

Happy Father's Day & Happy 4th of July!



Dr. David Simons, President-Elect, Lancaster City & County Medical Society Leads Fight Against Opioid Addiction p. 2 & 12.

Lancaster County WOMAN™



The Woman's Journal

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See page 3 for more information.



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Board Certified in Family Medicine
Heartland Family Health



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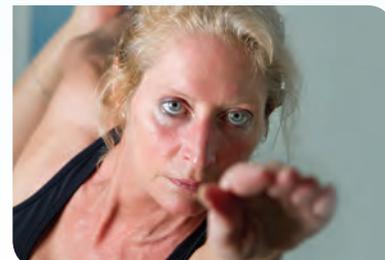
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Join us in July for our Sunday afternoon Belly Dancing Workshop! Check out our website, bikramyogaatbrighton.com, for additional details!

Conquering Chronic Pain, One Patient at a Time

by Dr. David Simons

Mary Joe Smith knows pain. She had been diagnosed with “degenerative disc disease and osteoarthritis of the lumbar spine” at age 70. The pain in her lower back became increasingly difficult to control, and 10 years later she had daily pain that at times was unbearable. She had tried medications, physical therapy, injections and three surgeries. Additional spine surgery was not recommended, and she began to lose hope. Mary says, “There were days that I was in so much pain that I wanted to die. If it were not for my Christian beliefs, I would have tried to end my life.”

Her husband, Paul, was sad because he loves to attend car shows, and Mary could no longer accompany him due to her severe pain. Paul says, “The negative impact her pain had on the quality of our lives cannot be overstated.” Paul also worried that Mary was going to get addicted to the pain medication she was prescribed.

Unfortunately, many people like Mary suffer from chronic, noncancer-related pain. These individuals often suffer silently and find it difficult to find safe, effective means to control their painful symptoms. Chronic pain is defined as pain lasting several months. Its persistence often leads to inactivity, weight gain, isolation and depression. Many are

told there is no “cure” for their condition and that they must learn to live with the pain.

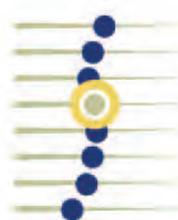
Mary was referred to Dr. Simons for pain management. After reviewing Mary’s medical history and performing an examination, a treatment called “Targeted Drug Delivery” was recommended. This treatment involves an initial test dose of medication injected into the spinal canal (to determine the effectiveness of the medication), followed by insertion of a small pump into the patient to deliver around-the-clock medication into the spinal area to relieve the back pain. Mary’s “test injection,” administered by Dr. Simons, was a success, and her pain level dropped from a “10” to a “1” after the diagnostic injection. Dr. Simons referred Mary to a spine surgeon to insert the spinal pump. After one minor adjustment, Mary now says her pain is “gone.” She says, “The first few days following my pump insertion, I felt so good and had so much to do that I wore myself out!”

Today Mary is back to enjoying the golden years of her life and is extremely grateful to the doctors and the technology that finally afforded her relief from her pain.



Dr. Simons with patient Mary Smith

“The first few days following my treatment, I felt so good and had so much to do that I wore myself out!”



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David J. Simons, DO, FACOIA, is a graduate of Penn State University and the Philadelphia College of Osteopathic Medicine. He is board certified in anesthesiology and has 30+ years of experience in treating acute and chronic pain. He currently serves as the president of the medical staff at Heart of Lancaster Hospital and is the vice president of the Lancaster City and County Medical Society. He is an active member of the International Spine Intervention Society and a Diplomate of the American Academy of Pain Management. Dr. Simons and his wife Carole live in Lancaster and are the parents of three lovely grown daughters.



Photo credit: Charles Moran, Pennsylvania Medical Society

Dr. David Simons, president-elect of the Lancaster City and County Medical Society addresses the media last month at the state capital, as the Pennsylvania Medical Society issued a physician call to action to stem the epidemic of opioid addiction.

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Stroke Affects All Ages



Heather D. Harle, MD,
Neurological Associates
of Lancaster



Murray Flaster, MD, PhD,
Medical Director,
Stroke Program

blocks the flow of blood to the brain. The other type of stroke is a hemorrhagic stroke, which occurs when a blood vessel in the brain leaks or breaks open. Both types are medical emergencies, and prompt treatment is critical to reduce the damage to the brain, and in some cases even save a life.

Blood clots may also cause transient ischemic attacks or threatened strokes. (These are sometimes incorrectly described as “mini strokes”.) These blockages are temporary, but they increase your risk of a major stroke and should also be treated as a medical emergency.

Who Gets Strokes?

Overall, we are seeing an increase in strokes among people ages 45 to 65. African Americans are twice as likely to have a stroke than whites. In Lancaster County, about 35 percent of stroke patients are between the ages of 40 and 69. About 10 percent of strokes occur in people younger than 45, and these can be a challenge in terms of diagnosis and treatment. In young adults, stroke may be the result of vertebral or carotid artery dissection, blood disorders such as leukemia or polycythemia, inflammatory diseases such as lupus, or illicit drugs that cause blood vessel constriction.

The increase in stroke in middle-aged and younger patients may be related to other population trends, such as a decrease in physical activity and a rise in diabetes, poor nutrition and obesity. High blood pressure can cause hemorrhagic stroke and increases the risk of ischemic stroke.

What can you do to reduce stroke risk?

Family history plays a role in stroke risk. Other than genetics, however, most stroke risk factors can be controlled. To reduce your risk of stroke:

- **Maintain a healthy blood pressure.** About one-third of all strokes are due to uncontrolled high blood pressure. If your blood pressure is high, talk to your doctor about managing it with medication and/or lifestyle changes.

About once every 40 seconds, someone in the United States has a stroke—also called a cerebrovascular accident—eighty five percent of the time this is due to interruption of blood flow, the other 15 percent is due to a hemorrhage. Every four minutes, someone in this country dies of a stroke. Although some people may think that primarily the frail elderly are at risk, strokes affect many young people as well.

Stroke causes about 5 percent of deaths in the United States—but there is good news. In the last decade, the death rate among stroke patients has dropped. So has the number of stroke deaths. Although stroke remains a leading cause of disability, in many cases stroke is preventable.

Types of Stroke

There are two main types of stroke. The most common is an ischemic stroke, which happens when a blood clot in an artery

Spot a Stroke **FAST**

Learn the National Stroke Association's Act **FAST** (Face Arms Speech Time) test:

F **ACE**

Ask the person to smile. Does one side of the face droop?

A **RMS**

Ask the person to raise both arms. Does one arm drift downward?

S **PEECH**

Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T **IME**

If you observe any of these signs, call 911 immediately.

If you experience any symptoms of stroke, call 911 right away.

The faster our doctors treat you, the less chance you may have for brain damage and disability.



Lancaster General Hospital is a Certified Primary Stroke Center by The Joint Commission.

LGHealth.org/Stroke

Penn Medicine
Lancaster General Health

- **Manage cholesterol** by eating a diet low in saturated fats and taking statins or other medications if your doctor prescribes them to help reduce the risk of blood vessel blockages.
- **Control diabetes.** Keeping your blood-sugar levels within normal ranges with medication and/or lifestyle changes can help reduce the risk of damage to blood vessels.
- **Exercise regularly.** Regular exercise can lower blood pressure and help you lose weight. Researchers have also found that women who walk three hours a week are less likely to have a stroke than women who don't walk.
- **Quit smoking.** Smoking reduces the amount of oxygen in the blood and contributes to buildup in the arteries, which can block blood flow.
- **Reduce salt intake.** Consuming too much sodium can contribute to high blood pressure and raise the risk of stroke and other health problems.
- **Consume alcohol in moderation.** A drink a day may lower stroke risk, but that risk increases sharply with more than two drinks per day.
- **Treat atrial fibrillation.** Some types of irregular heartbeat can cause blood clots and increase stroke risk. Your doctor will prescribe a blood thinner to reduce your risk.

Every minute counts

Signs of a stroke include numbness or weakness on one side of the body, drooping of one side of the face or body, and slurred speech. Sudden inability to speak, sudden inability to see, or sudden loss of balance may also be signs of acute stroke. A sudden severe headache could be a sign of brain hemorrhage. If you are with someone who may be having a stroke, dial 911 immediately, even if the symptoms pass. The ambulance crew will start lifesaving procedures on the way to the hospital.

If you want to learn more about stroke and stroke prevention, visit the LG Health Neurology Community blog at LGHealth.org/stroke.



Dawn Cutillo, HHP
Natural Hormone Expert
Author, *The Hormone "Shift"*

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works. Women come to us when all the major weight-loss programs fail them, and even when medical weight-loss centers can't help. We can help at a fraction of their cost!

We can help you lose weight by rebalancing your hormones, which has MANY other benefits in how you feel and in preventing long-term “aging diseases” such as female-related cancers, diabetes, high blood pressure, etc.)...all at ANY age!

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By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will not only lose weight quickly, but your mood and sleep will improve as well as any type of female-related condition (almost all PMS and menopausal symptoms).

Our philosophy is simple stress management, and diet changes (getting rid of foods you're sensitive to) combined with natural supplements to balance sex and stress hormones naturally...these lifestyle changes are the foundation of our scientific PATENT-PENDING system.



Jeanne Megella

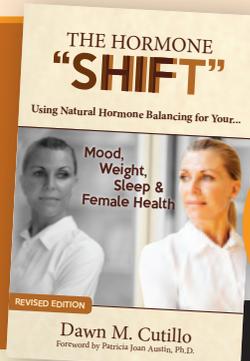
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I was already very active, but now I definitely have more energy. I feel healthier and more like who I really am, not someone who’s trying to be someone else.

I lost 31 pounds, and I really couldn’t have done it without BeBalanced. I’ve been through so many attempts to lose weight, but this is the program for me, and I think it’s the program for everybody, really. It was so easy to do that I’m telling all my friends, “This is it! This is what you really need.”

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Persistent Heartburn Can Be Early Warning Sign of Fastest-Growing Cancer



Mark H. Johnston, MD,
FACP, FACC, AGAF

Once thought of as merely a minor annoyance, we now know that chronic heartburn can be an important early-warning sign of esophageal cancer that, when identified and treated, can be cured. Stomach acid backing up into your esophagus can cause more than the short-term discomfort that you relieve with antacids and prescribed acid-suppressing drugs.

Even though more than 14 percent of the American population experiences acid reflux at least twice a week, “for most people, it’s not a big deal,” says Dr. Mark Johnston of Lancaster Gastroenterology (LGI). “But for a small subset, it is a big deal and can lead to esophageal cancer.”

Internationally acclaimed for his pioneering work in fighting early causes of esophageal cancer, Dr. Johnston notes that esophageal cancer “is still the fastest-growing cancer in the Western world.” “No cancer is increasing as rapidly,” he says. “While some cancers like lung cancer have declined, esophageal cancer rates continue to rise.”

Blame our love of food. “One of the primary contributing factors is the obesity epidemic in this country and the acid reflux that comes with obesity,” says Dr. Johnston.

As the director of LGI’s Heartburn Clinic, Dr. Johnston is dedicated to identifying at-risk patients for potentially lifesaving screenings, as well as comprehensive treatment of patients who suffer from more mild manifestations.

“If you have any heartburn symptoms at all, this is one-stop-shopping,” says Dr. Johnston, who notes that patients have the ability to initiate their own evaluations by simply calling The Heartburn Clinic at LGI for an appointment at 717-544-3500.

“They can get a straight answer and get the peace of mind that they’ve taken the initiative and been evaluated,” he says. “Not everyone needs an endoscopy.”

Unlike the broad preventive healthcare recommendations like baseline mammograms for women at age 40 or colonosco-

pies for everyone at age 50, the recommendations for the upper endoscopy screenings are more targeted.

“Identifying those at risk begins with a smaller segment of the population, but it’s growing,” says Dr. Johnston. “Are you a middle-aged white male who has heartburn more than twice a week? Are you someone younger who has been on heartburn treatment for more than 10 years? These are some of the most at-risk groups.”

Stereotyping does have its place in targeting the most vulnerable patients in need of a screening, but Dr. Johnston has had cases as varied as a 22-year-old young man and a healthy, active 60-year-old woman, in addition to the more typical 55-year-old overweight businessman. It’s why he’s promoting such a proactive approach to anyone experiencing early-warning symptoms. A lifesaving tool, the test itself only takes about 15–20 minutes. “If we catch it early, it is totally curable,” he says.

A former Navy Medical Officer, **Mark Johnston, MD, FACP, FACC, AGAF**, has treated members of Congress and served as Gastroenterologist to the White House. Dr. Johnston is a noted medical inventor, having patented a device to treat Barrett’s esophagus and early esophageal cancer. Dr. Johnston is board certified in Internal Medicine and Gastroenterology, and earned his medical degree at Hahnemann University. He completed his residency and GI fellowship at the National Naval Medical Center. He was nominated “Physician of the Year” by Central Penn Parent Magazine’s Healthcare Heroes Award Program in 2010. He is married to Lavonne Johnston. They have three children: Luke, Zachary and Hope.

Lancaster County is known for its rich farmland and its bountiful food. With smorgasbords of temptations at every turn, it’s easy to overindulge.

But if heartburn is a more persistent problem, interrupting your life with frequent pain and burning, it’s time to take stock.

That sour taste in your mouth or that burning in your chest may be telling you something. And especially if you’re a middle-aged, overweight, white male: sit up and listen.

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Acupuncture for 'Frozen' Shoulder—Another Tool to Help the 'Thaw'



Jo Ellen Wisnosky, L.Ac., DiplAc (NCCAOM), LMT, NCBTMB
Blossoms and Roots Wellness

Studies have shown that acupuncture can aid the body in triggering its own anti-inflammatory production, thereby assisting in creating space in the glenohumeral joint. This increased space then leads to increased range of motion without discomfort, and reduced pain and inflammation. Because the shoulder joint has such little space already, any small increase or decrease in inflammation can equate to a large increase or decrease in the amount of pain the affected person feels.

I see many trigger points in the shoulder which form around this condition, in the subscapularis muscle, which is one of the four rotator cuff muscles that support the shoulder joint (subscapularis, infraspinatus, teres minor, and supraspinatus). By inserting acupuncture needles directly into the trigger points in the muscle tissue, research has shown these trigger points can be deactivated, causing a reduction in pain. There are often trigger points in the posterior deltoid muscle, and sometimes in the front of the wrist. Motions which make it worse include overhead throwing motions. Lifting weights during exercises that raise the shoulders while the arms are turned inwardly can aggravate the condition.

When clients come in, they will rate their symptoms on a scale of one to 10 for severity so that we can monitor

progress through a series of treatments, often 6–10 total. We keep track of the amount of times it wakes a person at night, or is noticeable during daily activities, and the severity of the pain. Acupuncture needles are fine, sterile, and placed in areas of pain, as well as on other parts of the body which correspond to release in the theory of acupuncture and meridians, which are away from the directly painful areas. Jo Ellen is also a licensed massage therapist, so she can work with the muscle tissue to prepare it for acupuncture before inserting the needles.

“As soon as I received my first acupuncture treatment, I saw a reduction in my pain levels of 25 percent,” says Linda, 53, who suffered from frozen shoulder for three months before trying acupuncture. “I came in for six sessions with Jo Ellen, who suggested I look into doing physical

therapy again after these acupuncture sessions. I noticed a great deal more progress when I went back to physical therapy sessions, and so did my therapist. I am grateful to have found acupuncture and Jo Ellen to add to my healing process.”

Janet, 48, comments, “I felt a distinct sense of opening in my shoulder tissue after acupuncture. I believe acupuncture and Jo Ellen helped me return fully to my game of tennis, which I so love. I recommend it to anyone who has shoulder pain.”

Jo Ellen recommends a course of 4–6 treatments of acupuncture, coupled with movement such as physical therapy and/or massage therapy, as in Chinese medical thought, the blockage and buildup of pain needs an increased movement component to fully heal.

Acupuncture needles are sterile, single-use only, and regulated by the FDA, ensuring safety. Most people feel a distinct sense of relaxation while the needles are in place for treatment, a first treatment typically lasts 60–90 minutes, including thorough consultation and history of your pain and previous therapeutic interventions. Sometimes treatment may also include a mild current attached to the needles, called electroacupuncture, cupping and/or palpation of points in the affected area for pain. Follow-up treatments last 45–60 minutes.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wisnosky has 14 years' experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.



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- Family/Children/Couples Issues
- Learning Disabilities
- Play Therapy
- Psychological Testing
- Bipolar Disorder
- Eating Disorders

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EDITOR'S PAGE

Dear Readers,
Happy summer!

May is National Stroke Awareness Month. Many people are under the mistaken notion that stroke is something that only affects the "older" population. The truth is, 10 percent of all stroke victims are between the ages of 18 and 50. More alarmingly, when polled, 73 percent said they would NOT seek hospital treatment when faced with classic symptoms of weakness, numbness, and impaired vision. They would simply "wait and see" if their symptoms went away on their own. Learning to recognize symptoms and calling 911 is critical to preventing devastating results such as brain damage, paralysis, and death. According to recent studies published by the American Academy of Neurology, medical treatment delivered within three hours of the first symptom can minimize or even reverse brain damage. Two articles about the different types of strokes and Learning to Spot a Stroke are inside this edition on pages 4 and 14.

Dr. David Simons, president-elect of the Lancaster City & County Medical Society, knows

about the misuse of opiates like oxycodone and hydrocodone. He's been practicing anesthesiology and pain management for 30 years and is leading the fight to have this topic addressed by both the medical community and the public. Having recently testified at the state capitol about opiate addiction and drug dependency, Dr. Simons advises patients to ask their physicians about alternative therapies to pain medication. Writer Michael Upton's excellent article highlighting Dr. Simons' 30 years of experience working with pain medication is on page 12.

Mark your calendars now for the Moon Dancer Rock the Arts Festival on Saturday, June 4, at the Moon Dancer Winery in Wrightsville. Artist Lucy Latham headlines a terrific lineup of artists who run the gamut of artistic mediums, including metal crafting, hot wax painting, handmade lighting, sculpture, handmade furniture...and lots more. A trio of the best performing rock and roll dance bands from Central Pennsylvania—Love Haters, Mama Tried, and Dirty Little Secret—will perform through-



LCW Managing Editor
JoAnn Notargiacomo

out the day, and the evening will conclude with fire dancers from Digital Circus in Philadelphia. Come join us for great music and art, delectable food and wine, and dancing under the stars.

Happy Fourth of July! Please remember that freedom isn't free. Much gratitude to our military personnel and their families everywhere!

With blessings,

JoAnn Notargiacomo
Managing Editor

From One Friend to Another

Written by Andy Rooney, a man who had the gift of saying so much with so few words. Rooney has passed away. He used to be on CBS's 60 Minutes TV show.

I've learned...

That the best classroom in the world is at the feet of an elderly person.

That when you're in love, it shows.

That just one person saying to me, "You've made my day!" makes my day.

That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

That being kind is more important than being right.

That you should never say no to a gift from a child.

That I can always pray for someone when I don't have the strength to help him in any other way.

That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

That sometimes all a person needs is a hand to hold and a heart to understand.

That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

That money doesn't buy class.

That it's those small daily happenings that make life so spectacular.

That under everyone's hard shell is someone who wants to be appreciated and loved.

That to ignore the facts does not change the facts.

That when you plan to get even with someone, you are only letting that person continue to hurt you.

That love, not time, heals all wounds.

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

That everyone you meet deserves to be greeted with a smile.

That no one is perfect until you fall in love with them.

That life is tough, but I'm tougher.

That opportunities are never lost; someone will take the ones you miss.

That when you harbor bitterness, happiness will dock elsewhere.

That I wish I could have told my mom that I love her one more time before she passed away.

That one should keep his words both soft and tender, because tomorrow he may have to eat them.

That a smile is an inexpensive way to improve your looks.

That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.

That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

That the less time I have to work with, the more things I get done.

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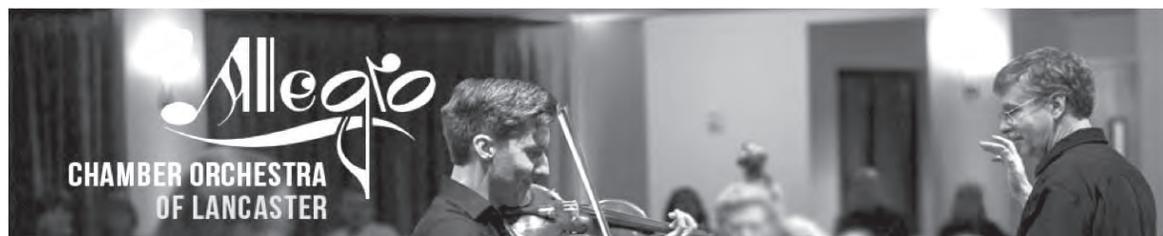
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Young Musicians Wanted for Allegretto Youth Chamber Orchestra



Calling all talented 9–12th grade instrumentalists: join Allegretto, Lancaster’s premiere youth orchestra for 2016–2017! Comprised of the finest young instrumentalists from high schools around Lancaster County, Allegretto is Lancaster’s most excellent orchestral experience for the region’s most excellent young musicians.

Led by conductor Dr. Brian Norcross, Allegretto is an elite ensemble of highly talented

high-school musicians, chosen by audition. The group not only gives young players a chance to perform the great orchestral works, but also allows them to experience a joyful, collaborative learning environment. Since the inaugural concert in 2009, Allegretto’s gifted musicians have demonstrated their range by performing works by Mozart, Beethoven, Haydn, Copland, Gershwin, Prokofiev, Stravinsky, and many others.

Auditions will be held Saturday, May 21 from 9:00 a.m. to 4:00 p.m., Saturday, June 4 from 1:00 p.m. to 5:00 p.m., and Thursday, June 9 from 7:00 a.m. to 9:00 p.m.

Don’t miss out on this exciting opportunity to work side by side with area professionals and experience challenging, enriching repertoire by the world’s greatest composers, past and present!

AllegroLancaster.org

Center Stage Summer Theater Camp Returns this July!

EPAC’s Center Stage Summer Theater Camp returns for its twelfth year, giving campers entering grades 1–7 in the fall a chance to experience the theatrical process with a newly designed hands-on approach.

EPAC’s 2016 Center Stage Summer Theater Camp is designed to inspire creativity, exercise the imagination, promote artistic confidence, and explore unique and exciting ways to tell enriching stories through the theater arts. Our professional staff will nurture individual talents in an environment rich with creative collaboration and team building concepts. This program is designed to help the young creative mind both onstage and in the classroom environment.



www.eprataperformingartscenter.com/camp

Freedom Isn't Free...

Body & Sole Reflexology Works to Restore Our Veterans' Health



Holly E. Walters, NC, MR
Board-Certified Reflexologist
Certified Weight-Loss Coach

Classical Homeopath: "Connecting with a person who is dedicated to healing, such as a professional reflexologist, can allow the 'cellular memory' of traumatic events to release and dissipate. The healing touch communicates with the body's epigenome [chemical compounds that modify or mark DNA] that the need for the stress response is past, and then the cellular metabolism returns to a peacetime function of optimal health."

While there are many causes of posttraumatic stress disorder (PTSD), the first one that comes to mind is the result of horrific experiences while on active duty in the military serving our country. Service members who suffer from PTSD continue to carry that burden of fear and anxiety long after returning home.

Posttraumatic stress disorder is a severe anxiety disorder that can develop after exposure to an event which results in psychological trauma, overwhelming the individual's ability to cope. Symptoms of PTSD include reexperiencing the original trauma through flashbacks or nightmares, avoidance of stimuli associated with the trauma and increased arousal, such as difficulty falling asleep, anger and hypervigilance. Those with PTSD may have difficulties with social interaction and relationships.

According to Jack Tips, Certified Clinical Nutritionist and Certified

Certified reflexology practitioners can identify a range of conditions by observing the feet for anatomically verifiable deposits in the tissue, color, congestion (fluid located on a reflex), stress lines, temperature, texture, and other features. All are indicators of an imbalance in the reflexive tissue in the body. Reflexology nudges the body toward balance, helping the body reset its mechanisms into a state of wholeness and health.

A benefit of reflexology for clients with PTSD is that it can be utilized when massage and other touch therapies are contraindicated. Also, the beneficial effects of reflexology on mental health are clinically documented. Reflexology improves the client's sense of well-being, improves sleep, reduces anxiety, and often reduces the need for pain medications, especially following surgery or cancer treatments. Most importantly, especially for those suffering

from PTSD, reflexology stimulates the relaxation response.

"The movement of the lymph gently erases the imprint made by stress, and those minuscule points on the foot no longer testify to the poor nervous and hormonal functioning of the corresponding organ. The cleansing process of the lymph restores the body to balance, and stress is absorbed through the autonomic nervous system."

— Martine Faure-Alderson, D.O.
and Reflexologist

Be sure to check out our
new updated website:
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— OR —

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Top NYC Dermatologist Chews Collagen



Julie Russak, MD, FAAD

want to take these daily supplements. NeoCell Beauty Bursts™ deliver high-absorption beauty nutrients in delectable, gourmet collagen soft chews. This award-winning product is easy to take, addicting, and most importantly, reveals beauty from the inside out with results you can see.

Key beauty enhancing ingredients: Super Collagen™ 1&3 is the body's beauty protein and strengthens skin, hair, and nails. Hyaluronic acid is known as "nature's moisturizer" and hydrates the skin. Vitamin C is essential to boosting collagen in the skin. These three beauty nutrients work together to build beautiful skin from the inside out.

To use: NeoCell Beauty Bursts™ are easy-to-take, gourmet soft chews that are low in sugar and free of gluten, soy, and artificial flavors. Take 2-4 soft chews daily. Allow 1-3 months to experience maximum benefits.

Available in two flavors: fruit punch and chocolate mint. \$19.99 at Whole Foods Market, GNC, Vitamin Shoppe, Walgreens, CVS and health and natural product retailers worldwide. Visit www.NeoCell.com to locate your nearest retailer.

For more information, visit www.russakdermatology.com.

Whether she is on the road or in her office, Dr. Julie E. Russak bites into NeoCell Beauty Bursts regularly. "To kick-start my morning, I thoroughly cleanse my face, apply an antioxidant serum and broad spectrum SPF, and pop in a NeoCell Beauty Burst to promote skin vibrancy, hydration and hair health. My day wouldn't feel the same without my morning skincare ritual!" says Russak.

These yummy, Starburst-like chews pack a ton of collagen into each bite for stronger hair, luminous skin and more resilient nails. Each chew also contains hyaluronic acid to keep skin hydrated and vitamin C, which is essential when it comes to boosting the power of collagen in the skin. Available in two flavors, fruit punch and chocolate mint, you'll actually

Share the Beauty of Your Community with a Fresh Air Child This Summer



Photo by Beth Fox

Share the beauty of your community with a Fresh Air child this summer while enjoying the pure joys of discovery in your own backyard!

Thousands of volunteer host families in rural, suburban, and small-town communities along the East Coast, from North Carolina to Maine and southern Canada, open their hearts and homes to New York City children from low-income communities through The Fresh Air Fund's Friendly Towns Program. The Fresh Air Fund, an independent, not-for-profit agency, has pro-

vided free and enriching summer experiences to more than 1.8 million New York City children since 1877.

Host families open their homes to children who might not otherwise be able to enjoy a summer away from New York City. Fresh Air children experience simple pleasures like running barefoot through the grass, swimming in a cool lake, and gazing at star-filled skies. Through the eyes of Fresh Air children, families often rediscover the beauty of their own communities.

"The first year, our Fresh

Air visitor, Hannah, learned to ride a bike. Last summer we taught her to swim, and this summer she wants to be brave enough to jump off the diving board. The best part of having Hannah here is seeing our life through someone else's perspective. The simple things mean so much," said Angela, a Fresh Air host.

For more information on how you can make summer special for a Fresh Air child, contact Nicole Johnston at 212-897-8953, or visit The Fresh Air Fund at www.freshair.org.

Meet Optometrist Mark Snyder



Dr. Mark Snyder

by Michael C. Upton

Dr. Mark Snyder recently opened the doors of his own practice, Snyder Eyecare of Ephrata, in the Nolt Dental Associates building at 1261 Division Hwy. (Route 322), just outside of downtown Ephrata. It is a friendly location for the young doctor.

“I was fortunate to find this location. It works out nicely for all of us,” said Snyder, who

went to undergraduate school with Geoffrey Nolt, DMD.

Integrating into the medical building gives both Snyder Eyecare of Ephrata and Nolt Dental Associates the advantage of helping patients in one consolidated visit. For example, patients in for a routine teeth cleaning can schedule an appointment with Snyder the same day for any optometric needs. The practice offers routine exams, contact lens exams, refractions, a full-service optical shop, and emergency care with an on-call doctor.

“That convenience is going to be a big difference for us,” said Snyder. “The connection has allowed us to also keep our costs down, which we can pass on to our patients.”

Originally from Salem, Oregon, just south of Portland, Snyder now resides with his

family in Lancaster County. Like many of us, he stops at roadside stands and even tends a garden at home.

“There are a lot of similarities, between the Willamette Valley and Lancaster County, lots of agriculture,” said Snyder, who left the West Coast to head to Eastern Mennonite University in Harrisonburg, Virginia.

“At college I had a bunch of friends who lived in Pennsylvania,” said Snyder, who had to contemplate where—Pennsylvania or Oregon—to continue his education. “I found Philadelphia to be a better fit. So, that kept me out here after college.”

In Philadelphia, Snyder attended the Pennsylvania College of Optometry (now a part of Salus University). After his doctoral studies, he completed a residency at The Eye Institute,

which led to an associate professor position at Pennsylvania College of Optometry. Snyder’s diverse clinical and social experiences have helped influence his approach to eye care.

“The experience I have from being a professor at the college gave me a little bit more contact with newer methods—like state-of-the-art contact lenses and treatments. We are on the front line of new methods for fixing people’s eyes and helping them see better,” said Snyder.

He still holds his position at the college today while he works to build his new practice.

“I still work there parttime, but I wanted to move close to this area once my wife had a baby,” said Snyder. He and his wife Kristy have two boys, Lukas (age 5) and Graham (age 2). A third boy will join the Snyder

Patients who mention this article will receive
50% off their first exam and an additional **\$20 off** the purchase of glasses, sunglasses, or contact lenses.

household in August! “We’re just starting our little family. My wife grew up here, so we are really familiar with the area.”

Snyder Eyecare of Ephrata opened on March 22, and the doctor is available every Tuesday, with expanded hours to come in the near future.

Snyder Eyecare of Ephrata
1261 Division Hwy., Ephrata,
PA 17522; (717) 466-2180
www.snydereye.com

HPV Infection and Oral Cancer



Karen Rizzo, MD, FACS

The human papillomavirus (HPV) infection is the most commonly diagnosed sexually transmitted disease in the United States. HPV infection has been linked to condyloma or genital warts as well as cancer involving the cervix, vagina, vulva, penis, and anus. Many patients with cancer in the base of the tongue and tonsil region do not have any of the traditional risk factors seen in head and neck cancer such as smoking, smokeless tobacco, and alcohol consump-

tion. Studies have shown that the HPV 16 genotype can also cause cancer in the head and neck area involving the base of the tongue and tonsils. Despite the decrease seen in tobacco use, oral pharyngeal cancer has markedly increased and is associated with HPV in 50–80% of cases involving squamous cell carcinoma of the tongue base and tonsils.

The timing between exposure to HPV and the development of oral pharyngeal cancer can exceed 10 years. HPV prevalence is threefold more common in men than women. The P16 protein is overexpressed in HPV-associated cancers. The vast majority of HPV-associated head and neck cancers are squamous cell carcinomas. These patients are usually in their late 30s or early 40s.

Why the oropharynx is more susceptible than other sites to HPV is unclear. Like the uterine cervix, the oropharynx offers easy access for infection. The tonsils contain deep invaginations of

mucosal surface believed to favor the capture and processing of antigens that may facilitate viral access. The HPV-associated oropharyngeal cancer is more likely to present with an early-stage primary tumor and advanced disease in the neck, often with a large cystic lymph node. HPV-positive head and neck cancers have a better prognosis than HPV-negative cancers.

The treatment of these cancers includes multimodality approaches that may involve chemotherapy, radiation therapy, and surgery. Three different vaccines which vary in the number of HPV types they contain are available in the United States and include Gardasil, Gardasil 9, and Cervarix. All three are prophylactics designed to prevent HPV infection. Vaccination is recommended for both males and females starting at age 11 or 12, but can be as early as 9. The vaccination involves three doses given over a minimum of 24 weeks and is considered both

safe and efficacious in preventing oral HPV infection.

For more information on this topic, please call my office at Lancaster Ear, Nose & Throat, 717-517-9083, for an appointment.

Established in 1844, the Lancaster City & County Medical Society (LCCMS) is a professional association for physicians which 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

The Lancaster City & County Medical Society
480 New Holland Avenue,
Ste. 8202, Lancaster, PA 17602
Tel: 717-393-9588
Email: info@lancastermedicalsociety.org
lancastermedicalsociety.org



Karen Rizzo, MD, FACS, is a board-certified otolaryngologist who has practiced in Lancaster for 25 years. She is a past president of the Pennsylvania Medical Society and prior president of the Lancaster City and County Medical Society and the PA Academy of Otolaryngology/Head and Neck Surgery. She graduated from Temple University Medical School and did her residency at Thomas Jefferson University Hospital. She is currently on the Commonwealth’s Speech, Language and Hearing Board. She is a member of the Big Five Basketball Hall of Fame and Villanova University’s Varsity Club Hall of Fame.

Leading the Fight Against Opiate Addiction



Dr. David Simons

by Michael C. Upton

The recent and sudden death of famed musician Prince has helped to bring awareness to opiate addiction. While his autopsy reports are still unknown as of press time, it was widely known the singer struggled with the use of prescription drugs. Dr. David Simons, president-elect of the Lancaster City & County Medical Society, knows all about the misuse of opiates like oxycodone and hydrocodone. As a doctor, he's seen the effects firsthand. Simons has been practicing anesthesiology and pain management for 30 years.

"I've been in the world of pain management for a long time. I've seen the ups and downs of pain being treated appropriately and inappropriately," said Simons, days before he was scheduled to testify at the state capital in May on opiate addiction and drug dependency. The most important thing Simons wants to make clear is that the topic needs to be addressed by both medical communities and the public.

"In the early '90s, a drug company...put a big push on a drug called OxyContin. They put a hardcore press on the medical community, saying pain was being undertreated," said Simons. "The research probably wasn't as conclusive or expansive as it should have been...they convinced everyone in the medical community, and the community at large, that this [drug] was in the best interest of patients suffering from chronic, noncancer-related pain."

Opiate use skyrocketed. In May of 2014, Dr. Nora Volkow testified in front of the Senate Caucus on International Narcotics Control that "an estimated 2.1 mil-

lion people in the United States [are] suffering from substance-use disorders related to prescription opioid pain relievers in 2012." She continued with, "the number of unintentional overdose deaths from prescription pain relievers has soared in the United States, more than quadrupling since 1999."

"The medical community started going down a wrong path," said Simons. "We thought we were working in the best interest of the patients...and now it has come full circle, and we recognize that there are probably a great number of patients who were placed on these medications inappropriately, and now society is suffering the consequences."

Simons realized the problem was starting early in his career, when he saw patients having a difficult time getting off the addictive drugs. He saw a disabled patient whose prescription level was increased by his family doctor almost every other month. After a year of being on the opiates, the patient was not getting better. He realized the prescriptions were not helping the patients. So, what

does the general public need to know when presented with opiates as treatment for pain? Simons wants you to ADD it up. ADD: Ask, Dosage, Duration.

"Ask your physician about alternative therapies," said Simons. "When everything else is exhausted, a patient needs to ask what the lowest dosage they can start on is."

Finally, look at the duration of the prescription and assess your pain. "Do you need 100 pills? Or will they not be needed," said Simons. "Sometimes those extra pills can wind up in the hands of people who may not be responsible with the medication. The total number of pills out there is an issue that really needs to be addressed, too."

Discarding of Unused Medication

The FDA recommends following printed disposal guidelines on the medication. If no instructions came with the medication, find a take-back program at most local police stations in Lancaster County. As a final alternative, the FDA states old drugs can be thrown in the trash—Remove them from

Beyond his role with the Lancaster City & County Medical Society, Dr. Simons serves as the program director for the Heart of Lancaster Anesthesiology Residency Program. Since 1988 Dr. Simons has served as chairman of the Anesthesiology Department at the hospital and is the Medical Staff President. He is an Assistant Professor of Anesthesia at his alma mater, Philadelphia College of Osteopathic Medicine, and an adjunct professor at Kirksville College of Osteopathic Medicine.

their original containers and mix them with an undesirable substance like coffee grounds or dirt. Place the mixture in a sealable bag or empty container. Do not flush medications.

For more information about this topic, please contact Dr. David Simons at Pain Management Specialists of Lancaster 1575 Highlands Dr., Lititz, PA 17543, (717) 627-7246.

A.C.T. to Prevent Heat-Related Car Deaths

Each year in the U.S., an average of 38 children and hundreds of dogs die from hyperthermia (heatstroke) in hot cars. While our first thought may be that these are cases of blatant cruelty or negligence, the truth is many are due to tragic error on the part of otherwise loving, competent caregivers. The point is, this could happen to you.

"Every spring and summer we see dozens of children in the emergency room suffering from hyperthermia," says Christine Dang, MD, an ER physician with Lancaster Regional and Heart of Lancaster Regional Medical Centers. "Often, they've been left for only minutes in a car, and parents return to find them suffering from rapidly increased body temperatures. There are far too many close calls, and it's completely preventable."

Misconceptions contribute to these tragic episodes. First, there's the assumption that if it's cool outside, it can't get very hot inside, and this is not accurate. At 70 degrees on a sunny day, a car can reach 100 degrees within 15 minutes. The perception that "cracking the windows" will somehow keep the temperature in a safe range is another dangerous myth; open windows have little effect on internal car temperatures on a sunny day. Body temperatures for children and dogs rise three to five times faster than an adult's, and brain damage or death can occur in a matter of minutes.

It's true that some children and pets are knowingly and negligently left inside hot vehicles. But in most cases, hot-car deaths are a result of an adult's disastrous lapse in memory. Working parents are

often tired, stressed and running on "auto-pilot" on their way to and from work or errands. The risk is particularly high when the child is sleeping in the back seat, or when the adult is traveling a path outside their normal routine. Experts suggest you can reduce the risk by remembering to A.C.T.:

A = AVOID. Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Be sure to keep your car locked when you are not in it, so kids don't climb in on their own.

C = CREATE. Create a reminder by putting something in the back of your car next to your child, such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you are not fol-

lowing your normal routine.

T = TAKE ACTION. If you see a child or dog alone in a car, call 911 and stay with the victim. Emergency personnel are trained to respond to these situations, and one call could save a life. If help does not arrive quickly and you note signs of immediate distress, such as lethargy, poor coloring or heavy breathing, engage witnesses and do what is necessary to ensure the victim's safety.

"In the event you or someone you know experiences signs of heatstroke, remember NOT to attempt to bring down the temperature too quickly," says Dr. Dang. "Don't use ice or ice water. Attempt to bring down the temperature gradually with cool spray or mild air conditioning, and dial 911 or proceed immediately to the nearest ER."

About Lancaster Regional and Heart of Lancaster Regional Medical Centers, Lancaster County, PA

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. Heart of Lancaster Regional Medical Center is a 148-bed hospital in Lititz providing care since 2005. Both hospitals offer a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are owned in part by physicians.

Pennsylvania College of Health Sciences News



Kristen Ebaugh

Psychiatric Registered Nurse '14

Alumni Spotlight

Psychiatric Registered Nurse Kristen Ebaugh was instrumental in starting the Anorexia Nervosa and Associated Disorders (ANAD) Support Group at Lancaster General Health in 2014. After surveying Lancaster County for eating disorder resources, she saw a need for services in the area. The group, a collaboration between the LG Health/Penn Medicine Community Wellness Team and ANAD, creates a safe, nonjudgmental and confidential space for individuals struggling with eating disorders to find hope, help and healing.

As group facilitator, it's Kristen's job to keep conversation topics positive and recovery focused, and help members build a network outside of the support group. In instances where individuals need additional support beyond what she can provide, she links them with professionals and healthcare providers for more intensive services. Additionally, Kristen maintains contact with surrounding schools, colleges and mental-health organizations, as community plays an important role in mental-health recovery.

Faculty/Staff Spotlight

Dr. Jean Hershey has accepted the position of Assistant Dean of Nursing at PA College. In her new role, Jean has administrative responsibilities in the associate and baccalaureate degree programs, and supports faculty in maintaining and enhancing the student educational experience. For the past two years, Dr. Hershey has provided leadership to the College's talented team of faculty and staff, as they developed the first three-year Bachelor of Nursing program to be offered in the state. Jean began her career as a staff nurse before moving into staff education at Lancaster Gener-

al Hospital, followed by academia in 2002. She has had the opportunity to teach all levels of nursing students, from first-semester novice students to experienced RNs returning to college to earn their BSN.

Jean was selected as one of three finalists for the Pennsylvania Nightingale Award in Academic Nursing Education in 2014. Her ability to inspire students along with her dedication to remain current with technical innovations and teaching methodologies led to the peer nomination. Jean received her nursing diploma from PA College, BSN degree from Millersville University,



Dr. Jean Hershey
DEd, MSN, RN, CNE

Assistant Dean, Division of Nursing '79

MSN degree in nursing education from Villanova and her Doctorate in Education from Penn State University. She and her husband have three daughters, two of whom are graduates of PA College nursing programs. They reside in Lancaster and feel blessed their seven grandchildren live in the area.

Student Spotlight

Medical laboratory science student Morgan Hunsecker recently received the American Society of Clinical Pathology Scholarship Award. The award, sponsored by Siemens Healthcare Diagnostics, was given to Morgan for demonstrating strong leadership skills, involvement in community activities and excellent performance in the classroom. Hunsecker, who is earning her certification in medical laboratory sciences through PA College, is also in the process of obtaining her bachelor's degree in biology from Millersville University.

Morgan works as a student intern in the microbiology department at Lancaster General Hospital, doing specimen receiving and molecular polymerase chain reac-



Morgan Hunsecker

Medical Laboratory Sciences '16

tion (PCR) testing, a process that reproduces selected sections of DNA or RNA. She also assists in the point of care department with quality control and clerical work. When not studying or in clinicals, Morgan teaches Sunday school to preschool-aged children at her church and continues to work part-time at Zigs Bakery, where she has been instrumental in training new staff and providing oversight to the store's new computer system. Upon graduation, Morgan plans to stay in the area and hopes to work within a hospital setting, preferably a blood bank.

National Hospital, Nurses and EMS Weeks

Hospitals are more than a place where people go to heal, or to receive treatment when sick or injured. Hospitals are often at the very heart of their communities, contributing to their physical, emotional and financial health. During National Hospital Week, Nurses Week and EMS Week, Lancaster Regional and Heart of Lancaster Regional Medical Centers celebrate the hundreds of healthcare professionals who work together 24 hours a day, 365 days a year, to ensure quality medical care is available to every person in the Lancaster County area and beyond. We have various festive events planned for our healthcare professionals to commemorate these weeks in May.

National Hospital Week was established in 1953, and this year it was celebrated from May 8 through May 14. The dates overlap the celebration

of National Nurses Week (May 6 through 12 this year), and were chosen to coincide with Florence Nightingale's birthday, honoring her role in revolutionizing hospital care in the mid 1800s. This year's National Hospital Week theme is "Healthcare from the Heart," an appropriate tribute to the 5.6 million physicians, nurses, therapists, food service workers, volunteers and many more who care for their neighbors with competence, dedication and compassion. And finally, National EMS week was May 15 through 21.

Lancaster Regional and Heart of Lancaster Regional Medical Centers are proud to serve the Lancaster community with expert medical care and are committed to meeting the ever-changing needs of our physicians and patients by investing in modern technology and expanding the services

we provide. Our healthcare professionals are dedicated to providing the highest-quality care in the safest environment possible.

While we wade through the ever-changing health insurance waters, we continue to serve our less fortunate neighbors. Last year Lancaster Regional and Heart of Lancaster Regional Medical Centers provided millions in charity and uncompensated care.

We also take pride in the contribution we make to the community's fiscal health. Besides the millions we channel into the local economy through wages and benefits, last year we raised over \$20,000 for local charities, provided over \$200,000 in sponsorships and donations, and paid millions in tax revenue for local communities. In some cases, this revenue from sales, mercantile and real estate taxes is helping

to keep a municipality operating in the black—and that has a ripple effect. These resources are used to provide your basic municipal services like police and fire protection.

In addition to celebrating the millions of workers dedicated to patient care in the U.S., National Hospital Week also serves as a reminder that hospitals truly matter in our society, and are worth fiercely protecting. From providing treatment and comfort to the sick, to welcoming new life into the world, hospitals are indeed at the heart of healthy and vibrant communities.

Lancaster Regional and Heart of Lancaster Regional Medical Centers are proud to acknowledge and celebrate our associates and other healthcare providers, who tirelessly serve the community and personify the 2016 "Healthcare from the Heart" theme.

About Lancaster Regional and Heart of Lancaster Regional Medical Centers, Lancaster County, PA

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. Heart of Lancaster Regional Medical Center is a 148-bed hospital in Lititz providing care since 2005. Both hospitals offer a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are owned in part by physicians.

Women Experience Different Heart Attack Symptoms

Every 43 seconds, someone in the U.S. suffers a heart attack. Each year, more than 600,000 of those afflicted will not survive the attack, with nearly half of the victims being women. While we've all become familiar with the "Hollywood heart attack" (man suddenly clutches chest and immediately falls unconscious), only a portion of victims will experience a heart attack in this way—and women's symptoms may be significantly different.

The American Heart Association recently published a scientific statement about women's heart attack causes and symptoms in its journal, *Circulation*. Three key points are made in this new statement: Women frequently have different underlying causes of heart attacks than men, such as the types of plaque buildup; compared to men, women tend to be undertreated and are less likely to participate in cardiac rehab after a heart attack; and risk factors such as high blood pres-

sure and diabetes increase heart attack risk in women more severely than in men.

"Chest and left arm discomfort are the best-known symptoms of a heart attack, but symptoms in both men and women can be "atypical." This seems to be the case more frequently in women than in men," said Ellen Smith, MD, a cardiologist with Red Rose Cardiology at 2135 Noll Drive in Lancaster. "Women often assume that their symptoms are not heart related and thus don't always seek help. With a heart attack, seconds count, so it is best to err on the side of caution."

In addition to the obvious feeling of pain, pressure or heaviness on your chest, here are the most common symptoms experienced by women having a heart attack:

- Sharp pain in the upper body, including in the neck, back and/or jaw area;

- Severe shortness of breath, either at rest or with minimal level of exertion;
- Sudden and/or "cold sweating" that you suspect is NOT menopause-related;
- Unexplained or sudden fatigue—one of the most common symptoms, and the easiest to ignore or misdiagnose;
- Unfamiliar dizziness or lightheadedness;
- Unexplained nausea—women are twice as likely as men to experience nausea or vomiting during a heart attack.

Awareness campaigns over the past decade have helped improve survival rates for women having heart attacks, but much work remains. Here in Pennsylvania, cardiac-related conditions are responsible for more female deaths than all forms of cancer combined.

"As critical healthcare resources in our county, Lancaster Regional and Heart of Lancaster Regional Medical Centers are focused year-round on the prevention and treatment of heart disease," said Russell Baxley, CEO of Lancaster Regional Medical Center.

"National Heart Month in February brings the opportunity for national awareness to a significant health problem right here in our area," stated Deborah Willwerth, CEO of Heart of Lancaster Regional Medical Center. "The statistics are both telling and alarming, in terms of the impact on our local communities."

To find a physician to help you care for your heart, whether a cardiologist or primary care physician, call 1-844-784-DOCS. To learn more about your heart health, risk factors and to take a heart-risk assessment to share with your physician, visit [lancastermedicalcenters.com/medical-services/cardiac-care-](http://lancastermedicalcenters.com/medical-services/cardiac-care-network)

network.

About Lancaster Regional and Heart of Lancaster Regional Medical Centers, Lancaster County, PA

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Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are owned in part by physicians.

Strokes Among Young Adults on Dramatic Rise

May is National Stroke Prevention Awareness Month. While recent years have seen an overall decline in the number of strokes in the U.S., research published in the *American Academy of Neurology Journal* suggests the number of strokes among younger adults is actually on the rise, with about one in five victims now below the age of 55.

"Since the mid-1990s, the number of strokes in younger adults has increased by approximately 53 percent," said Jim Pacelli, MD, a neurologist with Regional Neurology and Pain Management Associates at 233 College Avenue, Suite 101 in Lancaster. "This trend is alarming in the impact it has on young families, when a parent who suffers a stroke is often physically and economically disabled before or during their most productive years."

Experts attribute several factors to the increased incidence of stroke in young adults, with the greatest focus centering on the issue of obesity. A study of more than 2,300 people in the Baltimore area indicated that obese young adults were 57 percent more likely to experience a stroke than their nonobese peers. Much of that increased risk might be connected to the co-conditions often tied to obesity, such as high blood pressure, diabetes and smoking.

"Even though more than a half million young adults suffer annually from a stroke, 73 percent of those interviewed indicated they would NOT seek treatment at a hospital when faced with the classic symptoms," said Dr. Pacelli. "Nearly three in four stated they would opt to "wait and see" if their weakness, numbness or impaired vision symptoms went away

on their own. This is a lack of awareness that can lead to devastating results."

Medical experts agree that medical treatment must be delivered for a stroke within three hours of the first symptom. This is the window during which treatment can minimize or even reverse brain damage. A lack of awareness results in patients who don't seek immediate treatment. But to date, only limited public health and research efforts have been dedicated to addressing stroke in young adults.

The authors of one study suggest people should memorize the acronym "FAST," which stands for Face drooping, Arm weakness, Speech difficulty, Time to call 911.

According to the CDC's map of stroke-related mortality by county, Lancaster County is within better levels for

deaths due to stroke in the U.S. (County map found here: www.cdc.gov/dhdsp/maps/national_maps/stroke_all.htm)

Many strokes, though not all, are preventable through simple but critical lifestyle changes. Eating a healthy diet and maintaining a healthy weight, ensuring a daily dose of physical activity, controlling blood pressure, controlling blood sugar if you are diabetic, and refraining from smoking are considered the most effective means of avoiding the devastation of a stroke. Lancaster Regional and Heart of Lancaster Regional Medical Centers, experienced stroke teams have the expertise and technology to deliver lifesaving care. The hospitals are also part of the Penn State Hershey TeleStroke program called LionNet—a partnership between regional community hospitals and the Penn State Hershey Stroke

Center designed to improve patient care via telemedicine. LionNet provides real-time remote audiovisual access to a neurological consult with a stroke neurologist or neurosurgeon. Using a sophisticated computer system and a webcam, Penn State Hershey stroke specialists can provide consultation, examine the patient, review scans, and speak to the patient and family in real time.

For more information about stroke symptoms and risks, visit lancastermedicalcenters.com/medical-services/neurologic-stroke-care.

To schedule an appointment with a family physician who can help you craft a stroke prevention plan, visit HeartandRegionalMed.com or call 1-844-784-DOCS.

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Our practice is dedicated to following the guidelines established by the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine. Dr. Cantwell is one of only 250 dentists who have achieved Board Certification in Dental Sleep Medicine through the American Board of Dental Sleep Medicine.

Bethany Beach Bay Apartment Rental with Dock and Boat Ramp

This beautiful apartment is on prime frontage of Indian River Bay, six miles from Bethany Beach and the ocean. This attached apartment with separate entry and balcony comes with a queen bed, pull out sofa bed and pull out single bed. A 50" LED TV with disc player is in the sitting room. Additional bay view bedrooms available.

Guest Access: You have access to the private pier and boat ramp, private bay beach, washer and dryer, microwave, refrigerator, toaster oven, breakfast area, sitting area, beach toys, beach chairs, cabana with sink, shower, restroom, fishing poles and nets, and private parking. The house jet skis are rented on a select basis.

Interaction with Guests: Call us as needed. We will be in residence in the main part of the house but respect privacy of all.

The Neighborhood: An ideal location to bring your jet ski or for a quiet, beautiful place away from the crowds. A short drive will get you to the ocean, boardwalk, many amenities and restaurants. A golf course is within walking distance.

Getting Around: A car will be necessary to get around.

Other Things to Note: There is a marina at Potts Netts across the bay with an outdoor bar and live music all summer. A jet ski lift is available for docking your jet ski for a small fee.

House Rules: No smoking. No parties or events. Not suitable for large pets. Small pets will be considered (additional fee will apply).

Price: Seasonal Daily Rate \$350 (Memorial Day to Labor Day) Minimum Weekend Rental is 2 Nights. Cleaning Fee: \$75. Security Deposit: \$300.



The Space

Accommodates 4: 2 Adults and 2 small children under 10 years of age

One bedroom with queen bed and 1 sitting room with pull out double sofa bed. For 2 couples an additional daily rate of \$50 per person will apply.

Check-in: 2:00 p.m.

Amenities

- Mini-kitchen • Internet • TV
- Bed linens and bath towels included. Beach towels not included.



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- LGBT Family Building
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- PCOS (polycystic ovarian syndrome)
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Spring and Summer Months Are the BEST Times to START Yoga



Denyse Kling, Owner
Bikram Yoga at Brighton

Join us in July
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Belly Dancing
Workshop! Check
out our website,
www.bikramyogaatbrighton.com, for
additional details!

Spring and Summer Months are the BEST times to START, or continue, your Bikram Yoga at Brighton—Hot Yoga—Practice

Along with the 800+ calorie burning, body-healing and flexibility benefits, there are so many additional benefits to starting, or continuing, your Bikram Yoga at Brighton practice now AND all year long...

- **You'll handle the outdoor heat much more effectively:** By practicing Bikram Yoga at Brighton, Hot Yoga, during the summer months, you will better acclimate yourself to the season's heat and humidity by "teaching" your body to cool itself more efficiently. It also arms you with coping tools (focus, concentration and deep breathing) to better manage sometimes sweltering heat and humidity.
- There's a reverse effect as well: **The summertime weather has the body (muscles, joints, ligaments) already nice and juicy warm**, so when you enter the heated studio, you'll likely find yourself to be more flexible and able to engage deeper into the postures.
- **You'll energize your mind and body:** Warmer summer months can leave us feeling a bit fried, both mentally and physically. We've all had days when the outdoor heat causes us to feel super-sleepy and we can't be bothered exercising.

Committing to a strong Bikram Yoga at Brighton summer practice will help energize the body and mind—providing countless benefits—prevent that sluggish summer feeling, and give you **quality time spent on your well-deserved self.**

- **You'll tone up for the summer:** You'll look great and feel more comfortable and confident all summer long!

Join us at Bikram Yoga at Brighton...become a part of our family and community...explore the power of you and discover this transformational experience!

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Denyse with Marilyn, Carolyn, and Megan, instructors at Bikram Yoga at Brighton'



Winter Dormancy then Spring Activity Can Lead to Injury



Kyle Yorgason, DPM,
AACFAS

Dr. Yorgason completed his residency training at St. Luke's Hospital and Health Network in Allentown, and Bethlehem, PA and is Board Qualified in Forefoot Surgery as well as Reconstructive Rearfoot/Ankle Surgery. He is a graduate of Des Moines University College of Podiatric Medicine and Surgery as well as a graduate of Brigham Young University.

He grew up in Boise, Idaho and during High School, was active in music and athletics, as well as Church organization and the Boy Scouts of America. He continues to enjoy outdoor activities including camping, hiking and skiing. Dr. Yorgason has been married for 10 years and enjoys spending time with his 4 wonderful children.

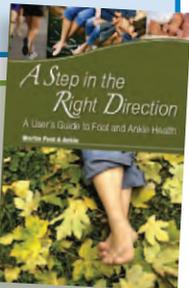
Free Book on Foot Pain and What You Can Do About It

Martin Foot and Ankle doctors have written a new book designed to give you the information you need to maintain the health of your feet and ankles, and they are offering it to the local community free of charge.

"We wrote the book because too many people suffer from foot pain unnecessarily."

— Martin Foot and Ankle Doctors

Local residents can order a copy of *A Step in the Right Direction: A User's Guide to Foot and Ankle Health* by visiting www.martinfootandankle.com or by calling 717-757-3537, ext. 7010, 24 hours a day. There is no obligation, no one will call, and we value and respect your privacy.



While this last winter wasn't much of a winter, spring is just around the corner. Warmer weather, budding leaves, returning birds and soccer, baseball, softball, basketball, hiking and biking are all just a few weeks away, as well as everything else the great outdoors has to offer. With spring approaching, many people are looking forward to spending more time outside, being active and exercising-away the winter blues.

All this exercise is great! It improves circulation and heart health, melts away hibernation fat and builds muscle. Plus it's lots of fun. Whether bike-riding with family, playing a pick-up game of basketball or a quiet walk through the park, each provide you with health benefits, and some good fresh air.

Having been indoors for the most part for the last few months, many people will want to jump right in and begin right where they left off in the fall. While this is understandable, it is often not the best approach. Starting after a period of dormancy increases your chance of getting side-lined with an injury.

Some of those common injuries we see that can be prevented:

Ankle Sprains

A sprain is damage to a ligament. A ligament is a fibrous band that connects two or more bones across a joint. They prohibit incorrect motion of a joint, but can at times be over-stretched, or torn. Commonly the area around

the damaged ligament becomes swollen, and a nasty bruise can develop. Often stiffness occurs post-injury, limiting the motion of the adjacent joints. See a foot and ankle specialist right away if you think you have sprained your ankle or any other joint in your foot, as the treatments prescribed can limit your post-injury healing period.

Wearing the correct shoe for your activity (or even a brace), warming up and stretching for 5–10 minutes before the activity can limit this common injury.

Muscle Strains and Tendon Tears

Muscles and tendons work together to move bones across joints. When the muscle flexes, the tendon pulls on a bone, and motion occurs at a joint. Sudden movements can stretch or tear muscles or tendons where they attach to bones. A strain is similar to a sprain, but occurs in a muscle or tendon. If you warm-up properly, again with adequate stretching, you can limit the occurrence of this debilitating injury. If a muscle or tendon tears, this can severely limit the function of the muscle/tendon complex, and lead to long-term problems. If you think you have strained or torn a muscle or tendon in your foot or lower leg, consult a foot and ankle specialist.

Tendonitis

Usually the result of abnormal foot biomechanics in conjunction with high-impact, repetitive movements, tendonitis is inflam-

mation of the tendon, or the lining around the tendon. More prevalent in a flat-foot type, tendonitis can develop into linear tears of the tendon, and even rupture. Do not wait to have your foot or ankle checked out if you have consistent aching after periods of exercise in your heel, ankle or foot. Proper shoe-gear, proper arch supports, and stretching prior to activities can decrease your incidence of tendonitis.

Stress Fractures

Anyone participating in a sport or activity that requires high-impact repetitive movements (jumping, running, etc.) has a higher risk of developing a stress fracture. Otherwise named "march fractures," stress fractures are thin, hairline fractures of bones. These are common in individuals who start activities suddenly, without slowly increasing over time. New military recruits are commonly diagnosed with stress fractures, leading to the nickname. Prevent a stress fracture by wearing well-fitting, well-padded shoes in your chosen activity, and slowly increase time spent in the activity over time. If you have constant pain while on your feet, after recently starting a new exercise routine or activity, consult your foot and ankle doctor for treatment.

Plantar Fasciitis

Probably the most common injury seen by a foot and ankle doctor, plantar fasciitis results most commonly from a foot changing shape over time. The plantar fas-

cia connects the ball of your foot to your heel. If the arch of your foot collapses with activities, the fascia may be required to provide more support than it is built to provide. When this occurs, the fascia pulls sharply, and micro-tears can occur at the heel. The entire fascia may be tender along the bottom of the inside arch. Additionally, a tight calf muscle can exacerbate plantar fasciitis. If you have heel pain after periods of rest, consult a foot and ankle specialist for treatment.

As foot and ankle doctors, we see lots of different types of injuries every day that could have been prevented, if proper pre-activity measures were taken. As noted previously, shoe-gear plays a large role in injury prevention. Proper fit, both length and width, are very important. I am very excited to announce the beginning of a new venture at Martin Foot and Ankle. Beginning in the month of March, we are opening a shoe store called "The Right Shoe." If you are having difficulty finding the correct shoe size, or want to be more proactive in your prevention of possible injuries, I invite you to come see what we have to offer.

Remember, something as simple as proper shoe-gear, stretching or gradually increasing your activities can help to prevent the occurrence of many injuries. Take advantage of the improving weather and enjoy your time outdoors, but most importantly, be safe and prepared.



Martin Foot and Ankle

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Colon Cancer Screening Saves Lives



Dr. Dale Rosenberg is a board-certified internist, gastroenterologist, and Medical Director at Regional Gastroenterology Associates of Lancaster (RGAL).

MD: Jefferson Medical College

Internship: Thomas Jefferson University Hospital,

PA Residency: Thomas Jefferson University Hospital, PA

Clinical and Research Fellowship: University of Pennsylvania

Board Certification: Internal Medicine and Gastroenterology

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According to the Centers for Disease Control and Prevention, colorectal cancer is the third-leading cause of cancer-related deaths in the United States. Many people who develop colorectal cancer have no symptoms during the early stages of the disease, which is why it is often discovered when it is too late. Fortunately, a simple screening colonoscopy can catch colorectal cancer easily and often stop it in its tracks.

The main advantage of colonoscopy is that we look for polyps, which can lead to cancer. “The vast majority of polyps don’t cause any symptoms; they just grow silently,” says Dr. Dale Rosenberg, a board-certified internist, gastroenterologist and Medical Director at Regional Gastroenterology Associates of Lancaster (RGAL). “If someone is at average risk, the recommendation is that they start screening at age 50. If they have other colon cancer risk factors, like a family history of polyps or colon cancer, they would start sooner, around age 40.” Due to evidence that African Americans develop colon cancer at a younger age, they should have

their first screening around age 45. Once a patient has had a colonoscopy, they do not need to have another one for a decade, unless polyps are detected or they experience a change in bowel habits.

Colonoscopies are quick and painless; the procedure generally takes 20–30 minutes. Dr. Rosenberg assures patients that the only side effect they

are likely to have when they get home is a bit of mild gas. “In Lancaster County, the vast majority of colonoscopies are administered with Propofol anesthesia, and the patient is sleeping deeply and generally doesn’t feel anything.”

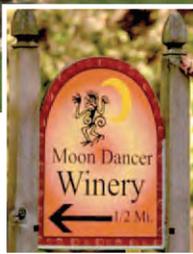
Dr. Rosenberg says less than 60 percent of people who should be screened in Lancaster County are screened regularly, but

hopefully more people will be willing to schedule the procedure after learning how simple and essential it is. Medicare and most insurance companies will cover colonoscopies, which are offered at all area hospitals and two RGAL ambulatory surgery centers: one at the Lancaster General Health Campus, and the other at RGAL’s Brownstown endoscopy center.

Dr. Rosenberg and the other specialists at RGAL want you to keep this thought in mind: “Twenty to 30 minutes of screening could mean many more years of health and happiness.”

For more information regarding colon cancer screening, contact your primary care physician or call RGAL at 717-554-3400, or go online at www.rgal.com.

Moon Dancer Winery Festival Rocks the Arts Saturday, June 4, Wrightsville Featured Bands & Artists: Love Haters, Mama Tried, Dirty Little Secret and Hand of Fire Artist Chatwin Osborn



On Saturday, June 4, from 3–10 p.m., make the Moon Dancer Winery in Wrightsville your destination to experience an event that will be a feast for the eyes and ears: *Moon Dancer Rocks the Arts*.

The purpose of Moon Dancer Rocks the Arts is to provide a platform for local artists to express themselves, as *self-expression deserves a stage!* Local artists will get the chance to connect with art connoisseurs by exhibiting their works while being accompanied by the rhythms of some of the Lancaster area's best bands, including Dirty Little Secret, Love Haters, and Mama Tried. To top it off, proceeds will be contributed to PRiMA The-

atre of Lancaster, which provides opportunities for financially challenged area families to enjoy the theatre/music/arts. Add food, wine, and dancing to the mix to make the day complete.

The vision of the founders of Moon Dancer Rocks the Arts is to draw the interest of local art lovers first, and eventually expand their reach to those outside the area. They hope to one day include a stage show from a large venue, such as the Convention Center in downtown Lancaster, and include as part of that show the latest in hair trends, edgy fashion, locally made jewelry, and displays of body art tattoos. The possibilities are as boundless as the imagination.

Just a Sampling of Over 25 Artists

Melanie Gaskins
Oil on Canvas

Philip Biechler Designs
Sculpture and handmade furniture

Yesid Gomez
Abstract oil paintings

Seth Manlove
Handmade lighting

John and Pam Givler
Art with clay and wooden handmade boxes

Nancey Bradley
Steampunk handmade jewelry

Joanne Anderson
Hot wax painting

Alice Schwager
Oil on canvas



"From the time that I could hold a pencil, all I wanted to do was draw. Now, I draw with paint, and I paint what I love. Every day, I give thanks for this blessed life, this freedom to spend my days responding emotionally to beauty with color and line on a canvas." ~ Lucy Latham



"I believe that the power of art can create solutions to many of our problems; art brings people together. The symbolism and the belief in the idea will cause people to reflect on the message of peace, making the world a better place for us all."
~ Yesid Gomez

"The Totem Series started in 1990 with the idea of depicting certain aspect of contemporary personas and symbols using found steel material just as angle, tubes, plates, channels and other elements. Arrange them in just a way as to embody a person, place or thing. Also to allow the viewer to recognize the different symbols used in the sculptures. Some pieces such as China Gate, depict a place, were others depict a person or occupation."
~ Philip Biechler



"Like many, I have had life changes and challenges. To cope, I reached into my creative self and released a drawing or painting. Now, I share my work, hoping that it will be a message of HOPE for those whose view it that a better, brighter day is coming with the new horizon."
~ Melanie Gaskins





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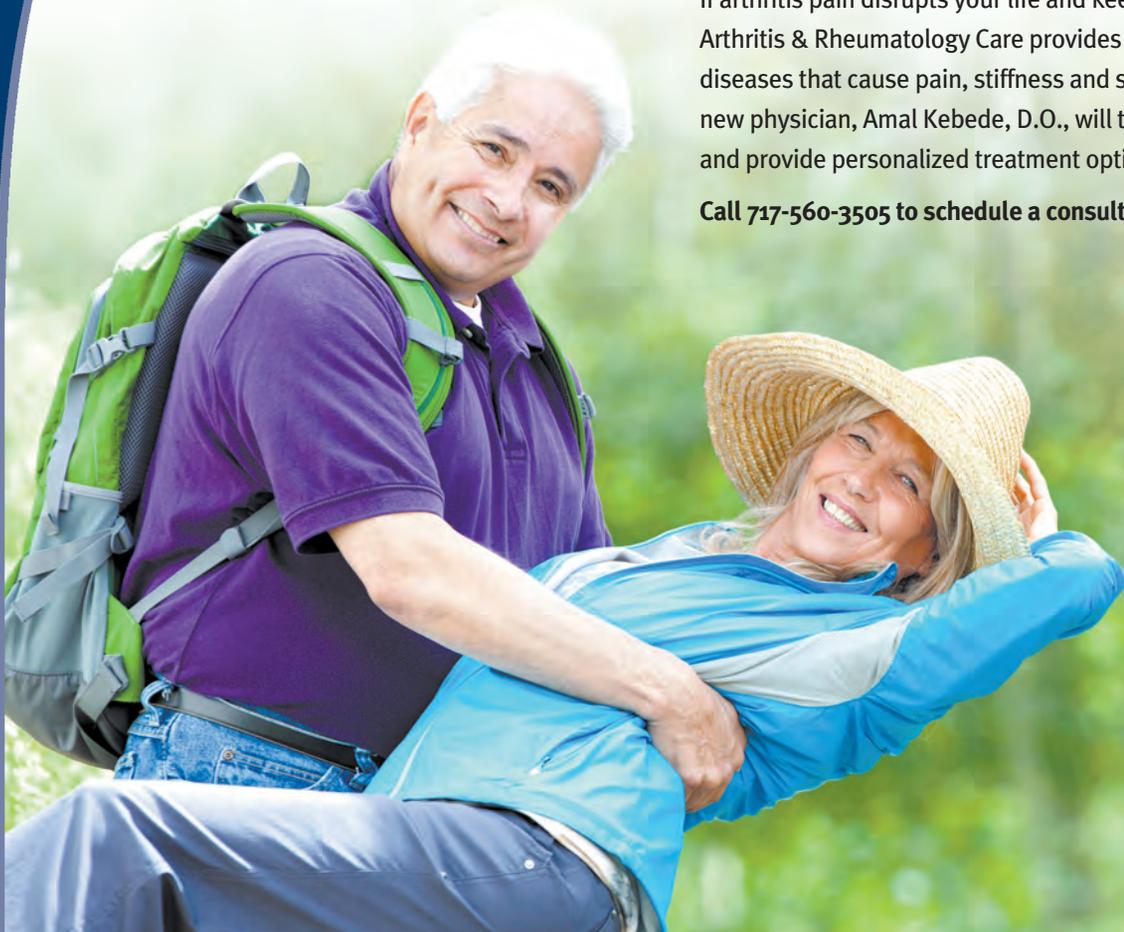


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At Smiles By Stevens cosmetic dentistry in Lancaster, Pa., we are committed to providing superior service and solutions and the highest quality of dental care. Dr. Shea F. Stevens received training at The Snoring Center for Palatal Pillar Treatment and is certified by Sleep Group Solutions for management of snoring and sleep apnea with oral appliances.

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- Dr. Shea F. Stevens specializes in cosmetic and implant dentistry. His dental practice has earned **BEST DENTAL PRACTICE IN LANCASTER** in 2011 and 2012, and **PA's TOP 20 DENTISTS** in 2010 and 2011.
- Dr. Stevens trained at Temple University School of Dentistry for his DMD degree and furthered his postgraduate education at New York University by completing a surgical residency in oral implantology.
- One of the youngest dentists to receive his **Fellowship status in the International Congress of Oral Implantology**.
- Lectures and writes journal articles on dental implants.
- Provides dental implant consultation and surgical placement of dental implants for 12 Pennsylvania dental offices.
- Dr. Stevens completed the prestigious **MISCH INTERNATIONAL IMPLANT INSTITUTE**, which is a world-renowned training center for implant dentistry.

He maintains memberships in the American Academy of Cosmetic Dentistry, American Academy of General Dentistry, Lancaster Seattle Study Club, Lancaster County Dental Implant Study Club, College of Conscious Sedation, Fellow of International Congress of Oral Implantology, MISCH International Implant Institute, and Academy of Facial Aesthetics.

Dr. Shea F. Stevens resides in Lancaster, Pa., with his wife Aileen, beautiful daughter Rowan, handsome son Colton, and his dogs Jada, Spartacus and Coco. He still plays soccer in a men's league and trains at CrossFit. Dr. Stevens trains for military-style mud runs, which are trail runs with obstacles and mud! He loves his family and looks forward to spending every free moment with them.

Options for a Beautifully Contoured Body



David S. Warsaw, DO, MBA
Chief of Plastic Surgery
Lancaster General Health/
Penn Medicine

bra bulges, upper arms, inner and outer thighs, and double chin, as long as the skin is healthy and still tight.

CoolSculpting is a simple process that requires no incisions, no anesthesia, and no downtime, making it a great alternative to the recovery times of surgical options such as liposuction or a tummy tuck. A single treatment takes only about an hour, with little to no discomfort. Results can be visible in as little as three weeks, but it may take up to three months to see the final results. CoolSculpting reduces fat deposits by up to 25 percent. The procedure can be repeated for further fat reduction.

Surgical Recontouring Options

Liposuction is a surgical technique used to remove fat by using suction. Small incisions are made that allow access to the unwanted areas of fat. This procedure is usually performed while the patient is asleep, although sometimes it can be done in the office using local anesthesia if the treatment area is small. Compression garments are often used to help with the healing process.

If there is a large amount of excess skin present or if the skin is of poor quality (i.e., very thin or the presence of stretch marks), skin and fat may have to be removed as in the case of a traditional tummy tuck. Skin and fat can be safely removed from most parts of the body.

Fat grafting is another technique used to help recontour

different parts of the body. This procedure takes fat cells from one part of the body and injects them into another part to create a more youthful appearance. The most common areas for fat grafting include underneath the eyes, cheeks, lips, and hands. Some swelling and bruising are not uncommon, but usually subside in several days.

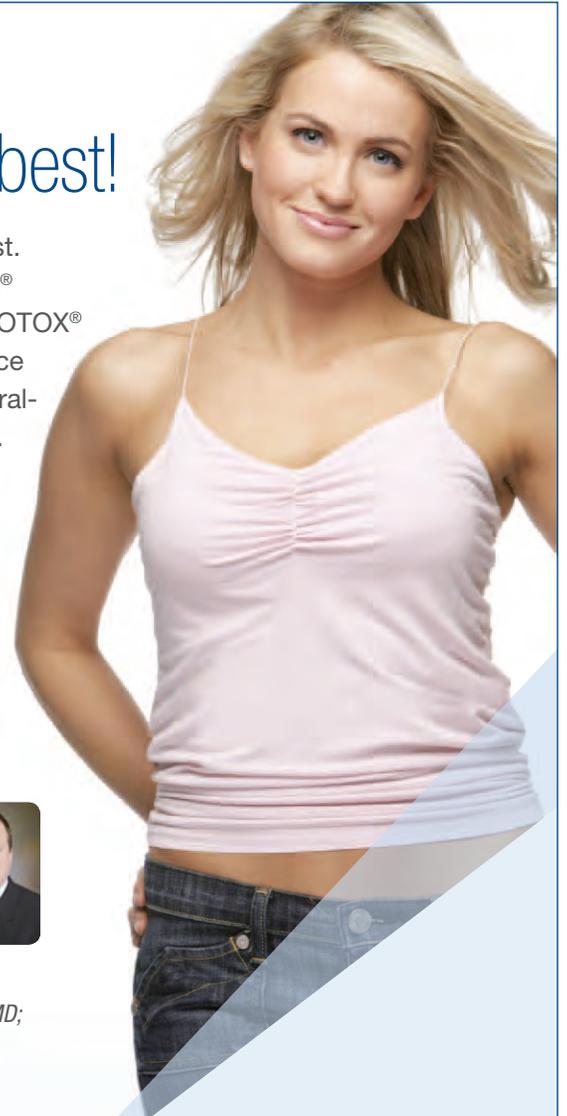
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When you look your best you feel your best. Whether you're considering CoolSculpting® to remove fat and contour your body, or BOTOX® and fillers to restore a smoother appearance to your skin, we can help you achieve natural-looking results and boost your confidence.

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Top Row: David Warsaw, DO, MBA;
Kenneth R. Arthur, MD; Jame F. Arnold, MD;
Milorad Marjanovic, MD
Bottom Row: Adrienne G. Hughes,
Medical Aesthetician



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& Cosmetic Surgery offers a full range of cosmetic and reconstructive surgery, as well as nonsurgical office procedures such as BOTOX®, dermal fillers, laser treatments, microdermabrasion, and skin care. For more information, visit [LGHealth.org/Plastic Surgery Group](http://LGHealth.org/PlasticSurgeryGroup).

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 for Women

American Heritage Property Management Grows Again



LEFT to RIGHT: Marisa Seubert (Marketing Communications Manager), Lori Lintner (Property Manager), Amanda Winger (Property Manager), Nikki Zarcone (Property Manager), Jessica Peiffer (Operations Manager), Monique Patton (Property Manager), Courtney Yost (Office Manager), Heather Saylor (Property Manager), Teresa Gurreri (Property Manager), Millie Andrews (Operations Manager).

American Heritage Property Management, a division of Berkshire Hathaway HomeServices Homesale Realty, announced its continued growth with the addition of five new positions and promotion of three employees.

Millie Andrews has been promoted from Office Manager to the newly created position of Operations Manager of the York office.

Jessica Peiffer has been promoted from Office Manager to the newly created position of Operations Manager of the Elizabethtown office.

Courtney Yost has been promoted from Administrative Assistant to the newly created position of Office Manager of the Camp Hill office.

Marisa Seubert has been hired to the new position of Marketing Communications Manager

for AHPM. She will work in the Lancaster office.

Teresa Gurreri, Monique Patton, and Heather Saylor have been hired as Property Managers for the York office.

Lori Lintner has been hired as Property Manager of the Ephrata office.

“We are pleased to add new team members, says Richard Gottshall, President/CEO of American Heritage Property Management. “We are delighted to offer current employees more opportunity as we continue to grow.”

American Heritage Property Management has offices in Lancaster, Camp Hill, Elizabethtown, Ephrata, Lebanon, Wyomissing and York. AHPM is the largest scattered-site property management firm in central Pennsylvania. It currently manages over 3,000 units.

We now accept all major credit cards & debit cards for payment!



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Woodcrest Villa residents and staff welcomed visitors to their new VIVA Centre in May during a special open house. More than 100 men and women visited this new cultural and community hub specially designed for the enjoyment of current and future Woodcrest Villa residents. Pictured are volunteers Ginny Bailey (left) and Janet Sweigart (right) and Marketing Assistant Amy Yoder (middle). The VIVA Centre features a performing arts center, bistro, rooftop plaza, lap swimming pool, fitness facilities and more!

Serving the Community is Always Fashionable



That Shuu Girl Boutique Owner Nicole Vasquez Nominated for Woman of the Year by Leukemia & Lymphoma Society

by Susan C. Beam

For Nicole Vasquez, founder and owner of Lancaster boutique That Shuu Girl, fashion isn't just about matching clothing, but rather a daily opportunity to creatively express one's own personality.

"Fashion is art. You can make it whatever you want. I express

who I am through my fashion, and I encourage others to do the same—to try new things, be creative, and have fun," she explained, adding that her personal motto is "Create yourself, be yourself."

Born and raised in Lancaster, Vasquez credits her mom with introducing her to exploring fashion and experimenting with different styles.

"I've always been into fashion. Growing up, my mom was a plus-size model, and my sister and I would go to all her fashion shows. Then, shortly after retiring from modeling, she went to cosmetology school. We were always her little models. At age 4, I had a bob with highlights," Vasquez remembered, laughing.

After spending her high school years designing outfits for her friends, Vasquez studied nursing while continuing to pursue new experiences in the fashion

industry, serving as an executive stylist and traveling to shows in Harrisburg, New York City, and Atlanta. She also remained active locally as a stylist and coach for local nonprofit organizations.

Then, in 2012, Vasquez decided to pursue owning a boutique in Lancaster where she could showcase new and unique looks. That Shuu Girl was born.

"I wanted to have a nice boutique that was affordable to everyone, all walks of life, and could serve everyone, regardless of their needs. We have something for every occasion—from the office to casual events to parties—and our sizes range from XS to 3XL," she explained.

According to Vasquez, her inventory, which also includes shoes, accessories, and various gift items, is created by independent designers, making each piece a truly one-of-a-kind item.

"I wanted to showcase indepen-

dent designers and empower them to keep creating, and make those creations available to the public," Vasquez said, noting that the majority of her pieces are crafted by artisans right here in the U.S.

Vasquez also emphasized that one of her favorite things about the boutique is her ability to be hands-on with her clientele.

"It really opens doors for me to help other people. Clients will come in and ask for help, and I know how to dress their body type," she said. "They leave feeling beautiful, and that makes me feel good inside—knowing that I'm helping my clients see their true beauty."

While owning her own business has been a "learning experience," Vasquez says that she wouldn't have it any other way.

"I'm proud to be part of the Lancaster business community. From day one, it's been a bless-

ing," she said, adding that she is grateful for both the help of helpful mentors and the support of local residents.

Looking forward, Vasquez said she's excited about upcoming events, including the opening of a second shop sometime in the next year, and increased opportunities to serve the Lancaster community.

"I'm so honored to have been nominated for Woman of the Year by the Leukemia & Lymphoma Society (LLS). We were very pleased with our most recent fundraising event, held May 16 at the Pressroom, which raised money to help children with blood cancer."

Visit www.mwoy.org/pages/cpa/lancYork16/nvasquez to show your support for Vasquez and the Leukemia & Lymphoma Society, who are working hard to make blood cancer a thing of the past.



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Tamara Hyson & Leanna Crespo



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Top-Five Heart-Healthy Choices to Make in 2016

With so much health information and so many sources, it's a challenge to sort through it all and decide what is most important. At Lancaster Regional and Heart of Lancaster Regional Medical Centers, our physicians and staff are dedicated to promoting awareness and understanding of current health news and recommendations.

"Our patients often come in with so much health-related information and advice—some of it conflicting—from television, radio, the Internet, and even from well-meaning friends and family," said Gregory Cox, DO, a cardiologist with Red Rose Cardiology at 2135 Noll Drive in Lancaster. "We work with each patient to understand their unique health goals and challenges, and to develop a plan they can follow in their busy lives."

There are many important things you can do to enhance your health, but general consensus centers around these top-five points. If you can succeed in making these actions part of your life, you will likely see and feel the benefits quickly.

Eat Real Food

This single choice affects so many areas of health, longevity and well-being, it simply has to be first in any list of healthy habits to adopt. If you can't stand counting calories, carbs or fat grams, make it easy on yourself. At least 75 percent of the time, opt for foods that grow from the earth. Add in some lean protein sources like chicken, grass-fed beef or fish, and keep all forms of sugar to a minimum. Finally, avoid hunger and cravings by increasing your healthy fat intake—olive and coconut oils, avocados and unsalted nuts.

Get Strong

Getting some form of physical activity every day should be a top priority for everyone from children to seniors. However, many patients experiencing health issues like obesity, arthritis and chronic pain fail to understand the importance of performing weight-bearing exercise at least three times a week. Some women purposefully avoid it, subscribing to the myth that they will bulk up.

"There is evidence that resistance training offers benefits to both orthopedic and cardiovascular health," said Dr. Cox. "Studies show weight-bearing exercises produce increased blood flow and a longer drop in blood pressure postworkout, making it an important complement to the benefits of aerobic exercise."

Go Outside

Research over the past decade has focused on risks associated with low vitamin D levels. Low levels of D are now believed to be linked to premature death from virtually all causes, including cancer and cardiovascular disease. They have also been tied to a higher incidence of cognitive impairment in later life, and asthma in all age groups. The best way to absorb vitamin D is through the sun, even when temperatures are cold. Coax a family member or a friend and go outside on the next sunny day.

Don't Smoke

Ever. Period.

Be Happy

In a recent statement by the American Heart Association on women and heart disease, studies revealed that stress and depression can influence both the onset

and course of heart disease in women. Credible evidence indicates that people who see themselves as content, happy, and socially and mentally active have a significantly lower incidence of heart disease than their counterparts with high levels of anxiety or depression. Obviously, this is only one reason to strive for happiness, but it's a good one. Make time for fun with friends and family, do something nice for yourself or someone else, and practice tolerance and gratitude. In addition to feeling good, you'll actually live longer!

Make an appointment with a physician if you need help creating a healthy action plan for the coming year. To find a physician, call **1-844-784-DOCS**. To learn more about heart-healthy choices, visit lancastermedicalcenters.com/medical-services/cardiac-care-network.

LRMC Becomes Only Hospital in Lancaster County to Be Awarded Chest Pain Certification from the Joint Commission

Lancaster Regional Medical Center earned The Joint Commission's Gold Seal of Approval® for Chest Pain Certification. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

Lancaster Regional Medical Center underwent a rigorous on-site review in February. Joint Commission experts evaluated compliance with national disease-specific care standards as well as with chest pain-specific requirements. Clinical practice guidelines and performance measures also were assessed. Established in 2002 and awarded for a two-year pe-

riod, The Joint Commission's Disease-Specific Care Certification evaluates clinical programs across the continuum of care and addresses three core areas:

- Compliance with consensus-based national standards;
- Effective use of evidence-based clinical practice guidelines to manage and optimize care; and
- An organized approach to performance measurement and improvement activities.

"Lancaster Regional Medical Center has thoroughly demonstrated a high level of care for patients with chest pain," said Wendi J. Roberts, RN, executive director, Certification Programs, The Joint

Commission. "We commend Lancaster Regional Medical Center for becoming a leader in cardiac care, potentially providing a higher standard of service for chest pain patients in its community."

"Lancaster Regional Medical Center is pleased to receive Disease-Specific Care Certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Shawn Hart, Director of Cardiology for the hospital. "The certification provides us with the framework to create a culture of cardiac care excellence for those in our community."

About The Joint Commission

Founded in 1951, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value. The Joint Commission accredits and certifies nearly 21,000 health care organizations and programs in the United States. An independent, non-profit organization, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. Learn more about The Joint Commission at www.jointcommission.org.

About Lancaster Regional Medical Center

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. The hospital offers a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

Lancaster Regional Medical Center is owned in part by physicians.

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New Walking Tour Explores Lancaster's African-American Heritage in Downtown Lancaster

A new series of walking tours of historic downtown Lancaster focused on African-American heritage kicked off Saturday, May 7, at Tellus 360. Participants learn about Lancaster's own abolitionists, underground railroad agents, religious leaders, and entrepreneurs as they visit 12 historical sites and properties. Sites include African-American businesses, law buildings, and the home of Thaddeus Stevens and Lydia Hamilton Smith.

At the kickoff, organizers gave a brief presentation on the tour series, and guests were given an opportunity to take a free guided tour. Regu-

lar tours will take place on the first Saturdays of the month from June through October.

This tour series is co-sponsored by the African American Historical Society of South Central Pennsylvania and is a collaborative effort with the Lancaster Office of Promotion (LOOP) and in partnership with Historic Lancaster Walking Tour, which has been conducting history tours of downtown Lancaster since 1976.

LancasterHistory.org is a co-sponsor of the kickoff event and tour series. Other community group co-sponsors are Thaddeus Stevens College of

Technology, Shreiner-Concord Cemetery Foundation, and Crispus Attucks Community Center of Lancaster.

Regular tours begin Saturday, June 4, at 11 a.m. and 2 p.m., and depart from the Lancaster City Visitor Center at 38 Penn Square, Lancaster. Tickets can also be purchased in advance from the Lancaster Office of Promotion or as a walk-in at the Lancaster City Visitor Center. Tours last 60 to 90 minutes. Fares range from \$2 to \$8; comfortable walking shoes are recommended.



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Allegro Summer Series' Travels Begin with "French Café"

Since its first concert in June 2002, Allegro Chamber Orchestra has brought joyful music to the Lancaster community. Inspired by the vision of founder and artistic director Dr. Brian Norcross, the ensemble embodies the classic definition by Catherine Drinker Bowen of chamber music being a "conversation between friends." Most of Allegro's immensely talented professional players are from Lancaster County. Their love of great music—and of playing together—shows in every performance.

Allegro's Passport Summer Concert Series begins with a weekend in France! Each of the series' concerts will feature a special event directly related to that region as well. Join us at 7:00 p.m. on Friday in the Ware Center's Grand Salon in downtown Lancaster for a concert preview. The preview will feature wine and cheese spe-

cifically chosen by John Peris and Chris Trendler, experts from The Savory Gourmet and Willow Valley Communities, to complement selections from the concert program. The French experience will continue on Saturday and Sunday with a French marketplace opening one hour before each performance. Visit the lobby to hear an accordion player, see an artist painting French scenery, and eat some delicious French pastries before enjoying the fun, eclectic program.

Under the baton of Dr. Brian Norcross, Allegro will kick off their 2016 Summer Passport Series on Friday, June 10, at 7:00 p.m. at The Ware Center at Millersville University Lancaster, 42 N. Prince St., Lancaster, Pa. Friday night will feature an hour of wine and cheese tasting to complement musical selections from the program. Saturday and

Sunday's concerts, beginning at 7:30 p.m. and 3:00 p.m. respectively, are entitled "French Café" and will feature a repertoire including Gershwin's "An American in Paris" and Dukas's "The Sorcerer's Apprentice," both of which you might recognize from some of your favorite movies! Also on the program are Mozart's "Symphony No. 31, Paris," and Ravel's "Bolero."

During his travels, Gershwin was inspired to capture the busy, vivid Paris streets. "An American in Paris" was initially composed as a ballet, but eventually took shape as a tone poem for orchestra (a one-movement work representing a specific narrative, image, or idea). It has been choreographed several times, including for the 1951 Gene Kelly film of the same name. Also recognizable from a movie is Dukas's "The Sorcerer's Ap-

prentice," most iconic from Walt Disney's "Fantasia" short featuring Mickey Mouse and a magic hat. Like "An American in Paris," "The Sorcerer's Apprentice" is a tone poem that tells the story of Johann Wolfgang von Goethe's literary poem *Der Zauberlehrling*, which most will recognize as the story of an apprentice who discovers his master's spell for bringing a broom to life.

Tickets for the French Café and for the Summer Passport concert series are \$25 per person (\$22 for seniors, \$5 for college students, free for children under 18 with a paying adult) and can be purchased at the door or in advance at The Ware Center Box Office (42 N. Prince St., Lancaster), on the main campus of Millersville University at the Student Memorial Center Ticket Office (Room 103, 21 S. George St., Millersville), or by calling the ticket office at

717-871-7600. Ticket offices are open Monday through Friday, 9:00 a.m.–4:30 p.m. Tickets will go on sale at the venue one hour prior to showtime on the day of a show, subject to availability.

Tickets for the wine and cheese pairing performance must be purchased in advance, as the event is limited to 50 seats. Tickets cost \$40 per person (\$75 per couple) through June 1, and \$45 per person after June 1, which includes three professionally paired wine and cheese samples and an hour of performance.

Tickets can also be purchased online at www.studentservicesinc.com/ticket-sales/allegro-chamber-orchestra-events-2.

Join us for a French-inspired evening of genuine musical delight!

To learn more about Allegro Chamber Orchestra or Youth Chamber Orchestra, please visit allegrochamberorchestra.org.

Nurturing Writers of All Ages...Since 2001

Ask Melissa Greene why she teaches creative writing and she'll tell you, thoughtfully, "because writing touches the soul." Melissa, a 14-year resident of Lancaster County, is a professional fiction writer, poet and writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

"Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that writing class you hated in school," says an adult student. "It's about finding a way into your creative self."

"My creativity and I grew up there. It's my writing home," says a teen who has been taking classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s. After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She's been coaching writers to "find themselves as writers and people," full-time, ever since. There are no grades, tests, cell phones, or judgment, providing a retreat where even the most timid writer can relax.

"My mission is to launch writers 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 fun—a comfort—especially in today's complicated world. The process begins with slowing down, unplugging our technology, and getting back in touch with our senses." She laughs. "That, alone, can lead to a happier life!"

Melissa holds classes in her serene, urban-style loft in Lancaster County. She offers year-round workshops for men, women, children and teens—summer camps for children and teens—and coaches all ages, privately. Her work also includes essay-writing support for high-schoolers and college applicants (with emphasis on the enjoyment of the process!). She also leads workshops supporting adult cancer patients and survivors, at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute

"Writing from the heart isn't about grammar, spelling or punctuation, but what we long to write, deep down. It's a return to our feelings—serious, funny, whatever appears on the horizon. Writing is freedom. A relief from pain. Our inner lives matter—especially today—they calm and replenish us."

Upcoming Classes 2016

Women's Intro: "Writing Without Fear"

Tuesday Evening: 6:30–8:30 p.m.
June 14, 28, July 19, August 2, 9.

Memoir Writing Workshop

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Health Is Probably More Than You Realize

by Tanya J. Peterson, MS, NCC
nationally certified counselor,
novelist and columnist

May is Mental Health Awareness Month. It's a good thing it is, too, for there's a whole lot to be aware of. For example, when many people think about mental health, they tie it to what they think is its opposite: mental illness. It's a natural thing to think, but that doesn't mean it's correct. It isn't correct. Mental health is too enormous of a concept to be reduced to this polar comparison. Mental health is all-encompassing in a way many people don't quite realize. That's why we have this month dedicated to mental-health awareness.

To understand what mental health is, it's helpful to begin by looking at what it isn't. Mental health is not the absence of mental illness. Mental health is for everyone, including people living with one or more diagnosed mental illnesses.

Think of mental health and mental illness as unique states of being that are a bit like siblings.

They're related, but they exist separately in their own right. They both clamor for attention, and sometimes one is more boisterous than the other; also, each one tends to want to live without the other one getting in the way. Just as one sibling exists despite what the other is doing, so, too, does mental health exist even in the presence of mental illness.

Further, mental health isn't something reserved for the lucky few, the charmed in life. Neither is mental health something that you either have or you don't. Mental health is for every single person on the planet, and each one of us can achieve it even as we're dealing with challenges, stress, and tough times.

There are certain things to be aware of when it comes to mental health, because this awareness helps us achieve mental health.

Mental health is about our thoughts.

It's our perspective, our attitude. A proven and respected counseling approach known as cogni-

tive-behavioral therapy (CBT) teaches that our problems, no matter what they are, aren't the problem. Rather, it's the thoughts we have about them that cause us to experience anxiety, stress, and other discomfort. When we become aware of our thoughts and learn to choose them intentionally, we increase our mental health and sense of life satisfaction even as the external problems remain.

Mental health is about our emotions.

We humans have a seemingly infinite and indefatigable variety and supply of feelings. Mental health doesn't equate to only positive emotions, just as the negative emotions don't equate to the absence of mental health. Mental health means experiencing the entire gamut of human emotions and being able to identify what you're feeling. When you can do that, you can recognize what you're feeling as temporary and separate from who you are as a person. Being able to do this is an important part of mental health.

Mental health is about behavior and actions.

No matter what we're dealing with, even if we live with a mental illness, we can take an active role in enhancing our mental health. We can create our life worth living. What things can you do every day to enhance your own mental health, no matter what problems you're facing?

Mental health is our very being.

It encompasses our thoughts, emotions, and behaviors. Mental health is our psychological state of well-being that makes up who we are and how we experience life and the world around us. It exists no matter what, and we can experience mental health even in the toughest of times.

Mental health really is more than many people realize. Mental health involves thoughts and emotions and behaviors. Mental health is also something you create, and you can do it every moment of every day. It's powerful. You don't have to wait for things to be perfect in order to

achieve mental health. Increase your awareness, and shape your thoughts, emotions, and behaviors right now. You don't have to wait for the absence of problems or of mental illness in order to achieve mental health.

Tanya Peterson uses writing to increase understanding of and compassion for people living with mental illness. Her last book, *My Life in a Nutshell: A Novel* (Inkwater Press, 2014), was awarded a *Kirkus Star*, an honor given by *Kirkus Reviews* "to books of remarkable merit," as well as named to *Kirkus Reviews' Best Books of 2014*, receiving a coveted "recommended" rating from *The US Review of Books*. Peterson's sophomore novel, *Losing Elizabeth*, was the recipient of *Storytellers Campfire's top honor*; *The Marble Book Award*, for "being a book which has made a significant difference in the world." Her third novel, *Leave of Absence* (Inkwater Press, 2013), was named as a finalist in the *National Indie Excellence Awards*. Peterson also currently writes for *HealthyPlace.com*, *America's Mental Health Channel*, and their accompanying blog, *Anxiety-Schmanxiety*, which was dubbed one of the "Top 10 Blogs of 2014." *Twenty-Four Shadows* (Apprentice House), Peterson's newest novel, available in May 2016, has already earned the coveted "recommended" rating from the *US Review of Books*.

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Catalyst for Change

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

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

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

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



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Spay and Neuter Pet Clinic



*Bryan Langlois, DVM
Medical Director and
Co-Founder 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 im-

portance of having this simple and potentially life-saving procedure performed on your pet.

Why spay or neuter dogs and cats?

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

hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

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

We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most.

If your pet is between the ages of 2 and 8 years of age, it is recommended that you get a routine blood work screening of them done at the your vets 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 on blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and post operative 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 life saving veterinary care to strays and animals.
-  We have rescued and adopted out over 350 cats this year.



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For more information on Centerville Pet Rescue, please visit www.facebook.com/centervillepetrescue.

To participate or to donate, please contact Tina Krueger at 717-808-8108 or flippers1@aol.com.

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Ben Farrell: *Wall Hangings!*

In his new exhibition, *Wall Hangings*, musician, installation artist, and fine finishing painter, Ben Farrell displays a collection of mixed-media pieces.

Wall Hangings will be coming to Mulberry Art Studios this June for a month long run in the main gallery. The public is invited to come out and meet this inventive local artist and view his new body of work at a First Friday Opening Reception on June 3 from 5-9. Mulberry Art Studios is located in historic downtown Lancaster at 19-21 North Mulberry Street, and holds gallery hours on weekdays from 10am-4pm.

In *Wall Hangings*, the pieces are by-products or left-overs repurposed or up-cycled to create an aesthetically-interesting exposition with topics that range



wildly. "I am always exploring pushing new ideas by purposely limiting my boundaries to what materials are readily available" says Farrell.

For more information, or to preview the exhibit, please visit www.mulberryartstudios.com.

Big Smiles for Mini Golf

Contact:
Cordelia Moyle, Development Director, LCPC at 717-394-3793 or cmoyse@cleftclinic.org

Where:
Village Greens Miniature Golf
1444 Village Road
Strasburg, PA 17579

Date:
June 5, 2015

Time:
11 a.m.-3 p.m.

Cost:
\$15 a person or \$50 a foursome

Register & see a video:
www.cleftclinic.org

The Lancaster Cleft Palate Clinic is holding its Winning Smiles Family Golf Day at Village Greens Miniature Golf Course on Sunday, June 5. Established in 1938, the Clinic is the oldest clinic in the world devoted to the comprehensive care of children born with cleft lip/palate and other craniofacial difference. As a nonprofit we serve children from

36 counties across Central Pennsylvania. Winning Smiles Family Golf Day is not only a great day out, but a vital fundraiser for existing and future care. We are proud that many of the planning committee have personal experience with cleft issues, including a local assistant district attorney, Mark Fetterman.

Each player will be able to enjoy a lively round of miniature golf with family and friends, and relax with a light lunch (included in the price). All participants will take home a goodie bag filled with delights. Tee times are at the top of the hour: 11 a.m., 12 noon, 1 p.m. and 2 p.m. Tickets are \$15 a person or \$50 a foursome. Sign up and see a video at www.cleftclinic.org.

To arrange interviews and photos, call Cordelia at 717-394-3793 or email cmoyse@cleftclinic.org.

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Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

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

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

Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture

to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisers, lawyers specializing in mature adult concerns, insurance advisers, a geriatric care consultant to help select a community which matches the client's budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 31 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their

children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky's services as the "missing link" in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

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

Need a Speaker for Your Group?

Let Rocky Share Her 31 Years of Downsizing Experience.

Call
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See our ad page 33.

EarthTalk™ – Fuel Cell Cars

Is it true that fuel cell cars aren't really any greener than conventional gas-powered internal combustion cars?

—Michelle Adamo, Portland, OR

A decade ago cars powered by fuel cells seemed like the future of green automotive travel, but many analysts now think otherwise.

These futuristic cars run on hydrogen fuel and emit only heat and water vapor. Their engines mix hydrogen, stored on-board in fuel tanks much like gas tanks, with oxygen in the air to produce electricity that powers the drive train. Environmentalists love the idea of fuel cell cars given their lack of greenhouse gas emissions and reliance on a renewable fuel that can be produced domestically.

Despite these benefits, fuel cell cars have not caught on and

skeptics wonder if they ever will. One big hurdle is that creating hydrogen fuel turns out to be highly inefficient compared to other readily available fuels. According to Richard Gilbert, co-author of *Transport Revolutions: Moving People and Freight Without Oil*, the creation of hydrogen gas uses about half the energy it creates. Half of this resulting energy then goes to the conversion of hydrogen back into electricity within fuel cells. The result is that "only a quarter of the initially available energy reaches the electric motor." In fact, hydrogen fuel cell vehicles' efficiency varies between 18 and 20 percent, while battery electric vehicles have 77-80 percent efficiency.

Not only are fuel cells less efficient than internal combustion engines, their implementation on a wide scale would create

enormous infrastructure costs. New infrastructure would be required from "wells to wheels." Also, fuel cell motors wear out five times faster than internal combustion engines, thereby resulting in a shorter car life and more maintenance. Hydrogen's small size and extreme reactivity results in brittle metal and engines prone to leaking, which reduces both environmental and practical benefits.

But many still consider fuel cell cars a viable option. "Hydrogen is the key to sustainable transportation because it can be produced in virtually unlimited quantities from renewable resources and because its use is nearly pollution-free," says the non-profit INFORM. A significant financial commitment to hydrogen research, says the group, could result in a variety of vehicles fueled by hydrogen

that perform as well or better than gasoline vehicles, with a fraction of the environmental impact.

INFORM adds that transitioning to hydrogen could be achieved without new federal dollars if we reallocate funds within the national energy program from nuclear and fossil fuels. "The opportunities for innovation and economic growth in hydrogen energy are largely untapped, and many nations are working to establish an early position in this fledgling field." According to INFORM, Germany and Japan are far ahead of the U.S. in hydrogen development. The group would like to see U.S. policymakers encourage more development of fuel cells so we have options open in a fast-transitioning energy future.

Meanwhile, sales of battery electric and hybrid vehicles

continue to soar—rising 228 percent in 2013 alone. There are currently no new fuel cell vehicles for sale at American auto dealers, although Honda has hinted that it could have its FCX fuel cell engine ready for the mass market by 2018.

CONTACTS: INFORM, www.informinc.org/; Honda FCX, <http://automobiles.honda.com/fcx-clarity/>.

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



A. L. Segro

I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I know it can, and how can I get perfect colour and still have healthy hair?”

I’ve made it my mission to solve these problems for women once

and for all, and it’s turned my salon in Lancaster into a haven for women who are done with being frustrated with the colour and health of their hair.

You can have the colour you want and your hair CAN be healthy.

The basics of getting exactly the hair colour you want are easy to understand. The hard part is using the tools correctly so that the colour is beautiful, just right, and your hair is healthy. It takes a lot of skill and knowledge to do it correctly. I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

I want every woman to have all the information she needs to understand and solve this problem for good. That’s why I

wrote “Don’t Fear the Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

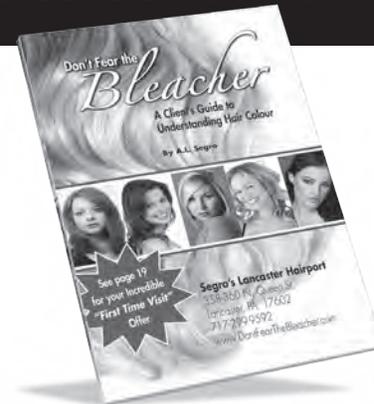
Anyone who would like a copy of this book at no cost to them at all should just call **877-702-3081** 24 hours a day, or go to **www.DontFearTheBleacher.com** to request a copy.

Dedicated to your beautiful hair,
A. L. Segro

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

No One Should Ever Be Frustrated With the Colour of Their Hair.

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

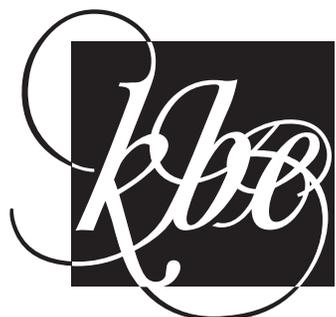
Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about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

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

“Al and Michelle saved me or at least they saved my hair.” – Mary Fulginetti, Turnersville, NJ

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

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



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*Jeffrey C. Goss, Esquire
Brubaker Connaughton Goss &
Lucarelli LLC*

As I am writing this article, my trusted painter is coming to paint the wood trim of my old farmhouse. He meticulously sands, cleans, fills in holes, smooths out damage and consistently paints with no drips and never skips the second coat. Could I do this myself? Sure, I tell myself. However, I know that my work will lack the detail, have some drips and missed corners (called character), my patch work will not be invisible after my work is done, and my job may or may not include a light sanding after my first coat or even ever get a second coat of paint. This is why my wife was fine with letting me

paint the barn, but the house is left to the experienced professional.

Similar to my doing my own painting, too many people attempt to prepare their own contracts or estate plans, or sell their houses. As with my paint job, the final product may look adequate, but it has problems that only the trained professional can foresee and avoid. In the legal arena, these problems come in the form of poorly written legal documents, which can lead to family disputes or funds passing directly (rather than in trust) to beneficiaries who are not capable of handling money, not to mention thousands of dollars being paid in additional taxes, legal fees and accountant fees.

At a minimum, if you do feel you can prepare your own documents based on Internet forms or your own research, have the documents reviewed by a professional to ensure that you incorporated everything that you intended to cover. I cannot tell you how many times a five-minute review of a client's documents has revealed document defects and poor decisions made due to the lack of knowledge of the options available when setting up an estate plan.

DIY Lawyer

So what issues do I normally see in DIY documents? In durable financial powers of attorney, most clients fail to realize the ability of a named agent to rob a principal blind and that the named agent may exclude the rest of the family from financial decisions or information. Making sure you have considered having a system of checks and balances in the form of multiple agents and also limiting the powers of an agent to what you are comfortable with them doing is crucial. When agents take advantage of a principal, not only can funds be lost, but investigating what occurred and taking an agent to court will cost thousands of dollars in legal fees.

When it comes to healthcare decisions, many individuals consider naming only their spouse or one child, leaving the named alternate agents or other family members without the ability to talk to doctors and other medical providers. My experience has been that naming a number of trusted loved ones with an order of preference is the best. This is what allowed my mother and any one of her children to talk to the nurses and staff at the Veterans Hospital when my father lived there.

Turning to the Will, many times the most common mistake is not the document itself, but the failure to link assets that pass outside of the Will to the estate plan. For example, my contingent heirs under my Will are my children, provided that if they are under the age of 35 their inheritance passes in trust with their uncle. Like many people, a good portion of my wealth is in retirement accounts, which pass outside of the Will by beneficiary designation. The only way my 401(k) assets will pass to the trusts that I created for my children under my Will is if I properly prepare the beneficiary designations directing the custodian of my 401(k) to distribute the funds to my brother as trustee for my children.

While I am not encouraging it, I must admit that if everyone prepared DIY legal documents, I would be twice as busy just because of the amount of work involved to clean up the mistakes made. If you are DIY lawyer, take the time and spend the money to have your documents reviewed by a professional to confirm they actually say what you intend. Bet-

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ter yet, let the professional do it from the start. Like my professional paint job, it is worth having the job done right!

Health & Wellness

4th Annual Trick or Trot 5K & Monster Run for Kids



SAVE THE DATE - OCTOBER 29, 2016



Join us for a **"SPOOKTACULAR"** day of friendly competition and fun!

Participants may race, jog or walk the scenic 5K course through historic Woodward Hill Cemetery and Lancaster County Central Park.

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The 4th Annual Trick or Trot 5k and Monster Run for Kids will be held on Saturday, October 29th. The event, which attracts kids of all ages, has become a favorite late fall activity. The 5k race will once again begin on Chesapeake Street, continue onto a lovely, flat section in Lancaster County Park and conclude in historic Woodward Hill Cemetery. The Monster Run for Kids, with various course lengths by age group, is run entirely inside Woodward Hill.

Proceeds from the event benefit on-going restoration efforts at Woodward Hill Cemetery and the Youth Athletic Scholarship Fund for our new race partner, the Lancaster Recreation Commission. Lancaster Rec Executive Director Sue Landes is "looking forward to this new opportunity to work with another Lancaster City non-profit organization in Woodward Hill Cemetery and to create an opportunity for kids and families to be active in a fun and festive atmosphere."

In addition to the 5k race and the Monster Run, there will be a costume contest, hands-on science activities provided by The Lancaster Science Factory and race stretching with Prana Function Manual Therapy.

For more information, please visit www.lancasterrec.org or www.pretzelcitysports.com to register online.

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Relax into Summer with Music in the Orchard



Denison Witmer



Emily Grove



Seasons

Emily Grove will give the final concert of the summer on August 6. Her beautiful, unique voice has stopped people in their tracks on the Asbury Park boardwalk, and is at the heart of everything she does. Grove has won awards for “Best Female Acoustic Act” at the 2011, 2012, 2013, and 2014 Asbury Music Awards, and won three Jersey Acoustic Music Awards (best female singer [2011 and 2012] and female songwriter [2011]). New York pianist and songwriter Scott Stein will open with his soulful vocals and lush yet playful orchestrations.

Music in the Orchard returns to the 1719 Hans Herr House & Museum for another summer full of local music. Concerts are every other week, June 11 through August 6, at the bucolic Herr House orchard. Bring a picnic dinner, or purchase on-site, and listen to local artists perform.

Vinegar Creek Constituency, the popular high-powered folk band that calls Lancaster home, will open the season on Saturday, June 11. Since 2005, they have been delighting audiences with their distinctive style that encompasses bluegrass, ragtime, swing,

outlaw country and more. Singer-songwriter and guitarist Leonardo DiSanto says, “I really hear our music as a form of primitive rock-n-roll played with a bluegrass instrumentation.” Opening for them will be Daryl Snider, a Lancaster-based singer-songwriter known for his easy-to-listen-to and meaningful lyrics.

The second concert, on June 25, features Vulcans and their setting of pure and honest folk music through three-part harmony over shifting instrumental configurations. Melissa Landrin, Indie Music Reviewer, says, “They

will have you believing in pure, honest music again.” Opening for Vulcans will be the Robert Bobby Duo, a husband-and-wife duo blending folk, Americana and blues in ways that are fresh but still familiar.

The five Lee siblings of Seasons will perform in the third concert on July 9. Mary-Kate Spring, Peter Winter, Mary-Teresa Summer, Mary-Grace Autumn, and Mary-Clare Chun seek to not only pay homage to the rich tradition of Celtic and American folk music, but also to treat it as a living, breathing entity. Raven Sun,

a Native American duo performing with flutes and acoustic guitar, will open.

The fourth concert, on July 23, will feature Denison Witmer. This Lancaster native catalogs the experiences of young adulthood in painfully honest detail with a soft and sensitive voice that perfectly matches his laid-back, 1970s California pop production and subtly expressive guitar work. Lancaster-based singer-songwriter Matt Wheeler will open the concert, with his characteristic heartfelt songs and lighthearted humor.

Shows begin at 6 p.m. and last approximately two hours. Tickets, available on-site, cost \$8 per person; children under 12 are free. No advance registration is required.

Music in the Orchard concerts are part of over 50 Lancaster Roots 2016 events. Lancaster Roots combines the events of the Lancaster Mennonite Historical Society and the 1719 Hans Herr House & Museum. Through public presentations, food, music, field trips, and classes, these events reveal Lancaster and its people, and their stories, culture, and history.



Mothers and children experiencing homelessness in our community discover HOPE for a better future through the care and support of mentors and staff at Bridge of Hope Lancaster & Chester Counties.

Bridge of Hope Lancaster & Chester Counties helps single moms secure permanent housing, achieve stability, and access resources in their community through relationships with professional staff and mentoring friendships from local congregations. Since its inception in 1988, Bridge of Hope Lancaster & Chester Counties has helped end homelessness for more than 1,000 women and children.

During this past year, they served 64 mothers and their 119 children with the support of over 240 volunteer mentors, fully trained in this ministry of friendship.

Through the Bridge of Hope program, mothers and children find financial stability, housing, and supportive friendships, but it is more than that; they discover HOPE for their future.



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Parasite Prevention in Companion Animals



Leann Murphy, VMD
VCA Smoketown Animal Hospital

consideration in the care of your dogs and cats. It not only helps keep your pets healthy, but helps protect human members of your family from disease as well.

In any discussion about parasites, it is important to note that certain parasites can be transmitted to humans from their pets. Basic hygiene such as washing your hands and cleaning up pet waste daily can help to reduce the transmission of disease. In addition, yearly screening for parasites and the diseases they transmit allows early identification and treatment. It is also very important to keep your pets on a year-round preventive program to control the most common parasites. In almost all cases, prevention is easier, safer, and less expensive than the cure.

Many products are available for the control of fleas and ticks, in all different forms to fit the needs of your pets. It can

be overwhelming to choose between the many different topical products, collars, and oral preventatives. Your veterinarian can help you choose the best option for your preferences and your pet's health. There have been some exciting developments in recent years in the realm of oral flea and tick medications. For example, you may have seen advertisements for the new preventative for dogs, Bravecto, which provides 12 weeks of protection from fleas and ticks with one delicious chewable. This helps to keep pets better protected since you only need to remember to give it four times a year instead of monthly.

Another product which helps to keep pets protected year-round is Proheart6, the injectable heartworm preventative that provides six months of protection. Heartworm disease is transmitted by mosquitoes which spread a parasite that

once mature, causes damage in the heart and lungs. You may be aware of the many different chewable and topical heartworm preventatives on the market, all of which should be given monthly year-round to control heartworm infection in dogs. However, we all know how easy it is to forget a few doses, leaving our pets vulnerable to disease. Proheart6 can give you peace of mind that your pet is protected without worrying about remembering to give a pill each month.

If you have questions or want to get your pet started on a parasite prevention program, please consult with your veterinarian. The Companion Animal Parasite Council also has great resources for pet owners (petsandparasites.org) to help keep you educated on how you can make a difference in your pet's health. This is a great time of the year to get started!

Dr. Murphy grew up in Lancaster and attended Conestoga Valley High School. Her family had a wide variety of pets and livestock on their farmette, and she enjoyed caring for all the different species. She is the daughter of Dr. John Kreider, who was on staff at Smoketown Veterinary Hospital for 21 years, so she is quite familiar with the hospital and staff. She worked here in 2006 as an animal care attendant and again in 2009 while preparing for veterinary school. After receiving her bachelor's degree in biochemistry from Messiah College, she earned her doctorate in veterinary medicine from the University of Pennsylvania. In her spare time, she enjoys hiking, playing tennis, spending time with her husband Ryan, and visiting with her family and their two boxers, Zeke and Jodie. Dr. Murphy is excited to be back in her hometown, joining the team at such a high-quality hospital.



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Introducing Dr. Pierre Caron and Family Health Center of Mount Joy's New Location

by Susan C. Beam

For the past 25 years, Dr. Pierre Caron, M.D., has dedicated his life to the well-being of his patients, building a reputation for expertise in family medicine, preventive care and chronic condition management. Now, he is delighted to bring his patient-centered philosophy to the brand-new Family Health Center of Mount Joy, which opened its doors on February 29 of this year. The Center was previously located across the street at 925 E Main Street.

"I've always been drawn to family medicine because it allows for an extended and varied relationship with my patients—it calls for skill in treating a variety of conditions," Dr. Caron said. "I see us as the 'quarterback' of medicine, serving as advisers to patients, helping them digest medical information and offering suggestions on best health-care practices."

For Dr. Caron, patient education is key, especially in a world where information is available with a click of a mouse.

"I try to help people sort out what is fiction versus what is reality, and discern what measures of care are best for the individual," he commented.

At the new facility, located at 970 East Main Street in Mount Joy, five exam rooms, including one dedicated to pediatric patients, are equipped to handle patients of all ages, from newborn to 99 years and beyond. Additionally, patients have the added convenience of on-site X-ray services and a full-service lab to obtain samples for medical testing. Minor surgical procedures can also be performed on-site, allowing patients to rest comfortably in familiar hands.

Familiarity, according to Dr. Caron, is an important part of his overall philosophy, as he and his compassionate staff live by the motto of "the patient is first."

"I believe in the importance of building personal relationships with my patients and in taking the time with them to have con-

versations about what is best for their health," he said, noting that in this new location, he is particularly excited for the op-

portunity to build long-lasting relationships with his patients. For more information about Family Health Center of

Mount Joy, call 717-653-0331, or visit their website at FHCMountJoy.com. Extended hours are available.

A new location for family care is something to smile about.

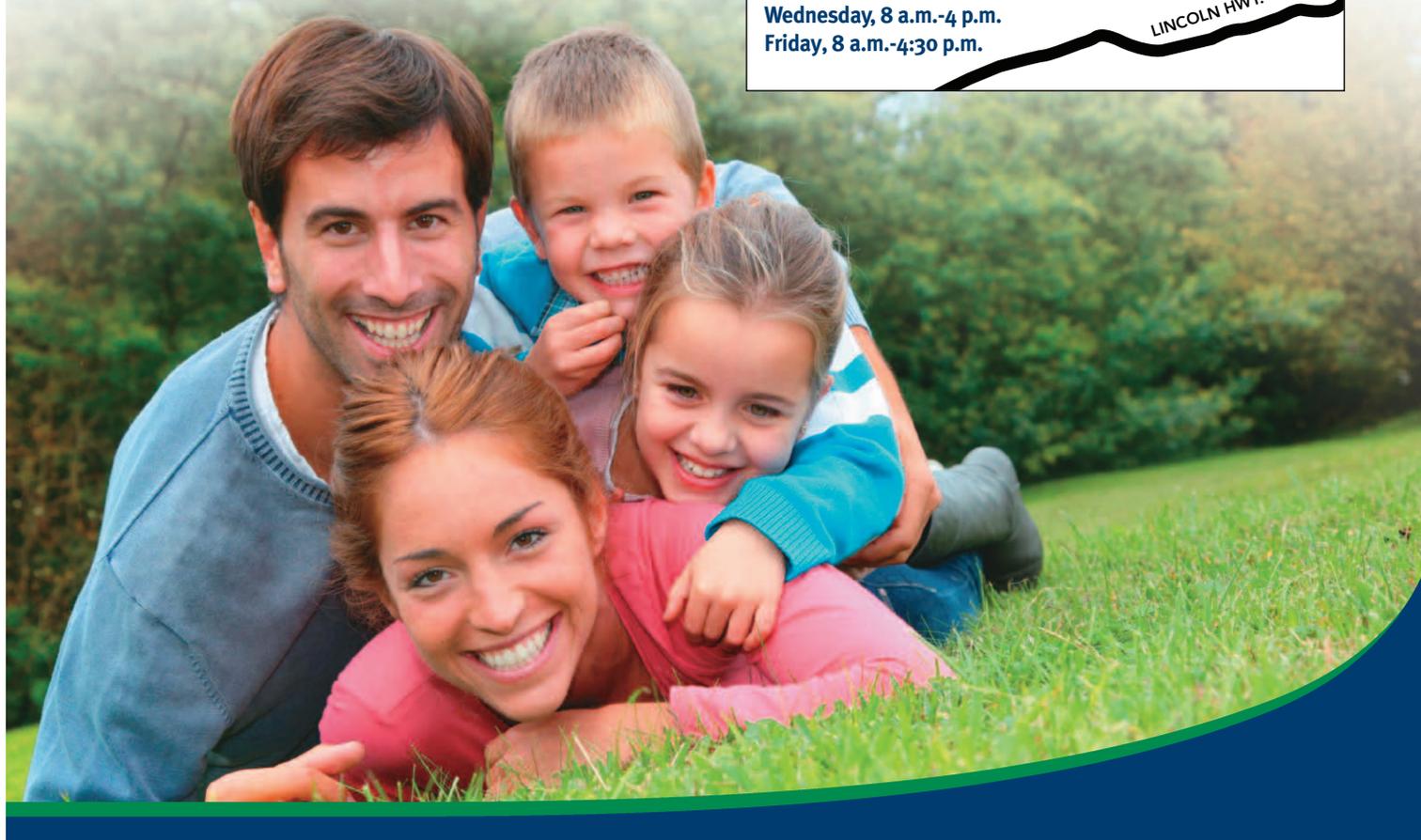
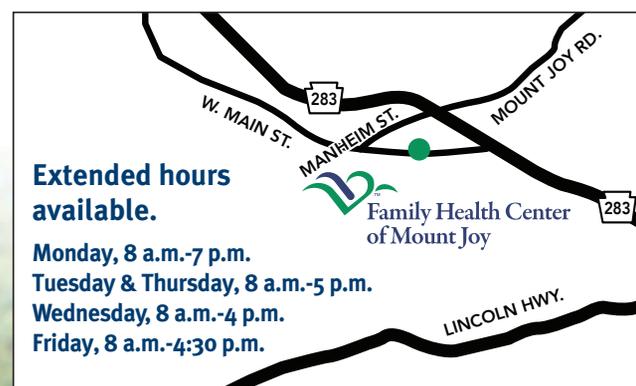
Pierre Caron, M.D., has more than 25 years of experience working with patients who have chronic conditions, including diabetes, high cholesterol and hypertension. Dr. Caron is passionate about family medicine, and treats pediatric and teenage patients as well. Whether it's managing a chronic illness or educating youth about the importance of preventive care, you can be confident that Dr. Caron can take care of you and your family. And with the added convenience of on-site X-ray services, you get the treatment you need, faster.

Medicare, Medicaid and most major insurance plans welcome.
Call 717-653-0331 to schedule an appointment.



Pierre Caron, M.D.
Board-Certified Family Medicine Physician


Family Health Center
of Mount Joy
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Lancaster's New Face in Venous Treatment



David Winand, MD, FACS

by Michael C. Upton

In April 2016, David A. Winand, MD, FACS, opened Advanced Vein & Laser Center at 896A Plaza Blvd. The state-of-the-art practice focuses on the identification and treatment of varicose veins and venous disease.

"Varicose veins are painful. They affect how legs feel and function. Many people put up with them because they are unaware of their treatment options," said Winand. "The treatments are minimally invasive, effective and do not require general anesthesia."

Advanced Vein & Laser Center provides more than 30 years of combined specialty care in the treatment of varicose veins. Originally from Hanover, Winand married after his fellowship at The Mayo Clinic in Rochester, Minnesota. He started his family in Lancaster and has been a member of the community since 2003.

Winand specializes in vascular and endovascular surgery,

and focuses exclusively on varicose veins, venous disease and superficial venous insufficiency. He emphasizes that his solutions enable patients to avoid hospital stays and general anesthesia. Patients get back to work sooner through minimally invasive techniques. Most procedures are covered by major medical insurance; there are some cosmetic procedures which may not be.

"You don't have to have visible varicose veins to have your symptoms be related to venous disease," said Winand. "Other symptoms are pain in the legs, fatigue, swelling, restless leg syndrome and ulceration of the legs due to venous disease. We can help."

The center offers free ultrasound screenings for new patients each Wednesday afternoon from 1:00 p.m. till 3:00 p.m. Sometimes, a potential client is not really sure if they need the services of Advanced Vein & Laser Center; the free screening will let both doctor and patient know for sure.

"You just have to call and make an appointment," said Winand. "We thoroughly evaluate all our patients, and we tailor the solutions to their specific needs." The motto for the clinic is "AVLC: Exceptional Care. Amazing Results."

"Anyone with varicose veins deserves an evaluation. We can help you find the right solution for you," said Winand, who encourages patients not to "put it off."

Free Ultrasound Screenings Wednesdays 1-3 pm. Call to Schedule Today!



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Left to right: Noreen Ramsey, CMA, Teresa Bentley, Receptionist and Insurance Administrator, Ana Diaz, MA, Tania Wagner, RDMS, RVT, Ultrasound Technician, Dr. David Winand, MD, FACS.

After earning degrees in physics and mathematics with Honors from Juniata College, **Dr. Winand** completed his medical degree at Temple University School of Medicine, where he was awarded the Dr. J. Robert Troyer Award for Excellence in Anatomy as well as the Dr. Herman Brown Award for Excellence in the Study of the Art and Science of Surgery. Dr. Winand completed his internship and residency in general surgery at Temple University Hospital, where he received the H. Taylor Casswell

Award as Outstanding Chief Resident in Surgery. Next he completed specialty training in vascular surgery at The Mayo Clinic in Rochester, Minnesota. With more than 13 years working in the field of vascular surgery, Winand is board certified in both vascular and general surgery, and a Fellow of the American College of Surgeons. He worked for many years at Lancaster Surgical Group and was most recently Chief of Vascular Surgery at Lehigh Valley Health Network.