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Lancaster County WOMAN™



The Woman's Journal

Complimentary Copy

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www.LancasterCountyWoman.com
May-June 15, 2020



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Louis A. Marotti, MD, PhD



Steven M. Falowski, MD



Jarod B. John, MD



Jack M. Smith, MD

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ARGIRES MAROTTI

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Meet the Doctors of Argires Marotti Neurosurgical Associates

By Susan C. Beam

In addition to cutting-edge technology and innovative techniques for spinal disorders and pain management, Lancaster's Argires Marotti Neurosurgical Associates distinguishes themselves with their team of experienced and empathetic neurosurgeons invested in working with patients to create individualized plans of care designed to improve health and elevate quality of life.

Perry J. Argires, MD, FACS

As a leading expert in disc replacement surgery, Dr. Perry Argires practices general neurosurgery, with an emphasis in treating spinal disorders, including spinal fusion surgeries, resection of spinal tumors, spinal cord stimulation and reconstruction for deformity. Dr. Argires is also committed to utilizing minimally-invasive techniques to treat common problems such as herniated discs and spinal stenosis. In addition to his work with the spine, Dr. Argires treats brain tumors and performs stereotactic biopsy. A graduate of the University of Alabama School of Medicine, Dr. Argires did his neurosurgery residency at the University of Alabama, and served as Chief Resident in his final year. Presently, he is board certified in neurological surgery and is a fellow in The American College of Surgeons, a member of The American Association of Neurological Surgeons, the Congress of Neurological Surgeons, and the Pennsylvania State Society of Neurosurgeons.

Louis A. Marotti, MD, PhD

With an MD from the Yale University School of Medicine and PhD in neuroscience from Yale University Graduate School, Dr. Louis A. Marotti is a neurosurgeon specializing in the treatment of adult degenerative spinal disease, spinal instability, adult spine deformity, spinal fractures, neurostimulation for chronic pain, and tumors of the brain and spine. Dr. Marotti is board certified in neurological surgery and is a member of the American Board of Neurological Surgeons, the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Pennsylvania Neurosurgical Society, and the American College of Surgeons. He also currently serves as the Chief of the Division of Neurosurgery at Lancaster Regional Medical Center.

Steven M. Falowski, MD

Board certified in neurological surgery, Dr. Steven M. Falowski completed neu-

rosurgical residency training at Thomas Jefferson University in Philadelphia, with a focus on spinal cord stimulation and pain management, complex spinal procedures, and treatment, for movement disorders such as deep brain stimulation. With an interest in developing innovative treatments, Dr. Falowski is involved in numerous clinical research studies and novel developments for spinal cord stimulation, pain management, deep brain stimulation, and spinal procedures and is a member of the American Medical Association, the American Academy of Neurology, and the Pennsylvania Medical Society as well as a board member, secretary and annual

meeting chair for the North American Neuromodulation Society.

Jarod B. John, MD

A graduate of Wake Forest University-Baptist Medical Center and Temple University School of Medicine, Dr. Jarod B. John is board certified in neurological surgery. He is also a member of the American Medical Association, the American Academy of Neurology, and the Pennsylvania Medical Society as well as American Association of Neuro-muscular & Electrodiagnostic Medicine.

Jack M. Smith

Dr. Jack Smith received his medical degree from Temple University and completed his residency in physical

medicine and rehabilitation, and fellowship in interventional pain management at Virginia Commonwealth University Medical Center, Richmond, Va. Certified by the American Board of Anesthesiology Subspecialty Pain Medicine, Dr. Smith focuses on non-invasive, interventional pain management, such as with peripheral joint and epidural steroid injections, and regenerative medicine.

For more information on Argires Marotti Neurosurgical Associates of Lancaster, visit their website at www.argiresmarotti.com or call (717) 358-0800.

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(2nd Place)

Louis A. Marotti, MD, PhD,
FAANS, FACS
Voted Best Surgeon
(1st Place)

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Brain and Spine Surgery
Nationally Recognized
Brain & Spine Surgery

Jarod B. John, MD
Neurologist
Voted Favorite Neurologist
by LNP Readers

Jack M. Smith, MD
Pain Management



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- sinus lifts
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- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation



Sleep Apnea Devices

- affordable option as opposed to CPAP or invasive surgery
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- documented clinical success in mitigating and even preventing disruptive and unhealthy effects of snoring and sleep apnea
- patients see a change in quality of sleep, restfulness, and morning energy immediately
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- durable and BPA-free appliance
- clear device—discrete to wear but available with vibrant blue, green, or pink S-shaped side links to make it easy to find while outside of the mouth (provides a touch of personalization)



Maximize Benefits Through Comprehensive Care

By Susan C. Beam

As one of Lancaster's premier dentists, awarded the distinction of one of PA's Top 20 dentists for seven years in a row, Dr. Shea Stevens remains consistent in his vision: to offer patients the highest standard in complete and comprehensive dental care, informed by innovative technology and advanced techniques, in a comfortable environment where patients can feel at ease, knowing that they are making an investment in quality of life for themselves and their loved ones.

"For me, comprehensive care means a total commitment to understanding a patient's history, goals and concerns; being able to make informed and educated recommendations to meet these concerns; and having available all of the services to provide them the best possible treatment," explained Dr. Stevens.

At Smiles by Stevens, patients can relax, knowing that all of their needs can be met under one roof, which reduces wait time and ensures a high quality of care across the board.

"Instead of tooth-by-tooth treatment, I look into the complete system to diagnose why things are happening. With this theory of dentistry, I can treat the issue and prevent it from reoccurring," said Dr. Stevens, adding that he emphasizes building relationships with patients built on mutual understanding and trust.

According to Dr. Stevens, an investment in dental health is an investment in overall health.

"Teeth are the gateway to many of the body's functions. Teeth can lead to heart disease, digestive disorders, chronic inflammation and stress. I love fixing patients' concerns and watching them enjoy a life that is pain-free with a big smile," he said.

In addition to a variety of dental health and cosmetic dentistry services, including dental implants, bridges, tooth-colored crowns, dentures, oral surgery grinding/clenching appliances, teeth whitening and porcelain veneers, Dr. Stevens is also additionally certified in a number of therapeutic options designed to treat all above-neck concerns.

According to him, this dedication to continued education beyond the normal dentistry education was a concentrated effort to improve the treatment of common concerns related to not only dental health, but total body wellness.

"Continuing education is important to me in order to ensure my patients receive the best care for overall health. For example, I became certified by Sleep Group Solutions for management of snoring and sleep apnea, because sleep apnea is the number-one misdiagnosed disorder that leads to heart disease, stroke and high blood pressure," said Dr. Stevens.

"Additionally, Botox is more than just an aesthetic option. Botox and trigger-point targeting have amazing benefits for patients with TMJ, headaches, pain and jaw discomfort. Likewise, Botox combined with CBD has an even better effect in treating pain and inflammation," Dr. Stevens explained.

For Dr. Stevens, it has been tremendously satisfying to serve the residents of his community and help them gain or maintain their dental health and their self-confidence, and he is honored by the community's recognition for the past seven years.

"It has been a blessing to get to know the people of Lancaster County. I have worked hard and will continue to work hard to stay up with the advancements of dentistry so I can always provide optimal care for patients. I am excited to have received the prestigious award of Top Dentists and look forward to many more years of learning and providing dental care to the Lancaster community," he said.

New Safety Measures

These last several months have presented many unforeseen challenges for the Lancaster dental community. Fortunately, Smiles by Stevens, has been able to remain open to provide necessary treatment for patients. We want to ensure the community that we are up to date on safety measures, office policies, and have implemented several measures to protect patients and staff. We are evaluating every patient to address their concerns and providing treatment as needed in a safe environment.

Here is what we are doing to help keep you safe:

- telephone screening to verify patient health prior to scheduling
- recording patient and staff temperatures upon arrival
- masks being worn by staff and patients
- only patients being treated can be in the office (unless accompanying a minor)
- hand sanitizer upon entrance and exit of the office
- medicated oral rinse prior to treatment
- PPE: masks (N95 and level 3), face shields, gloves, gowns, eye protection
- antiviral and antibacterial solutions and wipes for all surfaces
- Hepa filters with plasma wave technology in every operatory
- staff has reviewed all CDC and OSHA guidelines and recommendations

We are here to support you during these times and if you have any dental issues or concerns, please contact us at (717) 581-0123 or dental@smilesbystevensdmd.com.

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Four Keys to Brain Health



Edward J. Purzycki, PhD
LG Health Physicians
Alzheimer's and Memory Care

Perhaps you forgot the name of an acquaintance or where you put your car keys. As people age, occasional memory lapses are not uncommon, and while a bit disconcerting, are usually not cause for worry.

Although there are no guaranteed ways to prevent memory loss or dementia, consider these four fairly simple actions to boost your brain health.

Exercise

Including physical activity in your daily routine is the most important action you can take to help keep your memory sharp.

For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes (30 minutes, five times a week) of moderate aerobic activity, such as brisk walking and bicycling, or 75 minutes a week of vigorous aerobic activity, such as jogging. If you don't have time for 30-minute walks, try to squeeze in a few 10-minute walks throughout the day.

For aerobic exercise to help your brain, you want to elevate your heart rate and increase blood flow. Strive to walk/move fast enough to find yourself a little out of breath if you're having a conversation.

Eat a Healthy Diet

You may think of healthy eating as being good for your heart and waistline, but it's also very important for your brain.

The MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet takes two proven diets and focuses on foods that specifically affect brain health. While more research is needed, an early study funded by the National Institute

on Aging found the MIND diet lowered Alzheimer's risk by about 35 percent for people who followed it moderately well, and up to 53 percent for those who adhered to it rigorously.

The MIND diet encourages eating vegetables (especially leafy green vegetables), nuts, berries and whole grains. Choose low-fat protein sources, such as fish, beans/legumes, and skinless poultry. Limit red and processed meat, butter, regular cheese, sweets, and fried and fast foods.

Stay Mentally Active

Keep learning. Keep socializing. Mentally stimulating activities keep your brain in shape, just as physical activity keeps your body in shape.

Try to engage in new learning activities—things you haven't already mastered. Learn a language. Explore a kind of reading material that you haven't in the past. Take lessons on a musical instrument you always wanted to play.

Social interaction makes you feel good and helps prevent depression and stress, which can contribute to memory loss. Get together with loved ones and friends. Volunteer with a local community group. Join a club.

Sleep Well

Sleep plays an important role in your overall health, including your brain health. Most adults need seven to nine hours of sleep each night. Sleep allows

your brain to process information from the day and form memories.

Recent research finds that sleep also triggers a kind of "cleansing system" in the brain that removes waste and toxic protein plaques associated with Alzheimer's and other cognitive impairments.

Here are a few tips for getting a better night's sleep:

- Limit the amount of screen time prior to going to sleep. The blue light from your smart phone, tablet, laptop, and other screens tells your brain to stop producing melatonin (a sleep hormone).
- Avoid taking long naps that may disrupt your nighttime sleep cycle.

- Monitor your intake of caffeine and alcohol—both of these can cause wakefulness.

- Create a soothing ritual for yourself prior to sleep, such as taking a bath, reading a book, or meditating.

Concerned About Memory Loss?

If you are concerned that memory loss is impacting your daily activities or is getting progressively worse, talk with your primary care physician. He or she may recommend memory testing with a neuropsychologist or other healthcare professional.

Regular checkups can also help you better manage conditions like depression, high blood pressure, high cholesterol, and diabetes, which may play a role in memory loss.



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Tips for Working from Home



Lauren Hess, MS, RD
health educator
Lancaster General Health
Corporate Wellness

successful.

Choose Your Mindset

What is currently happening in the world can feel unsettling and scary. It can be hard to focus when so much is so unclear. Your mindset is the lens you use to see the world, and it directly influences your perception and reactions. Before you start work, take some time to determine how you want to feel (even if you don't feel that way yet). Your mindset can set the tone no matter where you are working.

Create a Dedicated Space

Try to find a space at home that you can designate just for work each day. Ideally, it will be a space you can walk away from it when you're done for the day. Avoid working in the bedroom. This can lead to poorer sleep, and sleep is essential for a healthy immune system.

Get Dressed

The best piece of advice I can give after working from home for many years, is to get dressed before you start working. It doesn't have to be dressed for the office; it could just be changing into clothes that are still comfy but aren't "technically" pajamas. Getting ready can help create the sense of a new day and motivate you to get started.

Be Prepared

Make sure you have the tools you need. Whether it is additional software, headphones, or remote access, gather what you need to work effectively. And don't forget about proper office ergonomics. Correct chair height, adequate equipment spacing, and good desk posture can help you and your joints stay comfortable while you work.

Create a Routine

Creating a routine helps add structure to your day. Get up and start your day just as you would if you were going to the office. "Arrive" to work on time. Set reminders on your phone to take breaks. Use breaks to work on your personal self-care: Sit down for lunch with your family. Get outside and take a walk. Try an on-line exercise class. Read a book. Practice meditation.

Stay Connected

Staying connected to co-workers can be challenging. If you normally have time during the day to just talk with your co-workers, then build that time in at home. Get creative. Use the tools available – email, online collaboration, and teleconferencing to help you feel connected. If you can, use video conferencing with your team to

help with feelings of isolation.

Unplug at the End of the Day

Work/life balance can go right out the window when you work from home, so it's important to create a definite end time. Make sure to unplug at the end of the day. Turn off your computer and stay away from your workspace until the next day.

Remember, we're in this together. Be gentle with yourself and others. We're all facing new ways of working and living. Check in with co-workers. Talk with a trusted friend or loved one. Or connect with your Employee Assistance Program or other mental health professionals for more targeted support.

For more articles on coping with Covid-19 visit lancastergeneralhealth.org/health-hub-home.

As we all navigate the current reality around COVID-19, we face new challenges. Working from home is one of those challenges. For some, this is a dream come true. For others, it can be a nightmare. If working at home is new for you—and not going well yet—don't worry. It can get better. Here are few tips to help you feel

What's a Virus and Why Is this One Such a Disaster?



William A. Carter, MD

taught that one of the criteria for something to be alive is that it be able to reproduce on its own.

This is not true for viruses. A virus is composed of some nucleic acid, either RNA or DNA, surrounded by a layer or protein. In some cases, like coronaviruses, the protein layer is also covered by a lipid (fat) layer. A virus can only reproduce after it has invaded a host cell. What type of cell the host belongs to (elm tree, bat, human, etc.) varies by the specific virus. Some viruses can use a wide variety of different organisms as host cells, whereas other viruses are limited to infecting one or just a few different organisms in order to reproduce or replicate themselves.

There are millions of different viruses, but only a relatively small number have been well described. Altogether, viruses can infect every plant, animal, protozoan, fungi, bacteria, and all the other life forms that exist. Isn't that something that there are viruses that infect bacteria? Who would have thought, right? The viruses that do this are called bac-

teriophages. Amazing. Antibiotics have zero effect on viruses. Antiviral agents have the ability to lessen the destructive power of some viruses in their host organisms. Compared to the number of bacteria that we can control by antibiotics, we have very few effective antiviral agents.

In general, bacteria are about 100 times larger in size than viruses. There are about 5×10^{30} bacteria in total around the world. The total biomass of all the living bacteria is greater than the mass of all the plants and animals in the world combined. And there are even more viruses than bacteria!

Of all the viral pandemics that have affected people throughout history, each of them (except smallpox) were "novel," or first-time human-exposure situations. SARS-CoV-2 is the virus which is causing our present pandemic, and it is in the family of coronaviruses, like SARS, MERS, and most human cold viruses. The disease it causes is called COVID-19. Before its emergence on the world scene, by virtue of it being novel, no person had im-

munity to it. Right now, all of the people who have been infected are either dead, are recovered and have some degree of immunity, or are still sick with their infection.

Why exactly is infection with SARS-CoV-2 so horrible? It is the combination of extremely high infectivity, a high degree of spread early in the course of illness when victims have few or no symptoms, and generally mild illness. Since it is usually mild, these folks can be around longer to spread the infection to others. We have lost 283,000 worldwide, 80,000 U.S., 3,800 PA, and 233 Lancaster due to this virus as of May 10, 2020. How can we lose so many of us if the illness is generally mild?

It is because sometimes instead of being mild, it is devastating! It is probably about 10 times more deadly than influenza, and much more infective than the flu. And we are coming to learn that although most of the time it is the elderly, or males, or those with other ailments who die, it can also wipe out the previously young and healthy.

All of this makes "reopening" our society quite problematic and challenging. And all the while the world is heavily committed to finding effective antiviral agents and vaccines for this monster. Most likely "normal" will not seem anything like pre-COVID-19 life until most of us are effectively vaccinated.

Rest assured that at Medical Cosmetics, we will provide the highest level of safety for our patients and our staff when we have decided the risk in the community is low enough that it will be safe for all of us. We will also be guided by the advice of our governor, and certainly will not open up any time before he indicates it would be safe. Be smart, be considerate, be healthy, and take very good care.

Medical Cosmetics is offering discounted gift certificates until we are again scheduling patients: 10% off \$100, 15% off \$100-\$250, 20% off \$500 and above.

Visit medcoslanc.com.

MANAGING EDITOR JoAnn S. Notargiacomo

CONTRIBUTING WRITERS

Julie Anne Fidler • Robin Archibald

STAFF WRITERS

Susan C. Beam • Michael C. Upton

GRAPHIC DESIGN

Kelly Forbes - Orange Pepper Design - Art Director
Leslie B. Ocko - Ocko Graphics - Website

COPY EDITOR AND PROOFREADING

Jeff Ruth

PHOTOGRAPHY

Glenn Usdin • Steve Stoltzfus - 911 PhotoGraphics
Kevin Notargiacomo - KBK Photos

SALES

Richelle Brubaker

SOCIAL MEDIA

Lucy Latham

DISTRIBUTION/CIRCULATION

Alissa Edinger

BUSINESS MANAGER

R. Gregg Fresa

ACCOUNTING

Michele Ericson-Stern

LANCASTER COUNTY WOMAN

P.O. Box 10354 • Lancaster, PA 17605-0354
Tel: (717) 299-5766 • Fax: (717) 299-6359
Email: jono213@comcast.net

www.LancasterCountyWoman.com

VOL. XX2 NO. 3

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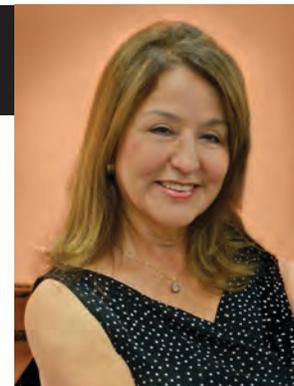
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Lancaster County Woman Newspaper is published bimonthly and will be available for distribution and delivery about the middle of January, March, May, July, September and November.

EDITOR'S PAGE



LCW Managing Editor
JoAnn Notargiacomo

Dear Readers,

After two months of quarantine, Charles Dickens' 1850 historical novel *A Tale of Two Cities* eerily depicts our current situation:

*It was the best of times,
it was the worst of times.*

*It was the age of wisdom,
it was the age of foolishness.*

*It was the epoch of belief,
it was the epoch of incredulity.*

*It was the season of light,
it was the season of darkness.*

*It was the spring of hope,
it was the winter of despair.*

Looking at the positive, this awesome, unexpected gift from God has allowed us to spend precious time with and reconnect with family and people we love.

In our lifetime, who could have imagined or planned for such an extended period of time? We, and everything on the planet, have been given a break and time to breathe.

The air and water have cleared, noise has subsided, and the earth is smiling. Fish are happily returning to long lost waterways, and birds are singing for joy. Sunsets are amazingly clear and beautiful, and our children and pets are excited to have Mom and Dad at home every day! They want this to last forever.

Life is as God intended.
He is smiling!

In the not too distant future, as we get back to our regular schedules, we'll cherish the memories we're making during this extraordinary time. We'll think back and remember

this wonderful pause and tell our grandchildren and great-grandchildren about the incredible year of 2020, when God paused everything in the world and allowed us to enjoy the things that really matter.

Stay healthy and safe. Remember our servicemen, servicewomen, and our neighbors next door. Kindness is free and so easy to give.

May God continue to bless you and your family!

With blessings and appreciation,
JoAnn Notargiacomo
Managing Editor

New Physician Joins UPMC Highlands Family Practice



Laura Smith, MD

Laura Smith, MD, joined the provider care team at UPMC Highlands Family Practice, 1871 Santa Barbara Drive, Lancaster, on April 27. Dr. Smith received her medical degree from Temple University in Philadelphia, and a bachelor's degree from the University of Pittsburgh. She completed her family practice residency at the Chesterfield Family Practice in Richmond, Va. Dr. Smith is board certified in family and obesity medicine.

Prior to joining Highlands Family Practice, Dr. Smith

was a primary care provider at Susquehanna Health Medical Group in Williamsport, Pa. She also has experience working as a hospitalist.

Highlands Family Practice hours of operation are Monday, 8 a.m. to 6 p.m.; Tuesday, 8 a.m. to 7 p.m.; and Wednesday through Friday, 8 a.m. to 5 p.m. Video visits are available. To make an appointment with Dr. Smith, please call 717-560-1970. Current UPMC patients can also schedule appointments online through the MyPinnacleHealth patient portal.

About UPMC

A \$21 billion healthcare provider and insurer, Pittsburgh-based UPMC is inventing new models of patient-centered, cost-effective, accountable care. The largest nongovernmental employer in Pennsylvania, UPMC integrates 89,000 employees, 40 hospitals, 700 doctors' offices and outpatient sites, and a more than 3.7 million-member Insurance Services Division, the larg-

est medical insurer in western Pennsylvania. In the most recent fiscal year, UPMC contributed \$1.2 billion in benefits to its communities, including more care to the region's most vulnerable citizens, than any other healthcare institution, and paid \$587 million in federal, state, and local taxes. Working in close collaboration with the University of Pittsburgh Schools of the Health Sciences, UPMC shares its clinical, managerial, and technological skills worldwide through its innovation and commercialization arm, UPMC Enterprises, and through UPMC International. *U.S. News & World Report* consistently ranks UPMC Presbyterian Shadyside on its annual Honor Roll of America's Best Hospitals and ranks UPMC Children's Hospital of Pittsburgh on its Honor Roll of America's Best Children's Hospitals. For more information, go to UPMC.com.

Oh, Sleep, Where Have You Gone?



Kelly F. Dennis, MS LPC

sleep disturbances not addressed in this article; however, there are some techniques that may aid you in getting to sleep faster and staying asleep through the night.

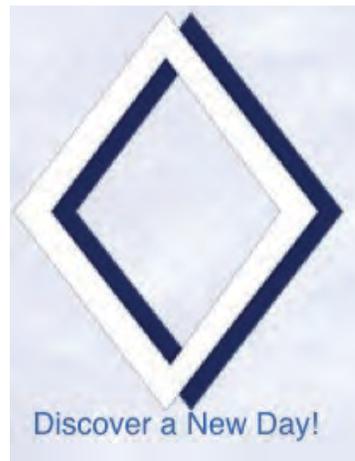
One term for the healthy rituals and habits of sleep is called “sleep hygiene.” It refers to the ways in which we can change how we take care of ourselves during the day and before we fall asleep that promote healthy sleep. There are many articles written on this subject, but I want to address sleep hygiene specifically related to anxiety and stress, given our recent circumstances with the pandemic.

One of the main reasons for difficulty in getting to sleep mentioned by the people I counsel is “busy mind.” They tell me that they can’t shut off their minds and sleep eludes them. One strategy I recommend is journaling. Done a few hours before bed, the act of writing out your thoughts, feelings,

concerns, etc., can be very helpful in “letting go.” You can even symbolize the “closing of the book” on the thoughts and cares of the day when you close your journal for the day.

Another effective tool is visualization. After you’ve taken a soothing, warm bath, changed into comfortable jammies, and dimmed the lights in your bedroom, take a few slow, deep breaths and visualize a warm, peaceful place that you’ve been to or would like to go. As you breathe in, imagine the details of this place filling your mind; as you breathe out, let the tension and thoughts of the day slip away.

These are just two in a long list of simple strategies. If you find that you need a little more help falling asleep faster and curing insomnia, try cognitive-behavioral therapy. It may help tame “busy mind” effectively.



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Kelly F. Dennis, MS LPC, is a Licensed Professional Counselor who specializes in the treatment of eating disorders, disordered eating, negative body image, anxiety, and depression. She is certified in cognitive behavioral therapy and clinical hypnotherapy. Her goal is to help you uncover your true potential and lead a life that is worth celebrating. The type of counseling she engages in is very collaborative in that you and Kelly are a “team” working together to help you change ways of thinking and behaving that may not be “helpful,” which will help you live a more effective and happy life. If you’re looking for extra support and guidance through a challenging situation or you’re just ready to move in a new direction in your life, Kelly looks forward to working with you to achieve your goals.

We now understand, with the advances in neuroscience, that sleep is more important than we realize. Sleep deprivation causes poor impulse control, decreased empathy, and memory impairment.

Many of us have had difficulty sleeping occasionally. For others, though, regular, restful sleep is difficult to achieve. There are many reasons for

Energy, Mental Health, and Working from Home



Neha O'Rourke
Somewhere In Between Coaching

fear in these situations - and that’s not always a bad thing (think: fear is helping you buy soap or cleaning products). Just evaluate if your fears are empowering you and are constructive or if they are merely draining your energy. If they are draining your energy, try to reframe it to be an empowering thought.

Control what’s in your control and let go of the rest: You can’t control what’s going on around you, but you can control your thoughts, actions and choices: keep up your hygiene, choose where you interact, take preventative measure, etc. From there, recognize that other things are out of your hands and worrying about that will not serve you. You worrying will actually cause stress, which we know has negative effects on immunity.

Get perspective and be mindful of your impact on others: Many of us are lucky enough to work at jobs that allow us to stay home or in a safe environment. There are many who do not have that luxury. Additionally, remind yourself that although you may not be in the highest risk category, your

choices can affect someone’s parent, grandparent, brother, sister, mother, etc. Think about your privilege and make choices with your impact in mind .

Tips on How to Shift Fear-Based Thinking During Coronavirus (per the CDC)

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Tips on How to Work from Home

- Maintain regular hours. Set a schedule, and stick to it
- Create a Morning Routine.

- Set ground rules with the people in your space.
- Schedule breaks.
- Take breaks in their entirety.
- Keep a dedicated office space.
- In this time of uncertainty, confusion, and chaos: we must be grateful for the simplethings.

Neha O’Rourke is the Founder and Career Coach at Somewhere In Between Coaching, a coaching company that empowers women around the country and across industries in designing a career and life they love. Since founding Somewhere In Between, Neha has served hundreds of women in avoiding career burnout through her signature 1:1 career coaching programs, research-based blog series, and public appearances. She was recently named “20 on the Rise” in the coaching category by Honeybook and Rising Tide Society.

Throughout her career, Neha has supported and advocated for her peers, colleagues, men-

tors, and friends as they navigate the delicate balance of finding stride in their personal and professional lives. Prior to Somewhere In Between Coaching, Neha worked in advertising where she architected strategies and campaigns for nationally recognized brands. As a result of physical, mental and emotional burnout, Neha shifted her career to launch Somewhere In Between Coaching. She fundamentally believes that life is too short to be “surviving” your career and that every woman deserves to thrive, both professionally and personally.

When she’s not working, Neha enjoys trying new fitness studios in Chicago, spearheading multicultural education, cheering on her Minnesota Vikings during football season (talk about perseverance), and discovering new music on Spotify.

www.sibcareercoaching.com

With millions of Americans and global citizens in self-quarantine, lockdown, or work from home status, life is all of a sudden very different. Burn-out expert, and award-winning lifestyle coach, Neha O’Rourke would like to offer:

Tips on How to Manage Your Energy During Coronavirus Chaos

Choose empowering thoughts: It’s really easy to get caught up in

Oxygen Dome Therapy Brings Increased Health Benefits at Spa la Vie



Danielle Todd

By Susan C. Beam

community; some of these treatments are totally new and really take self-care to a new level,” said Danielle Todd, owner/founder of Spa la Vie.

One such option is cupping, an ancient form of alternative therapy during which a therapist strategically places cups on the skin, creating suction and pulling the deep tissues up, which promotes blood flow to the muscles, aiding in healing.

“I was amazed at the potential benefits of cupping and how relaxing it can be. Afterwards, you may feel a tremendous sense of relief as the tense muscles loosen and range of motion increases. Cupping has also shown benefits in reducing cellulite and relieving congestion, and is even safe enough to use on the face as part of an anti-aging regimen,” explained therapist Erica Baer, who became interested in exploring cupping after hearing of the benefits of the practice.

“With increasing news of the benefits of CBD for both skin and muscles, we’re really excited to be debuting a CBD-based massage, which uses a CBD and ginger root-infused oil and kava to relieve stress and relax muscles, and a CBD facial, ‘The Chill,’ which incorporates hempseed oil for the fatty acids and vitamin E, both fabulous for the skin,” Todd said.

“We also have available our hydroexfoliation machine, which maximizes exfoliation and hydration for a clearer and brighter complexion, and incorporates radio frequency waves for increased collagen production, promoting smoother skin and reducing fine lines and wrinkles,” continued Todd, adding that this option can be added to facials and is included in the Ultimate Glow Facial, a two-hour experience which is the “ultimate” in producing radiant skin.

Additionally, Spa la Vie is introducing the latest in innovative

beauty technology; the oxygen dome, most recently featured on “Good Morning America.”

“This technology is perfect for total body and skin wellness during the coldest months. In the oxygen dome, you’ll be breathing in pure oxygen, which has benefits both internally and externally, assisting in cell restoration, bacteria elimination and pH-level balancing for skin,” said Todd, adding that Spa la Vie can also infuse serums with oxygen for additional benefits.

During this treatment, their esthetician places a dome-shaped mask around the client’s face that fills with purified air. The purified oxygen involved in the treatment is a powerhouse in skincare. Anion, termed a “vitamin in the air” for its own benefits, kills bacteria, stimulates collagen while increasing blood flow and cell turnover, and gives the immune system a very helpful boost. Acting together within the dome mask,

the oxygen and anion will revitalize your skin, improving fine wrinkles and other signs of aging. When this comfortable facial therapy is over, you’re left with youthful, glowing skin.

If deciding on a facial is too difficult, Spa la Vie also has their Glow-Getter Facial of the Month Club, which features a special monthly, seasonal facial. According to Todd, May is their Fountain of Youth Facial.

And now, Spa la Vie has made gifting pampering and wellness even easier.

“We often have some great sales on gift certificates—and best of all, you can order them in the comfort of your own home!” said Todd.

This spring, give a loved one—or yourself—the gift of total body wellness. For more information and a complete wellness menu, or to purchase a gift certificate online, visit spalavielancaster.com.

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Brethren Village Resident Volunteers Make 3,000 Masks

By Susan Cherie Beam

When Lancaster County began to see positive cases of COVID-19, Brethren Village Retirement Community resident and longtime sewing aficionado Karen Redner knew she wanted to do something to support her community. From her momentary inspiration grew an organized group of 40 volunteers who ended up producing an estimated 3,000 masks for Brethren Village residents and staff.

“I started out with just a good intention, thinking that I wanted to make a few masks, and it blossomed into something much larger,” commented Redner, who, up until the start of the pandemic, had been working on embroidering stuffed animals earmarked for donation to Hershey Medical Center.

“Normally, I would be doing other sewing this time of year,

but I was unable to get more supplies, then I saw on Facebook that one of our previous employees was making masks for her family. With nothing to do and some empty sewing machines, a few friends and I decided we were going to join the effort,” Redner explained.

According to Redner, after obtaining mask patterns and settling on two styles—one with a wire and one pleated—she and six other residents began working on March 31, making 150 masks the first few days of their efforts.

“It was truly a combined effort. Some people chose to make entire masks by themselves, and for others, we had a whole team—some would cut the fabric, some would do the sewing, and for pleated masks, some would do the initial sewing and then others would do the pleating,” said Redner,



Volunteers Faye Rohrer and Karen Redner sewing masks.

noting that even with shared efforts, volunteers worked alone in order to protect themselves and others.

During the four weeks of the efforts, the volunteer group grew to 40 people contributing their time and energy, resulting in an estimated 3,000 masks in both large and small sizes. They were also joined in their efforts by local church groups and members of the Mennonite and Amish community,

bringing the final total of masks produced to 5,100, which were distributed to Brethren Village residents, staff, and others in the community.

Redner said that the way the community came together during their monthlong effort was wonderful to see. Since retiring from mask-making, she has turned her attention to another

new project—embroidering tote bags as gifts for the volunteers.

Located at 3001 Lititz Pike, Lititz, Brethren Village Retirement Community is a continuing care retirement community home to 1,200 residents, 62 years of age and older. For more information on Brethren Village, visit their website at www.bv.org.

Residents Share: Five Things I Would Tell My Younger Self About Aging



Tara Marie Ober,
VP of Communications &
Resident Life

We talked with two residents of Brethren Village, Rennie and Dick S., and asked them, “What are five things you would tell your younger self about aging?” Their answers are funny, authentic, and inspiring; here’s what they had to say:

Less is more. We know it sounds cliché, but it’s true. Collectibles, treasures, memories, call it whatever you like. We would gather, hoard, collect, and after 70 plus years, we accumulated stuff, a lot of stuff. At one point, we believed that keeping these things would help us

remember a particular moment in time, a milestone, an accomplishment. But more isn’t better; it’s just more. Embrace purging. Do it along the way. Because it takes a lot of work to get rid of 70 years of “more.”

Just book it. We took the typical family vacations. Going to the beach, California, nothing extraordinary. Dick traveled around the world for business, but we never made the big trips we dreamed about, like going to Australia. There was always a reason or an excuse why it just wasn’t the right time to get away—work, kids, life. My coworker would always say, “Just book it.” We never did. It’s not a regret but a dream we still hold onto. We encourage anyone who can take those big trips you dream about, to do it sooner rather than never.

Kids before degrees will bring you to your knees. Education was important to us, but having seven children is challenging when you are trying to continue your education and finish your degree. If you can, focus on one

thing at a time. Ideally, get an education, then have children.

It’s about the journey, too. Try to find a job or an occupation you love, and it will become your life’s journey. We didn’t realize it at the time, but when I became a nurse and Dick became a scientist, we found our passion. We loved what we did, but we didn’t realize then, but we know

now, that our work was our life’s journey. We see and know a lot of people who worked to get to the destination of retirement and missed out on the journey.

One cat, not two. Some things are essential in pairs—socks, shoes, earrings. But cats, that’s a different story, and we are cat lovers. Our compassionate side kicked in when we took in a fe-

ral cat. One cat quickly became four in a matter of a couple of months. As we got older, we realized animals aren’t for us. Now we’re each other’s pet.

If you’re considering a move to a senior living community, we invite you to contact us for additional information and a tour. Call 717-569-2657 or visit www.bv.org.



For more information, contact us at 717.569.2657 or visit www.bv.org.



Cindy Stumpo Star of HGTV's *Tough As Nails* Series Says Women Should Join Building Construction and Shatter Stereotypes

In these tough times, a young woman making her way in the world should seriously consider the opportunities of a career in trade - residential construction. Self-made entrepreneur Cindy Stumpo, was the first female residential contractor at the age of 23 years old in 1989. And now Cindy is asking parents to consider encouraging their daughters to enter the construction industry.

“In this increasingly challenging pandemic economy a lot of students may not be able to go to college,” Says Cindy, who starred in the HGTV series, *Tough as Nails*. “Vocational schools offer unique careers for both men and women. Many women choose to become plumbers, electricians, or work in the concrete industry, but few are in construction.”

Especially now when construction management has changed. New owners now know that there may be a time in the future that history repeats itself. And they are looking to build housing with additional features. A home gym rather than living near a gym or country club.

There are over 3.8 million in the construction-related fields, less than 200,000 are women and that includes architects, plumbers, electrical engineers and a small portion are builders/general contractors.

Cindy founded C. Stumpo Development, a privately owned custom home builder and developer based in eastern Massachusetts.

Her construction work and dynamic personality on TV inspired WBZ News Radio to ask Cindy to continue her work in the media, “Cindy Stumpo is

Tough as Nails” is now a weekly radio show on iHeart Radio. The show is about “building a house, and building a life”

Cindy is self-made in a male-dominated field. She builds gorgeous 5-10 multi-million-dollar homes in MA. That career decision allowed her to spend quality time with her two children as they were growing up. Although Cindy created her successful construction company building luxury custom homes, she was battling a panic disorder and daily anxiety attacks. She found ways to deal with it while establishing her company. *Forbes Magazine* called her one of the most successful residential contractors in Massachusetts.

“We know that when building your home, you want more than just a builder. You want a builder who knows your home is your sanctuary, a place to raise your

family and the repository of all your memories.” declares Cindy.

Her daughter Samantha founded Newbrook Realty Agency and works with Cindy as the agent for the luxury, multi-million-dollar homes. “I’m proud to have my daughter following me into the construction business in her own way,” says Cindy. “If you want your daughter to build a solid future then construction is a great choice to consider.”

Cindy frequently speaks at women conferences on the topics of career, breaking barriers, and overcoming challenges to achieve your goals.

Would you like to interview Cindy Stumpo on the topic of trade schools as a career choice, residential construction or successfully working with family members?

Video: vimeo.com/384137877.

EarthTalk™ – Earth Day is 50: Celebrating in Quarantine

Now that Earth Day is 50 years old, I’m wondering how it originally started and whether the Coronavirus put a damper on the celebration this year?

– Mary W. Seattle, WA

Indeed, on April 22, Earth Day celebrated its 50th anniversary. Back in 1970, some 20 million Americans took to the streets, parks and auditoriums to demonstrate against pollution and other environmental ills stemming from 150 years of industrial development.

The idea for that first Earth Day sprung from Wisconsin Senator Gaylord Nelson, who was troubled by the environmental deterioration he witnessed around the country and thought he could borrow some of the organizing tactics from the student-led anti-Vietnam

War movement to infuse youth energy into raising public consciousness about air and water pollution. Nelson brought on a young lawyer/activist named Denis Hayes to make it happen. At first the idea was to hold a nationwide “teach-in” on college campuses but it soon morphed into a nationwide celebration that all Americans could join, with thousands of rallies happening simultaneously within communities and on college campuses coast-to-coast.

Earth Day continued to be celebrated across the country throughout the 1970s and 1980s and in 1990 went global. Hayes and company mobilized leaders on every continent, with some 200 million people in 141 countries taking part in the festivities. Environmentalists credit the 1990 celebra-

tion with giving a huge boost to recycling efforts worldwide and helping pave the way for 1992’s Earth Summit in Brazil.

While organizers of this year’s 50th anniversary of Earth Day had big plans for mass global events focusing on reducing waste, fighting climate change and transitioning to clean energy, the global Coronavirus lockdown led them down a different path. Instead of getting together and locking hands in person to show popular support for strong environmental protections, activists and sympathizers gathered virtually all week, tuning into live talks and other streaming and interactive online programming curated by Earth Day Network and its partner Exponential Roadmap.

Although it’s too early to tell, just because green-minded people all over the world couldn’t

get together physically to celebrate doesn’t mean this year’s Earth Day will be less impactful. For one, we’ve all now gotten a taste of how clean our environment could be if we kept up just some of the restraint on resource use that the lockdown has caused. Covid-19 may also be helping more of us to contemplate other aspects of our human relationship with our environment, especially since the virus was brought on in part by human-induced climate change and by dangerous forms of animal agribusiness.

As we enjoy cleaner air, more birdsong and parades of wildlife in our own backyards, not to mention the huge uptick in multi-generational residential gardening efforts. Earth Day has provided all of us with at least one day to focus our daily activities—even in quaran-

time—through the lens of the planet and what we can do to leave it better than we found it. Quarantine or not, the annual celebration of Earth Day serves as a reminder that Earth Day is every day. So if you didn’t plant a tree, re-think your household waste stream, or resolve to start biking to work once the office opens back up, maybe now is the time?

CONTACTS: Earth Day Week, wedonthavetime.org/event/earthdayweek;

Earth Day Network, earthday.org; Exponential Roadmap, exponentialroadmap.org.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 non-profit **EarthTalk**. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org

Quality Sleep Can Protect Against Illness



Lora S. Regan, MD, MPH,
FACOEM

and fatigue from not getting enough sleep. Now new studies in *Neurology* and the *Journal of the American College of Cardiology* suggest that getting TOO MUCH sleep is also harmful. This study of more than 400,000 participants looked at sleep quality and duration and compared that with the participants' risk of cardiovascular disease. All of the participants had no symptoms or history of cardiovascular disease at the start of the study. Individuals who got less than six hours of sleep on a sustained basis had a 20 percent higher risk of heart attack. In sleep-deprived individuals, the body makes higher amounts of cortisol and adrenaline to provide wakefulness. Unexpectedly, individuals who got more than nine hours of sleep per 24 hours had a 34 percent increase in the risk of heart attacks. The biological mechanism for this effect is not yet known. Risk of stroke is also higher in those individuals who sleep more than average. Napping for more than

90 minutes during the day increases the risk of stroke by 25 percent, compared with those participants who did not nap. If you skip the nap, but sleep at night for more than nine hours, the risk is still increased by 23 percent (basically the same risk, whether the "extra" sleep occurs all at once or is spread throughout the day). The effect of "too much" sleep was worse among participants who had other cardiovascular risk factors, such as hypertension, high cholesterol, obesity, and diabetes. The studies' authors looked closely at the "oversleepers" to see how they differed from the rest of the study group. These individuals were more likely to be male, smokers, and physically inactive, which are all known risk factors for cardiovascular disease. If you are an "oversleeper," what should you do? Look closely at lifestyle factors to see if there is room for improvement in food choices, quitting smoking, or increasing physical activity. If you feel

drowsy all the time, talk to your doctor about medical causes of poor sleep quality. Many conditions that cause poor sleep, such as low thyroid, depression, and obstructive sleep apnea, are readily treatable but require specialized testing to make a correct diagnosis. Many doctors are now offering video visits in addition to in-office visits, so you should not delay care for important concerns during the pandemic.



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

Doctors and Patients—
Preserving the Relationship

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lancastermedicalsociety.org

Dr. Regan is the Medical Director, Corporate Health, for Penn Medicine/Lancaster General Health. Her passions are to help individuals return to full function after work injuries and to promote well-being. She is board-certified in both Occupational Medicine and Internal Medicine. She has practiced medicine for more than 25 years, and here in Lancaster for the past seven years.

Good quality of sleep is important for health at all ages. During this pandemic, many individuals have additional stress and personal responsibilities at home and with their families that disrupt normal sleep patterns. Studies of children have shown that success in school at all levels improves by getting enough sleep. For adults, the availability of data on the importance of quality sleep has been more limited. Most of us have experienced drowsiness

Worry and Women's Health

Worry takes away today's peace and does not change tomorrow's events. Worry contributes to chronic health issues in women more than any other cause. Whether the health issues are fibromyalgia, a heart condition, breathing problems or any number of other health concerns, your level of worry contributes to your disease.

Connie, who is in her 60s, has had chronic back and joint pain for many years. She worries about an endless stream of big and little things that may never happen. One day her adult daughter was taking a walk with a friend. Connie thought her daughter would be back in several hours. When her daughter was not back within minutes of the expected time, Connie was beside herself with worry. She started pacing and wringing her hands. She tried her

daughter's cell phone without success and became even more worried. Within a few minutes, her daughter called to say she was on her way over. Nothing had gone wrong. Her daughter took more time walking than planned.

This episode took its toll on Connie's already-stressed body. Within an instant, the human body can release chemicals to give us the choice to fight or flee a dangerous situation, but it takes minutes to hours to clean up these damaging chemicals that were unnecessary. Repeated episodes of worry lead to chronic health issues due to the damage from the release of these chemicals.

There are better ways to deal with life than worry. Concern is different from worry. It is consciously thinking about the future and making appropri-

ate plans. Another tactic is to think through a situation. I had a friend who would suggest a time that she would come over. I learned to add two hours to her arrival time before I got concerned. She was rarely on time and did not estimate her arrival time well. Keep your level of stress to a minimum by participating in things you enjoy. Listen to music, read a good book, do an art or craft. Call or visit a friend. Volunteer. Take your mind someplace relaxing, like back to your favorite vacation spot. Regular destressing keeps your baseline of stress low, so stressful events do not send your stress level off the charts.

Live in the present.

Enjoy the moment.

Keep your body healthy.

Psychological Services, Pc

Life Span

Lynnette G. Ruch, Ph.D., earned her doctorate in psychology from the University of Pennsylvania, and her masters in psychology from Millersville University. She has worked at Life Span Psychological Services since it was established in 1994 and is one of its founding members. Among her specialties are postpartum depression, spiritual concerns, relationship issues, gay and lesbian issues, psychological testing, and psychological evaluations.



Lynnette is now helping clients via telephone appointments. Contact her for information.

Broad range of mental-health issues, including but NOT limited to:

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- Learning Disabilities • Psychological Testing
- Bipolar Disorder • Eating Disorders

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Empowering Survivors, Changing Lives



North Star Initiative staff and residents, 2019

By Susan Cherie Beam

From across the globe to our own backyard, sex trafficking remains a massive problem—and with Pennsylvania consistently ranking among the top 10 states for trafficking, one which is very much close to home. Lost within the complexity of this problem are the individual survivors who, upon their rescue, are facing multifaceted challenges in rebuilding their lives.

Since 2009, Lancaster's North Star Initiative (NSI) has been working with solutions to effectively support survivors. While initially founded as a Christian, grass-roots movement to raise awareness of sex trafficking, in 2017 they turned their focus to holistic restoration of trafficked women at their live-in facility, The Harbor.

"Our goal is to basically restore a survivor to a positive quality of life by providing physical, psy-

chological, emotional, and spiritual care," explained Executive Director Alicia Corrado, who first joined NSI as a restoration coach and later served as Director of Operations until she took on her current role in August 2019.

According to Corrado, what makes NSI distinctive is their commitment to comprehensive care, providing not only safety and security during a survivor's healing journey, but also education in life-sustaining skills, making it less likely that survivors would return to the streets.

"At NSI, we are bringing a survivor in and supporting her from start to finish with resources tailored to her unique situation and circumstances. The focus is not a timeline, but rather a goal—the goal of being empowered to live the life they deserve," explained Corrado, adding that in 2019 the program worked with 36 survivors and in the future is looking to continue to expand with additional transitional housing.

"If a girl is trafficked at 13 and rescued at 18, it's unlikely she would have the skills to be able

to successfully rebuild her life—and unfortunately, many survivors do not have family support," continued Corrado. "We give them those skills in a way where they are safe and supported."

At The Harbor, trauma-informed restoration coaches are available 24/7 for support and to assist in daily programming and activities, including drug and alcohol treatment, complex-trauma counseling, education and job skills, life skills, and support for legal circumstances. The Harbor is also unique in that long-term residents live with newer residents, offering recent arrivals informed perspective and understanding.

For Corrado, the transformations which occur at The Harbor are miraculous.

"Watching someone come in broken and traumatized, go through the program, and then stand on their own two feet—it's nothing short of amazing. I've watched women come in and succeed—they finish their GED and other professional certification programs, they reconnect

with children, and they begin a sustainable job with a future. Those successes are what keep us all moving here in the face of new survivors," said Corrado, adding that she remains in contact with survivors who have successfully left the program.

Looking forward, Corrado said they are planning several fundraising events, as NSI is completely funded through the support of generous donors and partners.

"One of the projects we do is to plan a trip, and our residents raise the funds themselves. They will be selling baskets and T-shirts on the NSI website and on our Facebook page to raise money," said Corrado, noting that other fundraising opportunities are also in the works for 2020 and will be announced via the website and social media.

For more information on NSI, visit their website at northstarinitiative.org or stop by their Facebook page at North Star Initiative.

Help a Local Family Who Lost Their Home to Fire Visit GoFundMe: [gf.me/u/x243bu](https://www.gofundme.com/u/x243bu)



Our neighbors had their mobile home burn up this morning. They had no insurance in place because of the current situation. We are asking everyone to lend a helping hand in raising money for Bob & Victoria Miller.

Organized by Kimberly Howard

Mold Removal the Right Way with DC Eager Emergency Services, LLC



Darlene Eager
DC Eager Emergency
Services, LLC

by Susan C. Beam

According to experts, an average of 70 percent of houses in the US contain some percentage of mold growth—a concerning amount owing to mold’s ability to affect the structural integrity and aesthetic appeal of a home as well as the health of its occupants. Darlene Eager has been in the business for 18 years, and DC Eager has been in business since 2011, helping Lancaster County residents learn about their options, restore their homes and breathe a little easier.

“Our tagline is, ‘we educate before we estimate.’ We are well-known for our Mold Remediation, or removal, and we have the capability to help with any type of residential or business property damage by offering a free assessment on all damages, educating our clients on their options, and even working with their insurance companies on their behalf,” said Eager.

Born in Long Island and raised in southern Lancaster County, Eager never pictured herself in the restoration business. After receiving her degree, she worked for six years before experiencing a life-changing event which required her to be off work for a year.

“After that, I decided I didn’t want to sit behind a desk anymore,” she explained. “I started working for a man in the home restoration business doing his scheduling, and eventually, he became my mentor. I’m a hands-on type of person, and I like to get things done, so I started learning the business.”

Now, she sees it as her job to inform and educate her clients, both about mold itself and the restoration business. Often, she holds seminars for realtors, plumbers and builders on how to address mold growth.

“We hear a lot about black mold, but mold comes in every shade of the rainbow, with varying levels of toxicity. When it comes to health, people react differently to mold – some may not react at all while others may react strongly. However, if you are continuously exposed to mold, you will develop allergies,” she explained.

According to Eager, moisture is the real culprit in mold spreading.

“Mold is everywhere there is a food source, which can be as simple as adhesive wallpaper, wood, cardboard, even paint. But moisture kicks it into high gear, so the first step in removal is to identify the moisture source and remove it. Then, the next step is drying the structure quickly, completely and correctly, in order to prevent mold from growing again,” she said, adding that after the moisture is dry, she and her team can contain the area and remove the mold properly. They use no chemicals and follow nationally-set standards.

“It takes time, it is hard work, and it’s extremely detailed. Every single one of my team is amazing and detailed-orientated, and they understand the importance of doing removal the correct way,” Eager said.

When it comes to mold removal, Eager also stresses the importance of independently verifying mold levels by specialists not attached to the project in order to get a fair and realistic estimate of the situation.

“We believe it’s important to not only educate our clients on mold, but on the testing process itself. We pride ourselves on honesty and customer service,” she said.

After 18 years, Eager remains dedicated to her work.

“I love my job. It’s busy, but I love meeting people, and I get to

MOLD
A Hidden Danger

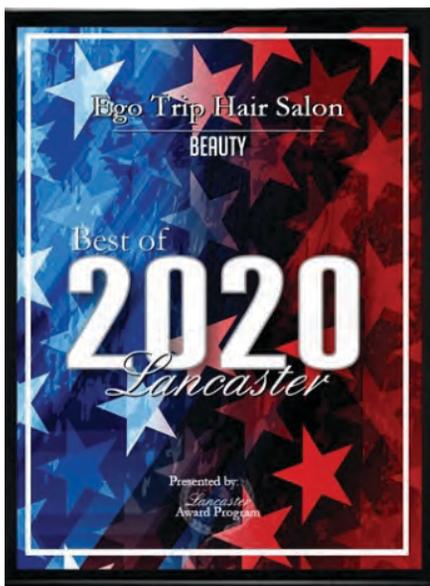
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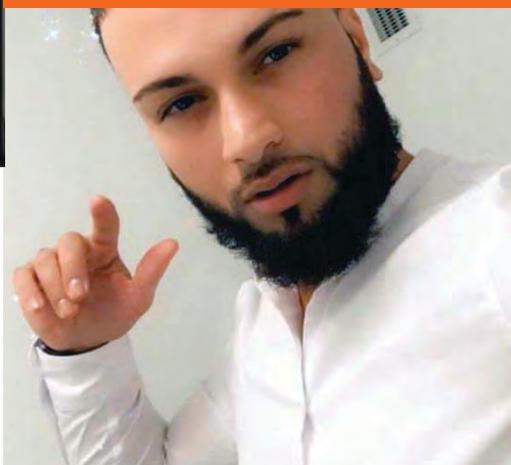
meet new people every day and help them make informed decisions. Additionally, there is no cost to the homeowner for me or my team to come and assess damages,” said Eager.

For more information on DC Eager Emergency Services, LLC, call **717-989-5763** or visit their website at dceager.com for a **FREE** assessment today.





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London Smith is a makeup artist with over 10 years of experience. His expertise includes fashion photo shoots, creative studio photo shoots, weddings, makeup education and product consultations. London has interned for *Vogue Italia* in New York City, where he had the opportunity to work for NYFW and is now finding his passion for hair artistry.

He has a great passion for balayage, creative color, precision haircuts, men’s grooming and much more. Education is a huge part of London’s journey; he is eager to learn and inspire others.

In his spare time he loves to read (huge Harry Potter fan), learn new techniques, spend time with family and friends, and travel. London is also bilingual.

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The Big Reset: Tips to Use This Time to Get It Right



Author Suzanne Falter

Extremely busy women never get to stop and rest but because of this pandemic, they have had to do exactly that. It’s an interesting time. When you no longer have the usual “go-tos” of distraction, e.g., crazy busy job, Happy Hour cocktails, play dates with the kids, you are faced with your real life. Ask any woman what is going on with her right now and you’re likely going to get an ear full.

Many have to reckon with what’s unsatisfying, or missing in their lives. Suddenly

they’re away from their jobs—so they may have more perspective about it. Or they may be stuck at home with a not-so-great relationship, which becomes glaringly obvious. As evidenced by the sudden surge of divorces in China since February 24, as reported by MSN.

For once, busy women have time to reflect on their lives—and do a great big self-care reset.

Suzanne Falter, author of *The Extremely Busy Woman’s Guide to Self Care* (Sourcebooks), says true self-care is a process of telling the truth about your life and then making new choices. She knows all about the catharsis that comes from crisis firsthand. Between May and August of 2012, she lost her relationship, the home that came with it, the business she had run and then her 22-year-old daughter suddenly

died. She was forced to tell the truth about all that wasn’t working in her life, and so was able to truly reinvent the life of her dreams.

Suzanne shares unique and helpful tips and ideas to help readers assess what needs are being met, which aren’t, and how to set up a life that ultimately works far better, including:

- 8 myths that rule over-worked lives, and the truth that will set you free
- Why we all crave self-care and 10 ways to satisfy that craving
- The 5 basics of self-care and why you may resist them
- 3 ways to say no to your spouse, your kid, your neighbor, your friend, your boss
- 4 keys to recognizing when your needs aren’t being met and then what to do about it



- Why self care is not about haircuts and pedicures, but the one factor that it IS ALL about
 - How to get crystal clear on what you’ve been putting up with...and what you’re no longer willing to put up with
- This is a very unique window

of time to create new habits and choices moving forward. No one knows exactly how all of this is going to play out, but you can certainly decide who you are going to be moving forward.

Visit <http://suzannefalter.com/selfcare>.

Beyond the “I Do’s”—Why You Should Consider a Prenuptial Agreement



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

Not every couple is in need of a prenuptial agreement. Many first marriages are couples who are young and come into the union on an equal footing and build their wealth together. In this scenario, Pennsylvania law provides for when a couple divorce and look to separate their property before the Court. My wife and I did not sign a prenuptial agreement as my marriage started with student debt and a lot of promise, but not much more!

However, people who get married later in life or get remarried often bring significant individual wealth to the marriage. Persons under these circumstances can benefit from having an agreement in place in case the relationship breaks down. Prenuptial agreements can address what otherwise would take months or even years to hammer out between divorce attorneys and the court. This includes addressing alimony payment, support, pensions, rights to the house, cars and personal property and who will pay for each other’s care.

One of the most common reasons I have prepared prenuptial agreements is to protect one spouse’s share in a family business. The agreement can even address who gets the dog. In today’s world, it is important to also spell out who is responsible for debt that is brought into the marriage or incurred by one spouse during the marriage. I have had too many clients who found out, much to their surprise, that their spouse was a gambler or incurring debt for addictions not known by the other spouse. It is also important to understand that while a prenuptial agreement can state who is responsible for medical debt, medical creditors (be it a medical practice, hospital or a nursing home) have the right to pursue a spouse for the medical debts no matter what a prenuptial agreement states.

If you decide to move forward with such an agreement, it can be straightforward but still should be done with the advice of local trusted counsel for both spouses. It is also important to have it pre-

pared and signed months before a wedding versus close in time. An agreement cooked up just days before a wedding is more easily overturned based on undue influence or lack of understanding.

While a simple internet search showed me numerous free and for-charge forms, agreements done on-line are easily overturned as an attorney challenging such an agreement would simply suggest that the agreement was signed under duress or with lack of knowledge and understanding of the agreement.

A prenuptial agreement can run anywhere from \$500 to a few thousand dollars. A prenuptial agreement has nothing to do with lack of love or trust in each other; instead, it is the smart thing to do and can alleviate much of cost and distress of a lengthy and difficult divorce. My advice is that once you have put an engagement ring on your loved one’s finger, consult an attorney and consider whether a prenuptial agreement makes sense for you.

You have become engaged and have just entered one of the happiest phases of your life. In the midst of the excitement of planning your wedding it may seem awkward to say “Honey, in case we ever end up getting divorced...”, but it is the reluctance to bring up financial affairs during this blissful time that can prove costly later in life. The reality is that approximately one-third of marriages end up in divorce. Few of those individuals thought they would be the ones to divorce.



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Steve and his awesome masonry/hardscape craftsmen! Pictured left to right: Steve Groff, Robert Rafferty III, Josh Miller, Ryan Perkins.

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Professional Services

Finnegan Farms, LLC Hemp Farm and Store

By Susan C. Beam

For the past few years, there has been major buzz about the therapeutic benefits of cannabidiol, more popularly known as CBD, which is the naturally occurring compound found in the resinous flower of the cannabis plant. For Amy Tyler of Finnegan Farms, LLC, her own positive experience with CBD led her to farming the plant, creating her own line of high-quality, fully-organic industrial hemp products.

"I started growing it after using CBD oil to help chronic pain and arthritis, and I have since used it after cancer surgeries. I use CBD oil and muscle rub daily for maintenance and pain relief," said Tyler, who began farming in 2017. Finnegan Farms, LLC, named for a beloved dog, is one of Pennsylvania's first farmer-owned hemp stores.

For Tyler, educating her clients and adhering to high standards of product quality and ethical farming practices are part of her passion.

"I grow hemp, the plant from which CBD is extracted, using organic practices and make my products with as many organic ingredients as

possible. Quality of products is very important to me. There are thousands of CBD companies, yet many of them have no quality control," she explained.

"Hemp products are being imported from foreign companies and contain impurities like lead and mercury," she continued. "Some are selling hemp oil that is made from hemp seeds and claiming it has the same properties as CBD. Hemp seed oil has no CBD in it. Our products are made from either our hemp or hemp from farmer friends. The majority of our products are made in-house in small batches."

According to Tyler, there is tremendous joy in helping her clients realize the medical benefits of CBD, and she carries a variety of product options for both two-legged and four-legged friends.

"Our most popular products are muscle rubs, CBD oils and pet treats. Our muscle rubs are available in 500 and 1500 mg regular and extra-strength formulas. People are using these for arthritis, muscle and joint pain, and skin conditions such as eczema," said Tyler. "Our pet treats are made with organic oat flour, organic peanut butter and organic pumpkin.

Each bag contains 50 mg of CBD."

She also offers a selection of oils for both human and pet consumption.

"The CBD oils are available in 100, 250, 500, 1,000 and 2,000 mg formulas. We also carry a 1,000 mg full-spectrum oil. People are using oils for anxiety, arthritis, sleep, pain relief, seizures, neuropathy and many more conditions," Tyler noted.

If you're looking to explore the therapeutic benefits of high-quality hemp products, Finnegan Farms, LLC, can help.

"We believe in the booming, yet unregulated hemp industry; knowing the source of what you put into your body is very important. We take pride in our products. Know your farmer!" said Tyler.

You can say hello to Amy Tyler, Owner of Finnegan Farms, LLC, at the Lancaster Marketplace every Wednesday through Saturday from 10 a.m.–6 p.m. She has amazing products for both people and pets. You can also visit their website: www.finneganfarmslc.com. They are also on Facebook and Instagram at [FinneganFarmslc](https://www.facebook.com/FinneganFarmslc).



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Pet Pantry: Serving the Needs of Lancaster Pets Since 2011



Melody Sanders (cofounder) and Sasha (Pet Pantry Animal Ambassador)

By Susan C. Beam

In 2011, Melody Sanders, Dr. Bryan Langlois and Krystle Black began with a simple question: What can we do to meet the nutritional needs of Lancaster County pets at no cost, ensuring that families hit by an economic crisis could keep their pets in a loving and familiar home?

In response, the Pet Pantry was born. Now located at 26 Millersville Road, the Pet Pantry has since grown, serving over 150 Lancaster families and averaging

70,000+ pounds of dry dog and cat food distributed yearly while also having expanded services for adoption, lifesaving veterinary care and a feral cat TNR program.

"Since the beginning, our goal has remained the same—to help as many animals and families in Lancaster as possible," said Sanders, CEO and President of the Board.

Central to their mission is the no-cost pet food, which supplies participants with a monthly allotment of dry pet food distributed in sealed buckets. In order to be eligible, families must apply to the program and certify that their pet has been vaccinated and spayed/neutered, and dogs must be licensed.

"Though we began partly in response to the economic downturn of 2008, this is a need which never goes away. We have families who, because of a job loss or medical crisis, suddenly found themselves in a financial predicament. We also have a lot of the elderly population who are on a fixed income and managing both

living and medical costs," explained Sanders, who added that during their March 2020 food distribution, they distributed to over 100 families at two different locations: one at their Millersville site and one at a site in Gap.

According to Sanders, what makes the Pet Pantry distinctive is their approach to total pet care.

"We're more than just food distribution. This is a program where our pets not only get sustenance, but also access to needed medical services. We're making an overall investment in their care and quality of life," explained Sanders.

Sanders said that Pet Pantry is dedicated to offering "core vet services at an affordable rate," including vaccines for rabies and distemper, and spay/neuter services through the efforts of co-founder and Medical Director Dr. Brian Langlois and Rescue Director Brenda Fijalkowski, along with a rotation of veterinary professionals, including veterinary students who gain valuable, hands-on training in shelter medicine.

They also offer specialized surgical services through vet referral when euthanasia may be the only choice for the owner if treatment or surgery would cause financial hardship, and every Friday host a clinic to support TNR efforts with feral cats.

"In addition to our Friday clinic, we have an RV we call the S.S. Pantry, which is a mobile TNR clinic," said Sanders. "We go out to local farms where farmers have trapped feral cats, and we neuter or spay them, vaccinate them and return them to the farmers to release them the next day."

In 2014, recognizing the need that some animals have for a second chance at a loving home, the Pet Pantry also formed an adoption service.

"Many of our adoption efforts are geared towards cats, and we generally have an average of 70 adoptable cats at our locations and at fosters, but that number may reach as high as 140 during kitten season. We will also occasionally have dogs in foster

care, waiting for forever homes. I'd like to see all of our animals have a loving home to go to," said Sanders.

Looking to the future, Sanders said that they would like to continue to expand their efforts and are currently searching for a large piece of property to purchase to expand both their veterinary clinic and their adaptation service. She expects to announce their capital campaign in mid-to-late 2020.

In terms of donations, daily needs include canned cat food, dry cat and dog food, any specialty foods for animals on special diets, towels and blankets, and daily housekeeping and office supplies such as paper towels, trash bags, laundry detergent and copier paper. All donations can be dropped off at the Millersville Road location.

For more information on the Pet Pantry, visit their website at petpantrylc.org or visit them on Facebook at Pet Pantry of Lancaster County.

Our Pets Are Still Counting On You!

The Humane League is still doing adoptions, and anyone interested in adopting, please take a look at the animals available on our website at humanepa.org, and if you see an animal you're interested in, please fill out an adoption application and contact us for further details. Once the adoption is approved, the animal will be delivered to your home!

Animals still need homes and this quarantine is hard on them too. They love to see people and need forever homes.

Follow us on Facebook to stay up-to-date as reopening plans continue.



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Tips for a Successful Telehealth Visit

- **Download and test the virtual visit platform** you're using for your visit on your computer or mobile device. It is important that you do this well before your visit so you are ready and able to connect with your provider during your scheduled appointment time.
- **Plan to be at home** when your appointment begins and throughout your virtual visit.
- **Choose a private, quiet space** within your home where you can discuss any issues about your health.
- **Choose a comfortable space** where your provider can see you and you can perform the steps of an examination, which may include standing or walking.
- **Make sure your WiFi or cellular signal is strong.** This will help ensure your appointment is not interrupted by a dropped signal mid-visit.
- **Wear appropriate clothing** for the type of visit you are having, similar to what you would wear to your provider's office.
- **Avoid positioning yourself with your back to a window** or light source. When used as backlighting on a video call, light can give you a harsh silhouette and make it difficult for your provider to see you. Try sitting with your back to a wall with light reflecting on your face instead.
- **Avoid distractions during your visit.** Consider setting your mobile devices to "do not disturb" during your appointment time to limit cell phone calls, texts and emails.

Learn about telemedicine offerings at Penn Medicine Lancaster General Health at lancastergeneralhealth.org/services-and-treatments/virtual-care.

Pet Pantry Wish List



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

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



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<https://caplanc.org/our-programs/safety-empowerment>

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

Seeking Volunteers

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

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

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

Lockdown Lift Tips—Are You Ready?

For many of us it seems that we are actually now in more uncertain times than we were a few weeks ago. Lockdown may have come upon us all relatively quickly, but its realities were easily understood—we were told we can't go out, meet that person, visit that store. Unlocking our lives once again is much more complex. It's all a question of judgement. What should change? By how much? How fast, What milestones? Who decides and on what advice? Who's checking? Who's most at risk and, just as importantly, to who's gain?

It's all much more divisive, open to all sorts of concerns and agendas and makes us all question who should we trust?

We don't really know exactly how things will happen—the moods, the shades, the layers of this pandemic environment seem to change with the wind. It's different in every state and every country—and it's unlikely to be over very quickly.

So what can you do? Well perhaps one of the practical things we can all do is to at least take responsibility for ourselves and our well-being. In doing so we will not only be helping keep ourselves and our loved ones safe but we will also be helping our community, easing pressure on our first responders and carers, and helping ease our communities back to some sense of normal.

Here are a few things you can—and, for once some good news, they are all positive things...

Keep everything slow and gentle—it's amazing how quickly this change of gear will change your mood. Eating and drinking mindfully—whatever you eat, whatever you drink (and you know the best is water with some drops of lemon juice, and healthy fruit and vegetables) try to slow it all down. Savor the whole experience, the look of the food on the plate or pouring the liquid into your glass. Note the smell, the taste, the feeling as you begin to chew the food or swirl the

liquid around in your mouth. Eat or drink small amounts at a time so that you can enjoy the whole process and really appreciate what you are consuming.

There are great courses to help you do things more mindfully. Try www.mndflmeditation.com.

Release tension in your body, soften the features of your face, release tension in your jaw, your tongue, your eyes and back of the neck. When anxiety grips us mentally, notice how it makes us tense up physically too. Where are you holding tension in your body? Find it, breathe slowly and deeply into that area and consciously release that tension as you breathe out.

Seek out humour in your life. it's important to find moments of release and fun, as laughter can be one of the best pick-me-ups, an antidote to the endless parade of scary headlines. A good way to do this is to listen to one of the most profound thinkers of our time who laughs heartily at the human

condition. www.youtube.com/watch?v=Q3XYlhymjvA.

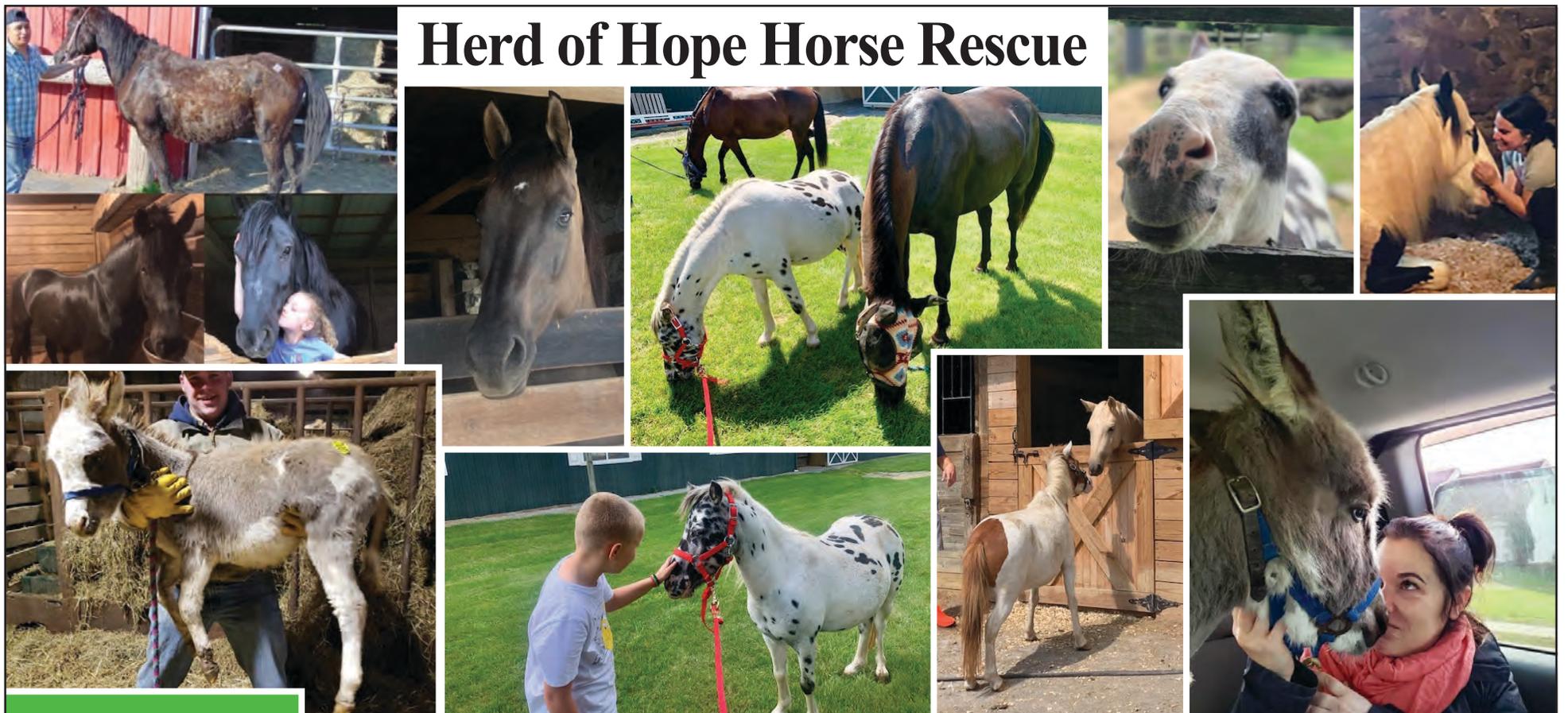
Keep moving You need to move as much as you can at this time to keep healthy. It's not really about exercise, it's about moving and not staying still in one position for hours at a time. There are even wonderful yoga classes with simple movements—yoga doesn't need to be overly energetic at this time, it can be slow and quite basic with the focus being on correct alignment of the joints and limbs. There are lots of great on-line courses - one to try is the wonderful relaxed style of 'Yoga with Adriene'. She even has a beginner 30 day course for at home practice and yoga for any kind of tension release you could imagine. youtu.be/aKsu112bzHE.

Have a calm and open mind. At this time, feel free to switch off from social media. Everyone is on a heightened level of alertness and not in a good way. There are arguments and disagreements and very strong opinions, even anger being expressed on social

media at this time - even between friends. It's understandable but not helpful. All it does is raise everyone's temperature and makes us all feel down. So, give yourself a break—feel free to quietly block, unfriend, unfollow or mute notifications. It will lessen the load on your mind and shut out all the noise so that you can think rationally and keep your own quiet views on things that are happening out in the world.

It really does just start with taking a few moments each day to focus on yourself. You really will be grateful that you did.

Kay Hutchison is the author of My Life in 37 Therapies (Red Door publishers). She had a crisis in her life, followed by a period of several years in which she had to make a fresh start to reset both her personal and working life as well as improving her mental and physical wellbeing. She documented this time and her experiences with 37 different therapies in her memoir (out now as an audiobook from Belle Media on Audible or Spotify).



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Helping Seniors Make Their Move



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

by Robin Archibald

"Many seniors who opt to downsize from their large family homes are excited to be moving to a more manageable living situation," says Rochelle "Rocky" Welkowitz. "They dread another winter of shoveling snow or another summer of trying to keep the lawn mowed."

Rocky and her knowledgeable team at Transitions Solutions for Seniors are there to help

active adults and seniors with every aspect of their move. Any move can be stressful, and the task of downsizing from 20 or more years in a home has its own challenging decisions and details. Rocky and her team are experienced in guiding clients through the process so their move is wonderfully smooth and worry-free.

"Over the course of the move, we're there frequently, helping clients make decisions and facilitating the move in whatever ways the client needs," says Rocky. If her clients can't sleep because a worry arises, they can call Rocky late in the evening, any day of the week. "I'm always awake doing paperwork, so they can call and I can take that problem away," she assures.

Rocky advises active adults and seniors to start early on the details of downsizing from a family home to a smaller residence. "Once you know you're going to move, you can start. It can take two years, and a slow approach is less stressful,"

says Rocky. "Although we've helped clients move in as little as two weeks."

The first step clients take in the process of moving is to discuss their individual needs with Rocky so she can arrange to meet those needs. Some clients have physical limitations and need help organizing and packing. Others need help deciding how to downsize their furnishings to fit the space in their new home. Some need Rocky's knowledge of adult housing to help them find an enjoyable new home. Still others need Rocky's expertise as a realtor working with seniors for over 34 years to help them prepare their house for sale and get the best possible price.

One service clients particularly love is how they can live in their new home immediately because their possessions have been unpacked and placed in closets and cabinets, and their furniture has been arranged. "When they come, it's all ready to start living," says Rocky.

Yet Rocky understands that such a move can be emotionally difficult. "No matter how you play it, it's still a stressful time to leave the home of a lifetime," she admits. "So anything we at Transitions Solutions for Seniors can do to enhance our clients' experience and to give more, we'll do it. We just want everything to be perfect for them. We're always working to learn more so we can to bring more to our clients."

And Rocky's clients are extremely happy that she and her team are there to provide help at a time that can be both difficult and exciting. "Our clients love the idea of being able to work with one person or a small group of people with whom they can bond," says Rocky. "And we do bond with them. They become extended family. We fall in love with our clients!"

Need a Speaker for Your Group?

Let Rocky Share Her 35 Years of Downsizing Experience.

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See our ad page 27.

Breathe Again: The Sheena Martin Foundation Presents First Scholarship

By Susan C. Beam

In 2017, Lancaster resident Falesha Martin was able to turn personal tragedy into community triumph through the founding of Breathe Again: The Sheena Martin Foundation, which provides nationwide emergency transportation services to domestic-violence victims looking to relocate as they escape their abusers. Most recently, Breathe Again has again invested in the community—this time, through the awarding of the first Sheena Martin Foundation scholarship, presented to Kiana Marti, 2020 graduate of J.P. McCaskey High School.

For Martin, the foundation, and now the scholarship, was a way to celebrate the beauty of the life of her sister, Sheena Martin, who was tragically killed at the age of 26 in 2009 in a domestic-violence situation.

"My sister really loved education. She was a numbers person,

loved reading, and was really driven to learn—she graduated at the top of her class, and she was going to school for the medical field when she was murdered. I thought including a scholarship and giving back to the community was a perfect way to honor her," said Martin.

For Martin, owner of Turn N' Heads Weaving & Braiding Studio and Extreme Beauty Supply & Retail, located at 447 South Prince Street, Lancaster, the founding of Breathe Again, as a grassroots, self- and donor-funded organization, occurred thanks to a series of serendipitous coincidences—and the results have been nothing short of inspiring and empowering.

"I was watching TV one evening, and there was a story on the news about a young woman in Lancaster who was murdered in a way which was identical to my sister's murder, and I reached out to the family to offer support and express my condolences. In

helping that family through their tragedy, I was able to find the strength to open up, look at my sister's picture again, and essentially, begin to heal," explained Martin, who had experienced a deep depression for many years after her sister's murder and spent much of the time focusing on family and daily life.

According to Martin, she chose to focus on emergency transport services because it is a critical but yet underfunded or downplayed first step in getting someone out of a domestic-violence situation.

"I wanted a way to impact someone's life by removing them from immediate danger, which lead me to choose emergency transportation services. If someone reaches out to me in a domestic violence situation, they are in a critical state between leaving or staying and dying," said Martin.

"The ultimate goal is to stay safe and stay alive," she continued.

"We get people out of the situation and to a safe place, and we guide them the whole way through. If you're going to make this transition, you have to be fully willing to make changes, including getting rid of possible ways an abuser can track you through your phone and social media."

Martin said the best part of the foundation is watching survivors regain their lives.

"When I hear from survivors, it's such a beautiful thing. It provides me with a sense of hope, strength, and fulfillment to know that we were able to get someone out of a situation and into a safe place where they're rebuilding their entire life free from abuse," she commented.

For more information on Breathe Again: The Sheena Martin Foundation, visit their website at breatheagainfoundation.org.



First scholarship recipient Kiana Marti, 2020 graduate of J.P. McCaskey High School.



Founder Falesha Martin is also Salon & Beauty Supply Owner of Turn N' Heads Weaving & Braiding Studio, located at 447 South Prince Street, Lancaster, PA 17603. (717) 327-8708



Aviation Machinist's Mate 2nd Class Hiroshi Tazaki, from Lancaster, Pennsylvania, performs maintenance and corrosion prevention on the main rotor head of an MH-60S Sea Hawk helicopter from the "Golden Falcons" of Helicopter Sea Combat Squadron (HSC) 12 on the flight deck of U.S. 7th Fleet flagship USS Blue Ridge (LCC 19). Helicopter maintenance is performed on a regular basis to ensure aircraft are in proper warfighting condition. Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region. (U.S. Navy photo by Mass Communication Specialist Seaman Matt Hall)



Seaman Raul Gonzalez, a Lancaster, Pennsylvania native, bids farewell to the officers and crew after completing a successful two-year tour aboard USS Constitution, May 14. "This ship has given me so many opportunities, and I hope to make her proud in my future endeavors," said Gonzalez. Gonzalez is a 2012 graduate of Lancaster Catholic High School. He has served in the Navy for two years and USS Constitution is his first duty station.



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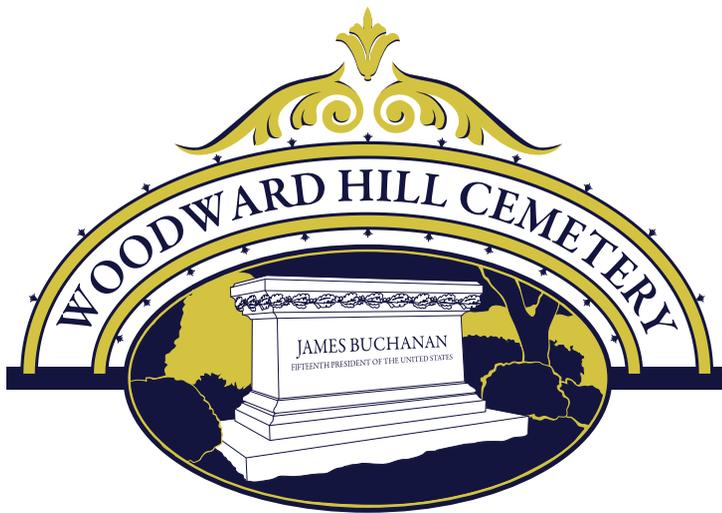
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For more than 150 years, Woodward Hill Cemetery has been one of Lancaster's most significant historic sites. As the final resting place of numerous prominent citizens including President James Buchanan, with a layout reflecting Victorian ideals of landscape design and containing fine examples of funerary monuments, Woodward Hill's national significance was recognized in 2005 when the cemetery was listed on the National Register of Historic Places.

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

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



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Special Shapes and Sizes. Oversized windows and special-shaped windows can be a challenge, but there are solutions available. Most special-shaped windows generally need templates so the blinds can be correctly made. Flame-retardant fabrics are available.

Professional Measuring and Installation. Don't let a wrong measurement ruin your investment. Let the window-treatment experts take care of the details. Another benefit is getting help with the pros and cons of the many window-treatment options.

Ready Made or Custom Made. Ready-made window treatments can be a challenge. Fewer fabric choices and colors, limited sizes, fewer features, unlined/thin lining and poor quality of fabric are some of the negatives. Ready-made blinds and shades use plastic head rails and parts, which do not hold up over time.

Today, there are many different styles, options and features for your windows and sliding doors. With so many details, it can become confusing, especially with different types of windows and applications. Every home and workplace has unique needs and wants in addition to color schemes and styles.

Energy Savings. Whether it is the heat of summer or the cold of winter, your window treatments can help energy efficiency and maintaining the interior comfort of your home. Honeycomb blinds are a great option to cover your windows. Hunter Douglas carries a honeycomb blind called Duette Architella that has an excellent R Value. Blinds with slats or vanes will help with keeping the cold or heat out when they are closed, but a solid fabric blind such as a honeycomb is a superior option for insulating your windows. If your windows are older and drafty, honeycomb shades are less expensive than replacing windows.

Privacy. Of course, when your blinds or shades are closed, you have privacy. The "top down/bottom up" feature is a great option for privacy while still allowing lots of natural light into your home. It is an excellent feature for bedrooms, bathrooms and first-floor rooms, where you want privacy but still have the ability to see outside through the top half of your window or open the top window for fresh air. This feature is available with cord or cordless lift system.

Vertical or horizontal blinds offer the flexibility of tilting the slats or vanes for the degree of privacy that is needed. If you have a second-story window, you can tilt the slat upward so you have privacy from the ground level and are still be able to see the sky.

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There are so many window-treatment options today. From stationary panels on decorative rods or draw draperies to valances or cornices, offering multiple colors, patterns and textures for your windows, bedding and accessories. You may consider adding trims

and a band of color for a beautiful accent, or a decorative rod, which can be metal, painted or stained.

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pillows and shower curtains, and can reupholster or make slip-covers for your furniture.

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Check out our website at www.heritagedesigninteriors.com.

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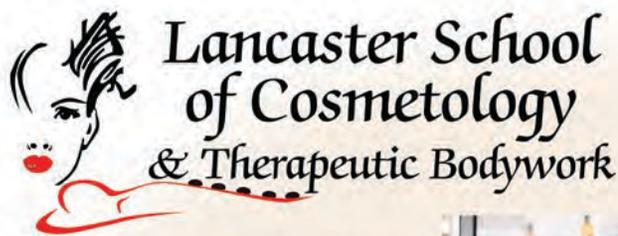
Changes Are a-Comin'

At Lancaster School of Cosmetology & Therapeutic Bodywork, we have greatly missed our clients in the student salon and spa, as well as our students. We hope that everyone is healthy and safe, and look forward to hopefully seeing everyone back in the building soon. We think it's a good idea to let our clients know how different the student salon and spa may look when we are finally able to open. Here are just a few of the proposed changes that are in the planning stages:

- Everyone will be wearing masks—students, clients, instructors, and staff.
- During facials, esthetic students will be wearing masks and face shields.
- During massages, massage students will be wearing masks and face shields.
- During massages, clients will wear a mask at all times. There will be no facial massages of any type.
- We will do our best to maintain social distancing when the client is not receiving a service.
- We will be taking temperatures. Anyone with a temperature of 99.5 degrees or higher will need to leave.
- Waiting-room chairs will be removed and clients will be checked in one at a time and taken directly to a service station.
- Service stations in esthetics will now be divided by heavy curtains.
- Every other station in the main student salon will be used.

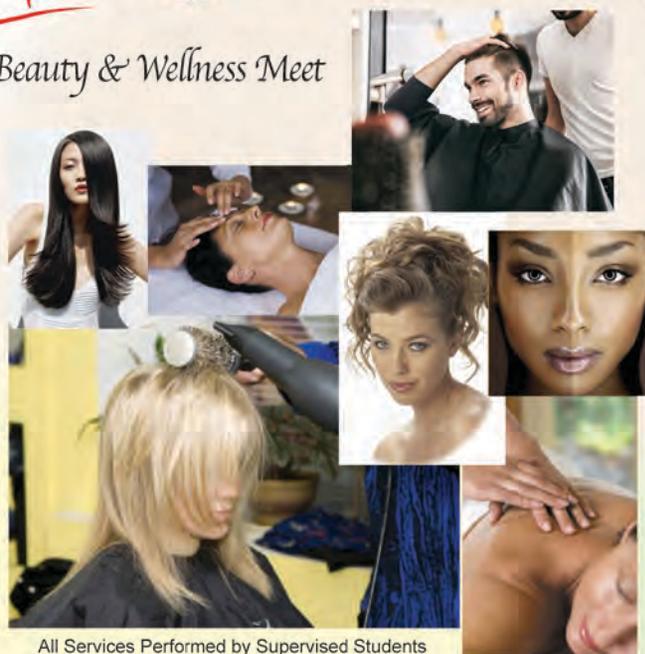
- Clients will not be permitted to bring anyone in to "wait" for them. If someone is waiting, they must do so in their car.
- Students will thoroughly sanitize their workstations after each client. This has always been done; however, additional items have been added to the disinfection checklist, which must now be completed after each client and reviewed and inspected by the instructors.
- Students will be washing their hands at least once per hour, and more often if the service takes less than an hour.
- The student salon and spa will open with minimal service offerings and then progress to more involved services as students become more proficient with the extra disinfection.
- We may consider using appointments for all services to keep the volume of clients to a manageable number.
- We are also considering expanding the hours for the student salon & spa in order to provide more social distancing.
- "No food or drink" will be strictly enforced.
- The entire school will be heavily sanitized each evening by machines designed to do just that.

Keep watching the school's website and Facebook page for updates as reopening plans continue. Stay safe and healthy. Lancaster School of Cosmetology & Therapeutic Bodywork looks forward to seeing everyone soon.



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Write From the Heart...Through Tough Times (On Zoom)

Ask Melissa Greene why she teaches creative writing and she'll tell you, thoughtfully, "because writing touches the soul." Melissa, an 18-year resident of Lancaster County, is a professional fiction writer, poet and therapeutic writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

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

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

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to "find themselves as creators and people." After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She has a particular interest in guiding those who have longed to write, but thought they couldn't. There are no grades, tests, cell phones or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

"Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn't

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

Melissa works with schools and therapists; offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, privately, tailoring sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

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

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

Upcoming Classes

Women's Intro:
"Writing Without Fear"
Tuesday evenings, 5-week series:
June 9–July 14 (no class July 7)
6:30–8:30 p.m.

Women's Memoir Writing Workshop:
"Exploring Our Life Stories"
Monday evenings, 5-week series:
June 8–July 6 • 6:30–8:30 p.m.

Women's Fiction Writing Workshop:
"Bringing Our Characters to Life!"
Thursday evenings, 5-week series:
July 2–30 • 6:30–8:30 p.m.

"Write for a Night" Workshop:
Wednesday, June 24 • 6:30–8:30 p.m.

Real Men Write! Workshop for Men:
Thursday evenings, 5-week series:
May 21–June 25 (no class June 18)
6:30–8:30 p.m.

Children Summer Writing Camps
July 27, 28, 31 • 2–4 p.m.

Teen Summer Writing Camps
July 20, 21, 24 • 2–4 p.m.

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

Free Workshops for Cancer Patients and Caregivers
The Lancaster General Health/ Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA
Wednesday evenings, 8-week series:
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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.

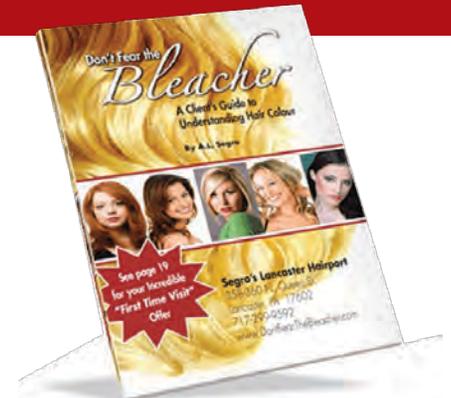
Anyone who would like a copy of this book at no cost to them at all should just call **877-702-3081** 24 hours a day, or go to **www.DontFearTheBleacher.com** to request a copy.

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**.

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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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4 Things You Need to Know About Real ID

Published on traveltrivia.com

It seems everyone's talking about the October 1, 2020, deadline for Real ID compliance. However, did you know that requirements concerning this new form of identification date back to 2005? If you're undecided about applying for a Real ID, knowing these four things may help.

Venue Access Limitations Won't Apply in All Situations

The 2005 Real ID Act empowered the government to create standards for acceptable federal identification. And, in line with the 9/11 Commission's recommendations, Congress developed guidelines for the documents Americans must provide to qualify for a Real ID. Of course, your current identification or driver's license won't automatically become invalid on October 1.

Rather, several federal agencies will no longer accept these forms of identification. According to the Department of Homeland Security, you won't be able to enter nuclear power plants, government facilities, or military bases without a Real ID. You'll also need a Real ID to board a commercial aircraft.

However, these limitations won't apply to several activities for which you currently use your state-issued ID card or driver's license. Examples include renting a car, visiting

hospitals, and voting. Moreover, you can still cash checks at the bank or take a train across state lines with your current ID.

Alternatives to the Real ID Are Allowed

In some cases, you may not need to get a Real ID until it's time to renew your current driver's license or state ID. A passport is sufficient to meet the federal government's identification requirements.

That said, the states of Michigan, Minnesota, New York, and Vermont will issue both Enhanced Driver's Licenses (EDL) and Real IDs. For now, Washington will be the only state issuing EDLs. The major difference between an EDL and Real ID is the presence of a star on a Real ID's upper right-hand corner. All state-issued EDLs will feature a flag instead of a star. Both will qualify as valid forms of identification at airport security checkpoints.

If you'd like to know what a Real ID looks like for your state, check out the Department of Homeland Security's Real ID site. For Ohio residents, a Real ID-compliant license will have a black star in the upper right-hand corner. Meanwhile, a California Real ID card will feature a yellow bear with a cut-out star on its back.

If you still don't have a Real ID by October 1, don't worry.



The Transportation Security Administration will continue to accept other forms of identification, such as a permanent resident card, Department of Defense ID, military ID, or border crossing card.

Meanwhile, anyone with TPS (Temporary Protected Status) or "approved deferred action status" may apply for a temporary Real ID. Applicants must still provide a valid employment authorization document as well as a social security number when applying.

That said, some forms of ID won't serve as acceptable alternatives at the airport. The TSA explains that TSA Pre✓® customers also have to present a Real ID. The same goes for individuals enrolled in the Clear program. Failure to submit valid identification means that you won't be allowed to board an aircraft.

You Can Apply for a Real ID at Your Local DMV

The Department of Motor Vehicles is in charge of issuing a Real ID. Although some states allow you to start the application process online, you must still apply in-person at the DMV. At that time, you must show original documentation and be photographed.

If you're concerned about meeting the deadline for airline travel, head to the DMV as soon as possible. Bring original or certified copies of the documents that prove your identity. Examples include a

United States birth certificate or passport. You may verify your Social Security number by presenting your Social Security card, a W-2, or a pay stub that shows the full number.

If your name changed due to a marriage or divorce, it's essential to bring supporting documents showing the change of names along the way. You may need to bring in your original birth certificate as well as a certified copy of your marriage license, which shows your name change.

And, to verify your residency, you can present your current apartment lease or a mortgage bill. Utility bills or school documents can also be used for this purpose. Just make sure that your name and address on these documents match. If you use a PO box for your mail, be sure to bring in a rental agreement or property deed.

Although requirements for identity verification are laid out in the 2005 law, each state can ask for additional documentation. Fortunately, some will accept alternatives. The AARP notes that Maryland residents older than 65 don't have to provide a birth certificate if they can show military discharge paperwork. In California, the DMV will accept a Certificate of Naturalization in place of a birth certificate.

By the way, did you know that an inter-state move requires you to start the application process over again? Unfortu-

nately, it's true. The DMV in California won't accept a Real ID from Rhode Island. Instead, the California DMV employee will ask you to provide the original documentation you presented back in Rhode Island. On the bright side, you won't have to retake the road test when applying for a driver's license in your new state. Your old state's license will serve well enough.



Head Coverings Are Allowed in Real ID Photos

There have been some misconceptions about the photo requirement for a Real ID. Some residents who wear head coverings for religious reasons may have waited to apply for the IDs. They may have done so out of concern that they would have to remove their head covering when posing for a photo.

If you wear a head covering, rest assured that you can continue to wear it even when the DMV worker takes your photograph. The law only requires your face to be visible from the hairline to the chin. That said, your head covering shouldn't cast a shadow on your cheeks.



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