 17601. The past 10 Gift Fairs have generated nearly $500,000 for over 50 local and global nonprofit organizations!

This year’s Gift Fair will feature 30 local, national and international nonprofits, such as Lancaster Lebanon Habitat for Humanity, Lancaster County Reach Out and Read Coalition, HOPE International, North Star Initiative, Heifer International, Feed My Starving Children, Music for Everyone, Assets, The Edible Classroom and many more. Shoppers will have the opportunity to peruse the tables hosted by each organization and purchase alternative gifts that will directly benefit the mission of those organizations. Alternative gifts are things like school tuition for a young child, food for a family in need or musical instruments for underfunded schools. When a shopper purchases a gift, they will be given a greeting card that lists the gift purchased and the organization supported, which can then be given as a holiday gift for a loved one.

In addition to shopping, there will be many family-friendly activities, including WJTL’s Kids’ Cookie Break with Lisa Landis broadcasting live from 9 a.m.–12 p.m. and a human rights day scavenger hunt for children that ends with the selection of a brand-new book!

Many local food vendors will join the gift fair this year offering a variety of food and beverages, including Upohar, Reunion Food Truck, Stroopies, Commons Company and more.

The event’s Marketplace will feature tangible gift items available for purchase that also give hope and give back. All items featured are social enterprise and/or fair trade. Some Marketplace vendors include Revolution Lancaster, Beads for Life, Lush Bazaar, Imagine Goods, The Nepali Spice Company, Refugee Makers Project, Divine Chocolate, Singing Rooster Haitian Coffee and many more.

After the Gift Fair, alternative gift items will be available for purchase online through December 31. To learn more and to see the full list of nonprofit organizations that are participating in the 2018 Gift Fair, visit giftsthatgivehope.org/lancaster.

Retiring After 38 Years of Dedicated Patient Care

William Fetchik, DO

William Fetchik, DO, with Quarryville Family Medicine at 13 East Second Street, retired effective Nov. 2, 2018, and the office will close effective Nov. 30, 2018.

“It has been my honor and privilege to care for my patients, and I have greatly enjoyed my time at Quarryville Family Medicine,” expressed Dr. Fetchik. “I am grateful for the many wonderful relationships I have formed. Thank you to all my patients for allowing me to be a part of your health care.”

Dr. Fetchik practiced family medicine from 1980 to 2018 for a total of 38 years of patient care. In addition, he provided 24 years of community service as the Lancaster County Coroner from 1984 to 2008.

UPMC Pinnacle will continue to provide current Quarryville Family Medicine patients with the same personal, compassionate, and high-level care they deserve. Patients with appointments scheduled with Dr. Fetchik after November 2 have been contacted to identify a new primary care provider.

UPMC Pinnacle’s unified electronic medical record system will ensure a smooth transition of patients’ health information between UPMC Pinnacle primary care providers. In addition, patients’ medical records will continue to be available via the My PinnacleHealth patient portal.

Patients can contact the Quarryville Family Medicine staff at 717-786-2272 through November 30 for more information.
Conestoga Valley Christian Community Services (CVCCS) was born out of the caring hearts of neighbors and churches in the Conestoga Valley School District to help meet the growing needs of the poverty stricken and homeless in our community. In the past couple of years, we have seen a growing number of families and individuals in our community struggling to adequately feed, clothe, and house themselves. Some of these families have lost their homes and are now staying in motels; living with friends/family or in other temporary situations that offer little safety or comfort. CVCCS works closely with the Conestoga Valley School District to identify these families and help provide the necessary staples to feed and clothe their families. CVCCS also works to direct them to established social service agencies that can help find permanent housing, financial assistance and job training.

CVCCS is located off of Witmer Road and offers:

• CVCCS food bank
• CVCCS clothing bank
• Summer lunch program
• Weekend blessings
• Christmas Hope Gifts Program
• Thanksgiving and Christmas Food Box Giveaway & Community Day

In the near future, we hope to add more counseling, training, and mentoring programs for the children and families that are most at risk of homelessness. Your contribution will make a world of difference in the lives of those that are suffering. With your help, CVCCS can continue to make a difference in our community. Please consider committing to support CVCCS and its programs, whether as a one-time donation, an end of year giving, monthly partnering with our organization, or as part of the “Extra Ordinary Give.”

2020 Gehman Lane Bldg. 1000 Lancaster PA 17602 • (717) 208-3711 • www.cvccs.org

CVCCS is a registered 501 C(3) non-profit organization. All donations are tax deductible.

Wish List for Women

The holiday season can be a difficult time for domestic violence victims who may be in the emergency shelter or else struggling outside to build a new life. Each year, DFS receives many gifts for children and teens, but not so many for their mothers. We’re hoping our generous donors will remember the ladies as well this year. Below are some suggestions.

GIFT CERTIFICATES
Grocery stores • Department stores • Shoe stores • Movies
Restaurants • Haircuts, styling • Manicures/pedicures

PERSONAL AND COMFORT
Robes (sm–plus sizes) • Sleep pants and tops (sm–plus sizes) • Slippers (sm–xl)
Socks (women’s 8–10) • Underwear (sm–sizes) • Sports bras (sm–plus sizes)

BEAUTY
Curling irons • Hair dryers • Nail polish • Beauty gift baskets (ethnic and non)

HOUSEWARES
Dinnerware • Utensils • Can openers • Blankets • Sheet sets • Irons and ironing boards
Vacuum cleaners • Kitchen appliances

CAR CARE
Gas cards • Gift certificates for Firestone, Pep Boys

ELECTRONICS
Tablets • iPads • mp3 players • CD players • Headphones

Amanda and Alicea have a safe place to live and a path out of homelessness because everyday heroes chose to give them a hand-up by supporting Water Street!

Since 1905, Water Street Mission has been providing an environment of hope and healing for hurting and homeless men, women and children in Lancaster County. By looking beyond the presenting symptom of homelessness and providing loving support, guests are able to overcome challenges and find restoration in God.

Whether you volunteer at Water Street, pray for our guests and staff, or support our work with your finances, you are one of the many heroes in our community ... heroes who are contributing to restored lives and having a positive impact that will echo into eternity. You are one of the heroes who can proudly say, “I am Water Street!”

2420 Gehman Lane Bldg. 1000 Lancaster PA 17602 • (717) 208-3711 • www.cvccs.org

CVCCS is a registered 501 C(3) non-profit organization. All donations are tax deductible.
YWCA IS ON A MISSION

YWCA sister associations in Central Pennsylvania have long known the struggle survivors face in coming forth to report and share their stories involving sexual assault, rape, harassment and sexual abuse. There is no one generic term to use when describing the gamut of experiences individuals endure. Victims are to be believed, supported and given access to healing care services as they are ready to move beyond their trauma. As more women and men find their voices to report current and past incidents of assault, we must not tolerate public ridicule and disbelief. It is deplorable that, historically, women have not been believed, have even been assigned blame for what occurred and are expected to prove that something happened to them—but not the predator. Along with disclosure comes the emotional and potentially financial labor of exposing abuse, adding to the already heavy burden of experiencing humiliation and loss.

We must believe and support survivors, and commit to changing the attitudes and behaviors too prevalent in our communities today—holding perpetrators accountable for the power they abuse and the harm they inflict through sexual violence. Join us in not being complicit. Listen to someone’s story and be moved to action. Stop perpetuating inappropriate jokes and memes through social media channels. Challenge media’s perception and portrayal of women and men in stereotypical and unhealthy views. Teach respect. Teach informed consent. Model positive attitudes and healthy relationships. We ask you to be open to understanding what people around you are experiencing and not be quick to judge, dismiss or discredit their stories. Help us change the social climate now.

ywcalancaster.org

Our buying power allows us to purchase food items at much lower cost than the average consumer. For example, a $10 donation buys 125 pounds of food.

What your $10 gift buys at the store.

What your $10 gift buys at the food bank.

When the Lancaster County Council of Churches purchases food from the Central Food Bank in Harrisburg, we can purchase food for .08 cents a pound. The Council gratefully and joyfully accepts all donations, but monetary donations for our food top our “wish list,” since we can purchase food at far lower cost than we can when we walk into the supermarket. That’s also how, in 2017, the Council provided food as well as clothing, blankets, pillows and personal items for a total value of nearly $2 million to the most vulnerable in Lancaster County.

Make the check payable to the Lancaster County Council of Churches, and mark the check for the “food bank.”

ywcalancaster.org

Moving beyond belief toward respect and accountability!
Share Your Blessings

Spay and Neuter Pet Clinic

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 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.

Pet Pantry Wish List

- Unopened Dog & Cat Dry/ Canned Food
- Kitty Litter
- Food & Water Bowls
- Leashes & Collars
- Pet Treats
- Toys
- Dog and Cat Beds
- Volunteers
- Corporate Sponsors
- Monetary Donations
- Gallon Zip Lock Bags (for packaging)
- Fuel Cards (for deliveries)
- Scotch Tape
- Dawn Dish Washing Soap
- 5-Gallon Food-Grade Buckets with lids (clean and dry)
- Copy Paper
- Paper Towels
- Gently Used Towels and Blankets
- Pet Carriers
- Collapsible Dog Crates
- Clipboard
- Newspaper
- Cat Scratching Posts
- 13-Gallon and Smaller Trash Bags

Pet Pantry
26 Millersville Road
Lancaster, PA 17603
(717) 983-8878
Visit www.petpantrylc.org for dropoff locations near you!

HUMANE LEAGUE
of LANCASTER COUNTY
A Humane Pennsylvania Partner

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.

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Visit our website at www.humanepa.org
"’Twas the Night Before Moving"

Except, you’ve packed the shower curtain. In which box? No problem, you decide to take a bath instead—and realize that you’ve packed the towels. You’re unable to locate the box containing things from the linen closet, but find a carton with dish towels in it and decide they have to do. Since it is getting dark, you reach for the lights and realize that the only lamp not packed is the pole lamp in the study. You move five packed wardrobes searching for a receptacle to plug it into. The movers will arrive before 8 a.m.—better set your alarm for 6 a.m.—except that you’ve packed the clock radio. You could ask your daughter (who is always up early) to call you, but the only telephone not packed is the one in the kitchen. You remember a travel alarm clock in your dresser, and this problem is solved. At a time like this, comfort is needed. You decide that a pint of chocolate ice cream in the freezer will do just the trick. When you open the freezer door, you are astonished to see that the freezer is full. You used up the refrigerator food, but forgot about the freezer. Is there a cooler in the basement? If not, you may have to eat two gallons of ice cream tonight. You take the plastic spoon you’ve set aside for coffee in the morning and dig in.

Feeling very full, you lift the covers and get into bed. As your head hits the pillow, you remember that in the morning you will need to strip the bed. Bed linen, mattress cover, pillows and blanket will need to be packed. You try to remember if you’ve saved a large box to put them in. How will you get to the dust ruffle? You decide to wait for the movers to lift the mattress. Before turning out the light, you gaze around your bedroom one last time. The wardrobes create unfamiliar shadows—and you realize that you forgot to set aside clothes for tomorrow. Will anyone notice if you wear the same clothes again tomorrow?

At least you remember to leave styrofoam cups and a plastic teaspoon for coffee in the morning. You feel consoled until you recall placing the coffee can in the box when you packed the pantry. Well, okay—there’s a convenience store nearby. You just hope you can get there and back before the movers arrive. Seriously, if you want your move to be more organized than this, call Rocky at (717) 615-6507 for a free copy of the “Do Not Pack” Tip Sheet. Rochelle (Rocky) Welkowitz is Lancaster County’s Active Adults and Seniors Relocation Specialist and founder of Transition Solutions for Seniors, LLC, provider of the area’s largest menu of services for older adults on the move and their families.

“Every Picture Tells a Story”

Rochelle “Rocky” Welkowitz
Mature Adult Relocation Specialist

If you or a loved one are planning a move in the future, this will give you something to think about!

For months, you’ve anticipated this day, often with excitement and sometimes with dread. Unbelievably, everything has finally been packed. You make a list of the remaining tasks to be completed in the morning, and look forward to a long, hot shower before bed.

Professional Services

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, December 5, 12 Noon
Our Special FEATURE:
Share Your Favorite Holiday Ornament & Memory
Our SPEAKER, Doris Ortman
“Riding through Life with Laughter and Tears”
Cost is $20.00 Inclusive

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

Lancaster County Woman

Inclinator Co. of America Names New President/CEO

Inclinator Company of America, a leader in the residential elevator and residential/commercial lift industry, is proud to announce that Cliff Warner assumed the role of president and CEO of the family-owned company on September 21, 2018. Warner brings more than 15 years of experience in leading teams in manufacturing and engineering. Warner becomes the seventh president to lead the company, which was founded in 1923.

Warner was Inclinator’s Director of Engineering and Quality for the past 2.5 years. Prior to Inclinator, Warner served as Director of Quality for New Standard Corporation. He earned a degree in mechanical engineering technology from the Pennsylvania State University. Warner resides in York, Pa., with his wife and four children.

When asked about his recent promotion, Warner stated that, “I’m honored to have been selected as Inclinator’s president and CEO. Inclinator has that rare combination of great customers, extremely talented employees and products that are second to none. I’m excited about our opportunities for growth and know how important our culture and teamwork are to our success. I’m very proud of what we’ve accomplished so far and excited for the future!”

Warner succeeds Bill Stratton as president and CEO. Stratton led Inclinator for the past four years. Under his tenure the company increased its industry-leading position among residential elevator companies. Stratton is leaving the company to pursue other business opportunities.

Inclinator Company of America, a residential elevator and residential/commercial lift company based in Harrisburg, Pa., invented the stair chairlift in 1923 and home elevator in 1928. Today, there are more Inclinator elevators in homes across the country than any other brand. All of Inclinator’s elevators are produced in its South Central Pennsylvania manufacturing facility.

Need a Speaker for Your Group?

Let Rocky Share Her 33 Years of Downsizing Experience.
Call 717/615-6507

See our ad page 31.
“I know a perm will give me the volume and curl I want, but I can’t get my stylist to give me one.”

A. L. Segro

Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm, I tell them absolutely. If You Have Knowledge, You Have Power

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

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

Dedicated to your beautiful hair,

A. L. Segro

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

Don’t Fear the Bleacher

We will all be at the salon on February 16th at 1:00 p.m. where we will talk about perms and more.

An energetic Piano Men concert opens the new 200-seat downtown Lancaster theater with free on-site parking.

Prima, a non-profit theatre organization, has had an exciting eight-year history. From hosting Broadway guest artists (Stephen Schwartz, Billy Porter, Adam Pascal, Jason Robert Brown, Shoshana Bean) to a host of boutique musicals and concerts (First Date, Chess, Big Fish, Tick Tick Boom), Prima knows little about standing still.

Founded by Mitch Nugent, an impresario at 34 years old, Prima quickly banded together the region’s finest talent with Broadway’s best, performing in over a dozen venues across Lancaster County. Quickly, being nomadic began to take a toll. Venue-hopping challenged Prima’s production teams and inconvenienced audiences.

Earlier this year, with the leadership of Carol Culliton of the Guntherberg Charitable Foundation, Sequinox and TONO Group, Prima acquired what was formerly the Hamilton Ballroom at Wheatland Place. After an impressively speedy three-quarters of a million dollar renovation, Prima will open its doors with a celebratory concert this December 7, 8, 14, and 15 at 7:30 p.m. PIANO MEN is an original concert featuring the music of Billy Joel, Stevie Wonder, Elton John, and Ray Charles. Songs include “We Didn’t Start The Fire,” “Benjie and The Jets,” “Hit The Road Jack,” and “You Are The Sunshine of My Life.” Tickets can be purchased by calling the box-office at (717) 327-5124 or online at primalancaster.org.

Backed by a live band are singers including Diedre Cravey, Joy Lee, Reji Woods, and Jeremy Schonfeld (also on keys). Woods can be seen in Netflix’s Orange Is The New Black and played the Lion in the Central Park production of The Wiz.

Schonfeld is a rock musical singer and composer whose work has been sung by singers including Terrence Mann, Adam Pascal, Julia Murney, Tracie Thoms, Amy Spanger, and Lauren Kennedy.

The new Prima venue offers flexible seating and staging arrangements. Prima’s new home is a contemporary destination for theatre, music, film, and special events. The venue is prepared for hospitality services with a full kitchen and bar.

Programming plans for 2019 include a series of MainStage musicals (Disenchanted, Godspell, Jekyll & Hyde) and a concert series called Altro (70s Smash Hits, Sondheim Unplugged, Motown Legends). In order to utilize this new community resource to its fullest potential, a 3-year 3.2 million dollar effort has begun called FWD, launching forward Lancaster’s new home for fresh theatrical experiences. Nearly half of the funds to be raised (1.57 million) has been committed thus far for renovations and facility expenses. The remaining funds raised through FWD will go towards expanding artistic programming and supporting artists (including student internships and local performers). More details can be found at primafwd.org.

This Curl’s for You

The Newest Book from A. L. Segro, author of Don’t Fear the Bleacher

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

Lancaster-based stylist A. L. Segro’s newest book, This Curl’s For You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ‘70s and ‘80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers. Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A.L. Segro.

“This Curl’s for You”

If you need an immediate 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.
Happy holidays! It’s a wonderful time of year—time with family and friends, parties, favorite foods, exchanging of gifts, carrying out family traditions, and contemplating a new year! Taking the time to reflect on what has transpired during the past year is important in planning for the future. Marriage, parenthood, divorce, empty nesters, death of a spouse, remarriage, and health issues are all significant game changers, and the new year is the perfect time to resolve to review your affairs and make sure you have an appropriate estate plan in place.

To start the process, if you do not already have an attorney who specializes in estate planning and elder law, ask a trusted friend whom they use. Your financial advisor is an excellent resource as well, as they work closely with attorneys and can direct you to someone they believe would be a good fit for your financial situation. Many attorneys offer free seminars, and attending such an event is an excellent way to observe him or her in action. Take time to find the right attorney for you. Meet with him or her or speak to them on the phone—did you like their approach, and did you feel comfortable with them? Did they present their recommendations in a clear and concise manner that you understood? Did they take time to listen to your circumstances and answer your questions? Have you been informed of their fees?

Once you have chosen this attorney, make sure to share your concerns and questions. Make sure to address the obvious issues such as a blended family; family members with special needs; irresponsible family members who are likely to squander their inheritance; desires to provide for the educational needs of your children or grandchildren; your wishes for distribution of family heirlooms; and your charitable giving goals. Depending on your situation, asset protection, minimizing estate and inheritance taxes, and beneficiary designations for retirement accounts should also be discussed.

An estate plan is not just a will, but a series of documents designed to work together in your best interests both during your lifetime and at death. A basic estate plan consists of a will, durable power of attorney and a healthcare power of attorney. Depending on your situation, you may need a supplemental needs trust, revocable trust or an irrevocable trust. Perhaps your real estate or business assets need protection. Yes, there is a lot to consider, but your attorney, financial advisor, and accountant can help you find your way through the process.

While all this can seem daunting, it is worth the effort when the process is complete. Nobody likes to think about their disability and demise, but everyone feels great relief, satisfaction, and contentment after completing an estate plan. Have a wonderful holiday season and make it your New Year’s resolution to get that estate plan done in 2019!
For more than 150 years, Woodward Hill Cemetery has been one of Lancaster’s most significant historic sites. As the final resting place of numerous prominent citizens including President James Buchanan, with a layout reflecting Victorian ideals of landscape design and containing fine examples of funerary monuments, Woodward Hill’s national significance was recognized in 2005 when the cemetery was listed on the National Register of Historic Places.

Today the cemetery occupies 32 acres and contains approximately 13,750 grave markers ranging in date from the late eighteenth century to the present day. They illustrate the 200-year evolution of funerary art, sculpture and associated symbolism. In addition to tombstones, there are numerous obelisks and mausoleums representing Victorian, neoclassical, and early modern architectural styles.

Woodward Hill was the largest and most elaborate of the new rural cemeteries established in Lancaster during the mid-nineteenth century. Rural cemeteries were designed as vital open spaces or public parks for the community; they provided a place for recreation as well as veneration of the dead. As a final resting place for illustrious citizens, Woodward Hill is a "museum" of notable clergy, educators, civic leaders, and veterans.

Burials • Inurnments • Niche • Column Burials • & More •

For Specific Pricing or to Schedule an Appointment
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www.woodwardhillcemetery.com

February 22, 23, 24, 2019
Lancaster Root & Blues’ 6th year!

- 3 Days
- 10 Stages
- 70 Great Musical Artists

Dance, Eat, Drink, enjoy the energy and meet interesting people from all over the country.
Go to our website to learn how to participate!

Lancaster Roots & Blues has quickly grown from a music festival to a festival of Music & Art! This year the festival will include a dynamic arts expo in the Commonwealth Ballroom at the Lancaster Marriott with the capacity for 30 artists in 10x10 booths.

We will also feature acoustic artists and a beer garden in this venue.

Lancasterrootsandblues.com
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 enhances their home.

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.

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.

One amazing venue, three incredible experiences. This holiday season make Yorgos your home base for all your holiday parties. Whether you crave casual pub dining and craft brews or a made to order Mediterranean seafood or steak dinner at Kefi, we create award winning Greek influenced dishes. To finish your experience, join us at Little Mykonos, our little island paradise on the third floor. Custom cocktails, full menu, and catered affairs make Yorgos the perfect holiday party spot overlooking Lancaster city landmarks. Make your reservations for a holiday experience like no other.

Make your reservation now!

Hours – Yorgos: Monday - Sunday 7:30am - 2am
Kefi: Monday - Sunday 4pm - 10pm
Little Mykonos: Monday - Sunday Open Daily
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Casual pub fare

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Now Serving Breakfast, Lunch and Dinner.
It can happen on the coldest of nights or the hottest of days. While there is never a convenient time for a heating or cooling system failure, inevitably, breakdowns always seem to occur at the worst possible times.

The heater stops working on Thanksgiving morning, when you are preparing to host the whole family for dinner, or when temperatures are dipping to 5 degrees in the middle of a January snowstorm. In the summer, your central air decides to quit working over the Fourth of July holiday, on the second day of a six-day heat wave. (I’m speaking from personal experience on this one!)

It makes sense that your HVAC systems are more likely to break at the worst times. And since everyone else is likely to have breakdowns on those same days, getting quick repair service can be difficult. You may be left waiting a few days, getting replacement parts covered?

Some plans may cover most common parts at 100 percent. Others only offer a discount of 10 or 15 percent off any parts that need to be replaced. Make sure you know what you are getting for your money.

Are there any additional discounts offered? Many companies will offer their service-agreement customers a discount on additional products or services. These may include discounts on water heaters, natural gas lines, or ductless mini-split systems. Look for a plan that offers all of the coverage that you need, without paying for coverage that you don’t need.

What options do you have for payment? Some companies may offer monthly or quarterly payments to help keep your out-of-pocket costs down. Automatic payment options are also great to ensure that you never miss a payment and lose your coverage.

Service agreements provide a level of comfort for all homeowners and are especially helpful for first-time homeowners who are not yet familiar with the maintenance and upkeep of their new home’s mechanical systems. And, if you have an elderly family member who lives alone in their own home, a service agreement provides the peace of mind that they will have easy access to mechanical help if and when they need it.

When you consider all of the things that could break down in your home’s HVAC system, having a service agreement is the best way to ensure that you’re not left in the cold (or hot) for too long!
Tired, achy, painful legs? AVLC can help.

Safely and effectively eliminate varicose veins without painful surgery. Treatments in the comfort of our facility. Walk in. Walk out.

Take the first step and call AVLC today!

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