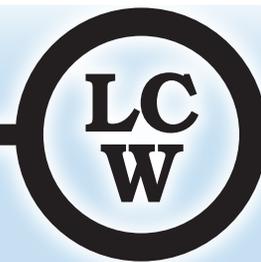


Now Open Club Pilates of Lancaster! Free Intro Class, p.12



Petra Rivera, RN, BSN, Director
New **Regional GI** Mid-Atlantic
Endoscopy Procedure Center, p. 11

Lancaster County WOMAN™



The Woman's Journal

Complimentary Copy

www.LancasterCountyWoman.com

May-July 15, 2019

Welcoming Dr. Steven M. Falowski

ARGIRES MAROTTI

NEUROSURGICAL ASSOCIATES OF LANCASTER



See page 3 for more information.



Melissa Greene's
Creative Writing Workshops
Foster Healing...with Words., p. 9 & 20



Dr. David J. Simons
Pain Specialist of Lancaster
Medical Marijuana: A Promising
Possibility for Chronic Pain, p. 13



Shea F. Stevens, DMD, FICOI
Smiles By Stevens
Voted Top Pa. Dentist
for 5th Year! p. 4



Ram Chavali, MD
Endovascular Stroke Intervention
Penn Medicine LG Hospital
The Most Important Stroke Treatment
Is Time, p. 5

Women: Moving Forward
Financially After the Loss of
a Spouse, Costanzo Wealth
Management, p. 20

Summer Retreats at
The Jesuit Center, PLUS Free
Concert: Opus One Berks Chamber
Choir Coro de la Universidad Ana
G Mendez, June 7, p. 21

Tired, Achy? Try Body Mapping
at Mattress 1st (Interior Homes)
Before You Buy
a New Mattress, p. 12

Chemical Free Options for
Managing Mosquitos
this Summer, p. 22

BIA Parade of Homes
June 15-23, p. 7

Physicians
Weight Loss
Program—
Discount
Coupon for
Medical Diet
Appointment,
p. 29



Bella Rose Bridal
Boutique
Fall Wedding Dress
Preview, p. 15



Fresco and Carlton Urgently Need Sponsors;
GoFundMe site for Summer Hay Donations;
Summer Volunteers Needed, AllInRescue.com, p. 16



Jeffrey C. Goss, Esquire
Brubaker Connaughton Goss &
Lucarelli LLC, Why You Should
Consider a Prenuptial Agreement, p. 27



Celebrating Music
with Maya Shih, p. 19





William A. Carter, MD

Lose Fat, Increase Muscle Size and Strength, and Decrease Waist Measurement All at Once?

sustained muscle contractions of one's abdominal muscles and/or buttocks muscles. A supramaximal contraction is one that exceeds the voluntary contraction ability anyone can achieve on their own.

There are two treatment protocol choices also. By this I mean you can select muscle building either with or without simultaneous overlying fat loss. The thinking goes that most all folks will want to lose the fat under their belly skin, whereas many people will prefer to keep their bottom adiposity in order to achieve a better supported but yet still bountiful booty!

Imagine that. For 20 years now, I have been selectively weakening muscles by artfully injecting Botox or Dysport into facial muscles. And now, finally, we have a way to selectively increase the strength and size of abdominal and buttock (gluteus) muscles! And WITHOUT PAIN. At long

last we can perform an effective treatment without even the least amount of discomfort!! Incredible. And this is all done non-invasively. What will they think of next, right?

Actually, what BTL has thought of next is applicators for the upper arms! They will be available sometime this coming fall. We cannot wait. Just what we all need, fewer reasons to go to the gym... NOT! The gym is still indispensable.

The way to get the 20 percent loss of fat and 17 percent gain in muscle strength and mass is achieved by having four 30-minute treatments over a two-week period. The individual treatments cannot be closer than two days apart. If a constant body weight is maintained, results are stable or even improving for at least six months, and for many people the benefits extend beyond a year. Cost for the initial four-treatment package

is \$3,000. Either Michelle, my experienced licensed medical esthetician, or I will be with each patient for every treatment.

This technology is a true game changer in our industry. Not since Allergan brought Botox to the esthetic market has there been anything to represent as great a positive market disruption than this technology. Who would have ever thought that magnetism, a nonionizing, non-thermal modality could have such a beautiful blend of esthetic benefits? And all without PAIN. Remarkable.

So, if you want to just lose 20 percent of your under-the-skin fat in a region, we have SculpSure. One treatment is all it would take. If you want to gain muscle and strength as well as lose fat, then EmSculpt is your answer. However, it will take four treatments instead of one, and cost a little more. SculpSure hurts, but we have nitrous oxide, which

will take away almost all of that distress. EmSculpt is completely painless. If you would like to utilize BOTH of these modalities, the degree of fat loss is better than either technique by itself, and bundled pricing is an option. Such fun to have effective choices! We hope to see you soon for a complimentary consultation.



Michelle Phillips, LME

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

Michelle provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks and Scars)
- Collagen P.I.N. Microneedling
- Permanent Makeup (Microblade and Traditional)
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Professional In-House Makeup Artist & Color Analysis
- Dermaplaning
- Lash & Brow Tint
- Facial Waxing
- Eyebrow Design/Wax
- Skin Analysis and Home-Care Programs

YES. Now I hope that you are at least a little bit curious. I would not have thought the simultaneous occurrence of these three benefits could ever occur. Or rather, not without a rigorous strength-training program, a long-term calorie deficit, and maybe a little bit of pharmacologic help along the way.

Enter EmSculpt. EmSculpt is an expensive piece of esthetic body-sculpting equipment created by BTL Industries Ltd. in the United Kingdom. This unique device utilizes High-Intensity Focused Electromagnetic (HI-FEM) technology to cause supramaximal

high-quality,
compassionate
cosmetic care
in a *warm and friendly*
atmosphere



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



WILLIAM A. CARTER, MD

805 Estelle Drive, Suite 214
Lancaster, PA 17601

717-735-3900

www.medcoslanc.com

Argires Marotti Neurosurgical Associates of Lancaster Welcomes Dr. Steven M. Falowski



Steven M. Falowski, MD

by Susan C. Beam

This spring, Argires Marotti Neurosurgical Associates of Lancaster is proud and excited to welcome Dr. Steven M. Falowski to their Lancaster office. A highly skilled and board-certified neurosurgeon, Dr. Falowski's focus is on spinal cord stimulation and pain management, complex spinal procedures, and treatment for movement disorders.

Dr. Falowski began his educational experience in New Jersey, graduating with honors from Rutgers University and then attending medical school at the University of Medicine and Dentistry—Robert Wood Johnson Medical School. In 2010, he completed neurosurgical residency training at Thomas Jefferson University in Philadelphia, with a focus on spinal cord stimulation and pain management, and a functional fellowship in both movement disorder and epilepsy at Rush University in Chicago in 2011.

Prior to coming to Argires Marotti Neurosurgical Associates of Lancaster's office, located at 160 North Pointe Blvd., Suite 200, Dr. Falowski amassed a number of experiences in his specialization, including the director of Functional Neurosurgery at St. Luke's University Health Network in Bethlehem, Pa.

Additionally, he has served as the course director for the largest training course offered by the nationally renowned professional organization, North American Neuromodulation Society (NANS), which involved a spinal cord stimulation/neuromodulation workshop. Dr. Falowski was also instrumental in establishing

a nationally recognized functional neurosurgery program, which includes a Pain Center, Movement Disorder Center and neuroscience research division.

As well as his professional commitments, Dr. Falowski stays active in researching new and innovative ways to treat patient conditions, with specific focuses on spinal cord concerns and procedures, pain management and deep brain stimulation. Among his distinctions is a research award he received in 2009 from

the PAN Philadelphia Neurosurgery Conference.

Dr. Falowski also continues to publish his research, is an involved member of a number of medical associations, and serves as the secretary and annual meeting program chair for the NANS.

At Argires Marotti Neurosurgical Associates of Lancaster, experienced neurosurgeons strive to provide each patient with comprehensive evaluation and medical management services in order to create a personal-

ized treatment approach unique to each patient's individual circumstances. Their goal, for each patient, is to promote successful recovery and assist their patients in enjoying a long-term healthy and active lifestyle.

To do so, they utilize the most effective and least intrusive medical techniques available for maximum patient comfort, including craniotomy for tumor and aneurysm, and Gamma Knife radiosurgery and deep brain stimulation for tremor and Parkinson's disease.

Argires Marotti Neurosurgical Associates of Lancaster also offers nonsurgical pain management treatments and physical therapy for relief from chronic joint, neck and back pain, including groundbreaking techniques involving spinal cord stimulation.

To reach Dr. Falowski, or for more information on Argires Marotti Neurosurgical Associates of Lancaster, visit their website at argiresmarotti.com or call (717) 358-0800.

Argires Marotti Physicians TEAM UP TO OFFER CARE to Parkinson's Patients.

DIAGNOSIS:

Dr. Jarod B. John is a neurologist at ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES OF LANCASTER who specializes in providing personalized and compassionate care for patients suffering from Parkinson's disease. Dr. John is well versed in all of the signs and symptoms of Parkinson's which may include trembling of hands, arms, legs, jaw and face; stiffness of the arms, legs and trunk; slowness of movement; poor balance/coordination and speech difficulty. Parkinson's disease cannot be cured, but medications can help control symptoms.



Jarod B. John, MD
Neurologist

TREATMENT:

Dr. Steven M. Falowski, a neurosurgeon at ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES OF LANCASTER, can help with the motor symptoms associated with Parkinson's disease, as well as with tremors. His expertise with deep brain stimulation offers relief to restore quality of life to his patients. His specialization in neuromodulation and spinal procedures, including his time as the course director of the annual NANS spinal cord stimulation/neuromodulation workshop - the largest training course of its kind - enables him to be one of Lancaster County's leading experts in the field.



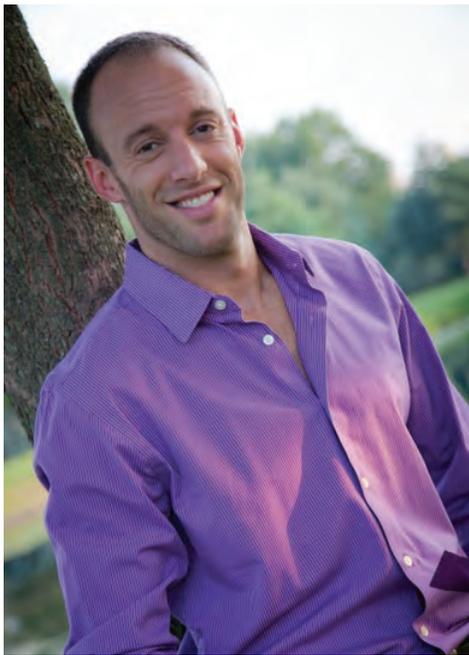
Steven M. Falowski, MD
Neurosurgeon

ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES OF LANCASTER



160 NORTH POINTE BLVD.,
SUITE 200
LANCASTER • (717) 358-0800





Shea F. Stevens, DMD, FICOI

Voted Top Dentist for 5th Year

by Susan C. Beam

Since 2007, Smiles by Stevens has been distinguishing themselves with their total commitment to patient care as one of Lancaster's elite multi-comprehensive care practices. Now, Smiles by Stevens is delighted to announce that Dr. Shea Stevens has been awarded the PA Top Dentist Award and Lancaster Best Dentist for the fifth year in a row.

"We are thrilled to be receiving this honor again, particularly because this distinction was determined by a population of our peers and our community members. It's intensely gratifying to be acknowledged by our community," said business manager Aileen Stevens.

Located at 101 N. Pointe Blvd., Suite 201, in the PNC Bank Building, Smiles by Stevens is dedicated to a full-care experience. From their welcoming office space, where patients can relax with massage chairs and noise-cancelling headphones, to their commitment to creating comprehensive care plans and offering on-site services, Dr. Stevens and his caring and compassionate staff understand how to help a patient with their overall health.

"There's so much more to health than just teeth. Instead of the more common, tooth-by-tooth dental approach, we incorporate everything going on in the mouth, head, and neck, creating a total diagnostic picture. Also, since we have all services under one roof, it makes it very easy for our patients," explained Aileen Stevens.

Services range from preventive care, oral surgery, soft-tissue laser, endodontics, crowns, complete and partial dentures, dental implants, root canals, TMJ disorder treatment and various cosmetic procedures such as teeth whitening and porcelain veneers. Additionally, Dr. Stevens has also undergone extensive training in additional education, including training by Sleep Group Solutions for the management of snoring and sleep apnea.

"We believe in offering the most innovative techniques and advanced options for our patients," said Aileen Stevens, noting Smiles by Stevens recently began offering CBD oil treatment. This spring, Dr. Shea Stevens became certified in trigger point pain management treatment.

"Many people are looking for more natural ways to release tension. With the trigger-point procedure, Botox and lidocaine are injected into the muscle, allowing it to relax into normal alignment. Since debuting this option, we've had several patients with no range of motion in their neck undergo the treatment, and happily, their range of motion has been restored," Aileen Stevens said.

With a wide variety of treatment options, Stevens said they approach each patient with the philosophy of treating them as family, which includes a dedication to patient education.

"We believe in scheduling extra time with each of our patients so we can go over their customized treatment plan and explain different options, methods of approach, and recommended time frames," Stevens explained. "We deeply appreciate our clients, and we strive to treat each patient the way we would want ourselves and our family members to be treated by their health care practitioners."

"We see education as a form of empowerment that creates an atmosphere of mutual trust," continued Stevens. "By raising awareness for our patients, educating them on their options, they can make informed decisions with us about how to optimize their results."

Creating confidence...
one *smile* at a time.

General Dentistry

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

Cosmetic Dentistry

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

Dental Implants

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



Sleep Apnea Devices

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



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

We offer these services as well as many more at Smiles by Stevens, and we would love to help you! Call our office today with any questions. We would love to hear from you! 717.581.0123 • www.smilesbystevensdmd.com.

The Most Important Stroke Treatment Is Time



Ram Chavali, MD
Medical Director,
Endovascular Stroke Intervention
Penn Medicine
Lancaster General Health

- For an ischemic stroke—a stroke caused by a blood clot blocking a vessel that supplies blood to the brain—treatment involves either busting the clot or physically removing it.

For many patients, the blood clot can be treated with clot-dissolving medication called tissue plasminogen activator, or tPA. This medication needs to be given within three hours, or for some eligible patients, up to 4½ hours after the onset of a stroke. If a larger clot caused the stroke, mechanical thrombectomy may be needed.

What Is Mechanical Thrombectomy?

Mechanical thrombectomy is an advanced procedure to remove large blood clots from the brain. Specially trained doctors use a catheter inserted through an artery in the groin to send a wire-caged device called a stent retriever to the site of the blocked vessel in the brain. The stent opens up and grabs the clot, allowing doctors to remove it. This procedure is most effective within six hours of the onset of a stroke.

Patients near hospitals like Lancaster General Hospital that offer mechanical thrombectomy can get this care that provides the greatest chance for a complete recovery, without having to be transported to a hospital out of the area.

About 800,000 Americans suffer a stroke each year. While people with large clots make up a small percentage of that number, they are at greatest risk for disability and death.

Stroke Symptoms

Many people may not know that stroke symptoms can happen quickly. It is important to be aware of these signs and call 9-1-1 immediately if you notice:

- Numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body
- Vision changes
- Trouble speaking

Ongoing medical advances are giving stroke patients more hope of complete recovery than ever before. One of the latest advances—a procedure called mechanical thrombectomy—allows doctors to physically retrieve large blood clots from the brain before extensive damage occurs. Lancaster General Hospital is the first and only hospital in Lancaster County to offer this lifesaving stroke procedure.

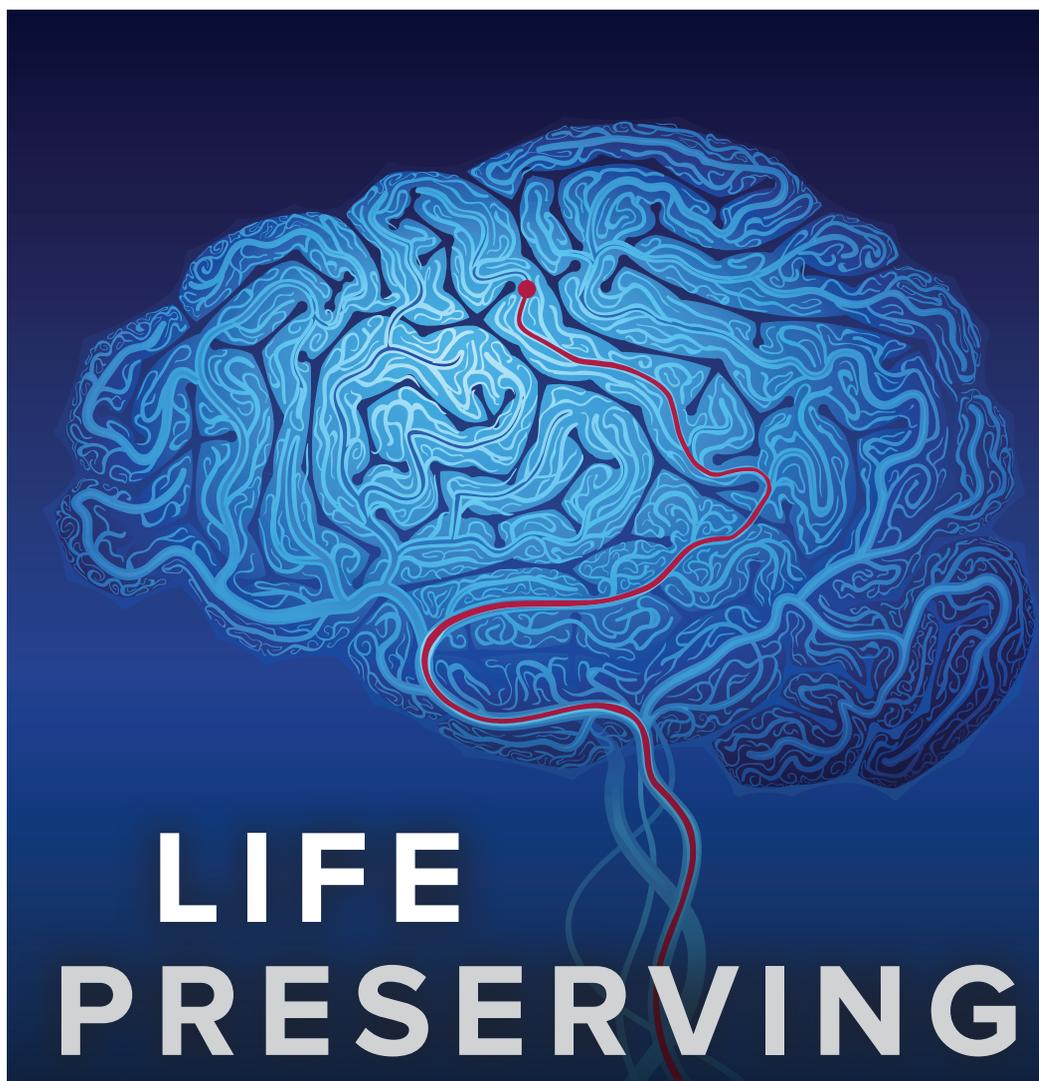
Despite the growing number of impressive medical options like mechanical thrombectomy, the most important treatment for stroke is something very basic: time. “Time is Brain” is more than a memorable catchphrase. People who get medical attention early enough can receive care to limit a stroke’s impact on brain function, or even save their life. Experts always advise calling 9-1-1 at the first sign of stroke.

Understanding Stroke Care

A stroke occurs when a vessel in the brain is blocked or bursts, depriving the brain of oxygen-rich blood. This can lead to long-term disability and even death.

After a stroke patient arrives at the hospital, doctors will order a special X-ray called a CT scan of the brain to determine the type of stroke the person suffered.

- If it is a hemorrhagic stroke—a stroke caused by a blood vessel in the brain bursting—treatment focuses on stopping the bleeding.



LIFE PRESERVING

Lancaster General Health is advancing stroke care here at home

May is Stroke Awareness Month.

A stroke caused by a large blood clot has the greatest chance to cause disability or death. **Lancaster General Hospital is the first and only hospital** in Lancaster County to perform mechanical thrombectomy, an advanced procedure for physically retrieving a blood clot. Removing a clot from the brain right away provides the best chance for a complete recovery.

And as part of Penn Medicine, we are connected to clinical trials that are at the forefront of research for stroke care.

If experiencing stroke symptoms, always call 911 right away. Every minute counts. Learn the warning signs of stroke at LGHealth.org/Stroke.

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



- Confusion or trouble understanding simple statements
- Problems with walking or balance
- A sudden, severe headache that is different from past headaches and often described

as the “worst headache of my life” (may be related to a hemorrhagic stroke)

Medical treatments like tPA and mechanical thrombectomy are making a huge difference in both survival rates and qual-

ity of life for stroke patients. However, the effectiveness of any stroke treatment depends on getting the right care as quickly as possible.

Learn more at LGHealth.org/Stroke.

Helping You Put Your Best Face Forward

If you'd like to achieve your personal appearance goals, the experienced team at Plastic & Aesthetic Surgical Associates can help. We use cosmetic and reconstructive procedures to correct imperfections you may have had from birth or that were caused by injury or disease. No matter what your unique aesthetic goal is, our surgical and nonsurgical procedures can refine your natural beauty.

Get ready to look and feel your best this summer with our "Summer Special" pricing on select aesthetic services.

- \$95 60-minute prescription facials — new clients only
- \$55 Brazilian wax — new clients only
- \$100 to \$200 off Coolsculpting® with free initial consultation — not limited to new clients (discount will be determined on total number of sessions)
- Gift cards are available!

Aesthetic Services:

- Basic facial with mask
- Enzyme treatment
- Anti-aging facial
- Teen facial with extractions
- Hydrating facial
- Deep pore cleansing facial
- Dermaplaning
- Firming facial
- Rosacea facial
- Gentleman's facial
- Eye treatment
- Lip treatment
- Microdermabrasion
- Switch treatment
- Oxygen treatment
- Micro-Needling treatment
- Coolsculpting®

Medical Grade Peels Offered:

- Obagi blue peel®
- SkinMedica® illuminize peel
- SkinMedica® vitalize peel
- SkinMedica® rejuvenize peel
- The perfect peel
- Glytone® eye & lip peel
- Glytone® neck peel
- Glytone® hand peel
- Glytone® glycolic 30%-70%
- Salicylic
- Mandelic
- Pyruvic
- Jessner's
- TCA strong

Injectables

- Juvéderm®
- Botox®
- Voluma®
- Restylane®
- Sculptra® aesthetic
- Kybella

Skin Rejuvenation/Laser Treatments (Cynosure Icon Laser)

Plastic & Aesthetic Surgical Associates

1535 Highlands Drive, Ste. 300, Lititz
300 Continental Drive, Elizabethtown

717-625-3509

UPMCPinnacle.com/Plastic&AestheticSurgicalAssociates



Bryan J. Cicuto, DO

Board-certified in plastic surgery and fellowship-trained in plastic and reconstructive surgery as well as burn surgery.



Jessica Brubaker, CRNP



Rebecca Valudes
Licensed Aesthetician

UPMC Pinnacle



Lora S. Regan, MD, MPH,
FACOEM

What's New with Calcium and Bone Health?

before taking a supplement, keep track of the calcium you are already ingesting in your diet. The recommended intake for postmenopausal women, according to the National Osteoporosis Foundation, is 1,200 mg of calcium daily (slightly less for pre-menopausal women). The product label is a good place to check the amount of calcium in dairy products, such as yogurt and cheese. Be sure to check the “serving size,” as containers may include one or more servings. For guidance on calcium-rich food sources, including nondairy options, please check the foundation’s website at www.nof.org/patients/treatment/calcium-vitamin-d/a-guide-to-calcium-rich-foods. As an example, to achieve 1,200 mg of calcium intake daily, you could drink three glasses of milk and eat two slices of cheese. If you are already taking in that amount of calcium, you likely do not need a calcium supplement! Too much of a good thing can be harmful. In recent studies, some women with coronary calcium deposits were taking more than 2,000 mg per day combining dietary intake and supplements.

Overdoing it with calcium also increases the risk of kidney stones, abdominal pain, and constipation.

Some supplements, especially calcium carbonate, are not well absorbed if you are taking medication for acid reflux/GERD. Women taking Nexium®, Protonix®, Pepcid®, and similar products often do better taking a different type of calcium supplement, such as calcium citrate, or a “plant-based” calcium tablet.

In addition to calcium, your body needs vitamin D to keep your bones strong. The most common source of vitamin D is sunlight, which literally provides energy in your skin to convert cholesterol into vitamin D. Fifteen minutes of bright sunlight exposure three times a week is sufficient to supply your body’s needs for vitamin D. In Pennsylvania in the colder months, most of us are getting less than the needed amount of vitamin D from sunlight. The best way to assess your vitamin D level is with a blood test. If your level is low and a supplement is recommended by your doctor, combination supplements of calcium and vitamin D are available.

To assess your personal risk of osteoporosis, and whether you need further testing for bone density and vitamin D, you can use an online risk calculator. A link to the FRAX (Fractural Risk Assessment Tool) is available from the Centers for Disease Control at: www.cdc.gov/features/osteoporosis. If this is abnormal, be sure to follow up with your personal physician soon. Some individuals need more or less calcium or vitamin D based on their medical history and medication use. Please consult your own physician prior to making major changes in diet and supplement use.

Dr. Regan is the Medical Director, Corporate Health for Penn Medicine/Lancaster General Health. Her passion is to help individuals return to full function after acute bone and joint injuries and other work-related concerns. She is board certified in Occupational Medicine and Internal Medicine. She has practiced medicine for more than 25 years, and in Lancaster for the past five years.



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

*Doctors and Patients—
Preserving the Relationship*

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

Annual Parade of Homes Opens 29 New Homes for Public Touring

The Building Industry Association of Lancaster County (BIA) has announced the annual Parade of Homes, taking place June 15–23 from 5–8 p.m. (weekdays) and from 12–6 p.m. (weekends).

Sponsored by Fulton Bank and UGI Utilities, Inc. and presented by the Building Industry Association of Lancaster County (BIA), the Lancaster/Lebanon Parade of Homes is a free public event that opens the area’s best new homes for touring. This year’s Parade features 29 new single-family homes and townhome/duplexes from 18 different builders, ranging in price from \$199,190 to \$855,900.

The Parade of Homes App is our newest feature! This is a wonderful tool for home details, directions, and customizable routes all at your fingertips! Visit the app store, type in ParadeSmart, download the free app, and select the Lancaster/Lebanon Parade of Homes. This will bring you to our event.

Detailed information on the Parade and all of the home entries is also available at www.lancasterparadeofhomes.com. Parade of Homes Guidebooks with the same

information are available at Fulton Bank locations throughout Lancaster and Lebanon Counties, and at the BIA office, 204 Butler Avenue, Lancaster. Guidebooks were mailed to over 100,000 Lancaster and Lebanon County households earlier this month. The Parade is free and open to the public.

The Parade homes are judged by a panel of building and industry experts, with awards presented at the annual Parade of Homes Gala on Friday evening, June 14. Homes are classified into divisions by price, and judged with other homes in the same price division using a numerical scoring system, with awards for Best of Show, Kitchen, Bath, Interior Design, Exterior, Decorating, and Landscaping. The top scoring single-family and townhome/duplex homes each receive the coveted Fulton Bank Award, the highest honor in local homebuilding. Winners will be published on the Parade of Homes website beginning on June 15.

The 2019 Parade of Homes showcases over \$12 million in the finest new home construction in Lancaster and Lebanon Counties, incorporating the latest in design,

decorating and trends—including smart home technology, the rising star of in-demand home amenities. This year’s featured trends include:

- First Floor Master Suite
- Exceptional Outdoor Living
- Neighborhood Amenities
- Easy Living Community
- Smart Features

Each of these trends is assigned an icon which appears with the home’s listing in the guidebook and on the website to help the public find the features they are looking for.

Other enticing elements in select homes include:

- A range of architectural and trim styles, including craftsman, shaker, cottage, farmhouse, European, and more
- Black framed windows
- The full gamut of materials on display to touch, like marble, granite, quartz, brick, reclaimed products, and more
- Walk-in pantries and sliding barn doors

- Built-ins to enhance the home’s functionality and aesthetics, from lockers to bookshelves
- Master baths with freestanding soaker tubs and tile showers to help you relax and unwind
- Spacious kitchens with state-of-the-art appliances, farm sinks, large islands, eye-catching backsplashes, ample storage and counter space, and custom cabinetry in all shades and styles
- An array of fireplaces with a variety of unique surrounds
- Open floor plans that foster an abundance of natural light and a spacious area for entertaining
- Inviting porches and entryways and appealing patios and decks for outdoor fun and relaxation
- Lofts and bonus rooms that beckon the reader or crafter
- Plenty of home technology for the gadget-enthusiast
- Convenience features from thoughtfully-designed first-floor laundry areas and/or mudrooms with benches and pegs
- The hottest flooring trends, including hardwood and luxury vinyl plank

- Distinctive features such as tray and coffered ceilings, board and batten trim, custom wainscoting, and shiplap

The Parade of Homes offers the opportunity to tour new homes located throughout Lancaster and Lebanon Counties. At no other time are so many beautifully furnished homes available for public viewing, allowing a unique and inspiring experience for all who visit the entries. Those who visit will garner ideas for building, remodeling, or decorating their own home and meet with local realtors and builders who can help make owning their dream home a reality.

The Building Industry Association of Lancaster County is a non-profit organization of home builders and firms that service the building industry. The association represents nearly 450 members that do business in Lancaster County. When building or remodeling, call (717) 569-2674 for a free listing of reputable contractors in your area or visit their website at www.LancasterBuilders.org.

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

SOCIAL MEDIA

Lucy Latham

DISTRIBUTION/CIRCULATION

Alissa Eddinger • Christine Davenport • Lucy Latham

BUSINESS MANAGER

R. Gregg Fresa

ACCOUNTING

Kathy Roth - Key Business Essentials

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. XXI NO. 3

The *Lancaster County Woman*™ newspaper is published bimonthly and is available free-of-charge, by direct drop, subscription, display stands in approved private and public establishments, and authorized distributors only.

The *Lancaster County Woman*™ newspaper is protected by trademark and U.S. copyright laws. No part of the newspaper may be reproduced without written permission of the publisher.

The *Lancaster County Woman*™ newspaper is not responsible for any editorial comment (other than its own), typographical errors from advertisements submitted as camera ready or any reproduction of advertisements submitted as camera ready.

If an advertisement does not meet our standards of acceptance, we may revise or cancel it at any time, whether or not it has been already acknowledged and/or previously published. Acceptance of advance payment for advertising space does not constitute a contract to publish. The advertiser assumes sole responsibility for all statements contained in submitted copy, and will protect and indemnify *Lancaster County Woman*™, its owners, publishers and employees, against any and

all liability, loss or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights, and all violations of the right of privacy or other violations resulting from the publication by this newspaper of its advertising copy.

Publisher shall be under no liability for failure, for any reason, to insert an advertisement. Publisher shall not be liable by reason of any error, omission and/or failure to insert any part of an advertisement. Publisher will not be liable for delay or failure in performance in publication and/or distribution if all or any portion of an issue is delayed or suspended for any reason. The publisher will exercise reasonable judgement in these instances and will make adjustments for the advertiser where and when appropriate.

The *Lancaster County Woman*™ newspaper assumes no responsibility for unsolicited material or reproductions made by advertisers.

Representations by the *Lancaster County Woman*™ Newspaper, a wholly owned subsidiary of Manco Group Inc. Copyright 2019.

READERSHIP
72,000

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,

Welcome to our summer edition!

With the arrival of warm weather, there are lots of events taking place all over the county. Here are a few you'll definitely want to check out.

Let's start with the Building Industry Association's Parade of Homes from June 15-23. This free event will feature 29 homes and 18 different builders. So, if you're thinking of remodeling, upgrading or building a new home, this show has all the latest products and materials to help you create the home of your dreams.

The Jesuit Center in Wernersville is hosting a free concert on June 7 and a wonderful lineup of summer retreats designed to enrich your mind, body and spirit. Club Pilates of Lancaster,

located in the new Shoppes at Belmont on Fruitville Pike, is offering a free class to get you started. These are just a few of the events taking place around the county.

We're excited to let you know that Dr. Steven M. Falowski recently joined Argires Marotti Neurosurgical Associates of Lancaster. Dr. Falowski's specialized training for complex spinal procedures associated with Parkinson's disease enables him to be one of Lancaster County's leading experts in the field. And be sure to check out Dr. David Simons' article, "Medical Marijuana: A Promising Possibility for Chronic Pain," for the treatment of arthritis and other painful conditions.

We are pleased to highlight Melissa Greene of Write from the Heart for her wonderful work

with cancer patients, and also Dr. Shea Stevens for his selection as a Top Pa. Dentist for the fifth year in a row. We're so happy for both of you and encourage you to keep up your excellent work.

Finally, we wish you a wonderful summer and happy Fourth of July. Please remember our troops and their families during these uncertain times.

With blessings,
JoAnn Notargiacomo
Managing Editor

SATURDAY, JULY 27TH

WILDWOOD OR CAPE MAY FOR THE DAY
Beach BUS TRIP

Spend the day in Wildwood or Cape May!

Bus departs at 7 a.m. for Wildwood from the Fruitville Pike, AT HOME parking lot.
Bus departs Cape May at 6:30 p.m.



DESIGN SPONSORED BY: EB Designs
www.eb-designs.com

FOR MORE EVENT DETAILS, CONTACT TINA AT FLIPPERS1@AOL.COM OR 717-808-8108.

Make checks payable to: FUREVER HOME
Mail checks to: TINA KRUEGER, 153 Hampden Dr., Mountville, PA 17554
(NOTE CAPE MAY ON CHECK MEMO)
or pay online at www.PetPantryLLC.org

*INCLUDE THE FULL NAMES, CELL PHONE NUMBERS, & EMAIL OF THOSE ATTENDING.
Sorry, no refunds. There is a \$35 returned check fee & a \$15 returned check penalty.

www.FureverHomeAdoptionCenter.com • www.PetPantryLLC.org

Nervous About Counseling?



Kelly F. Dennis, MS LPC

send you some new client paperwork to fill out before you get to my office.

When you get to your appointment, I'll review the paperwork you completed and answer any questions about the paperwork that you have. Then I'll begin to ask you some questions to give more details about the reasons you're seeking counseling. I'll ask you some questions about your family history, schooling, social relationships, as well as questions about things in your life currently, such as job and/or school, and relationships.

Then we'll talk about the symptoms you are experiencing that are, or may be, a part of the reason you're seeking counseling and what coping skills you might already be using.

I think therapy works better when you take an active role (rather than just responding to only my questions). Therapy is really a team effort; I am trained

to ask the right questions, but I'm not a mind reader, so feel free to add information that you believe might be pertinent. It can be helpful to write down some things that are bothering you ahead of time, when you're not feeling nervous.

In addition, try to be open and honest with your emotions. Many clients have apologized for becoming tearful or expressing their feelings vociferously in their first session. This is not bothersome for me and actually helps me to understand your situation better.

Finally, try to come to therapy with realistic expectations. It is not a quick fix. Working through problems takes time, effort, and commitment to the therapy process. With effort on your part and a strong therapeutic relationship, it can be a successful tool toward resolving problems.



Specializing in women's issues throughout the lifespan.

Kelly F. Dennis, MS LPC
Counseling and Psychotherapy

304 North George Street, Suite A
Millersville, PA 17551

Phone (717) 951-0266

hours by appointment
www.kellyfdennis.com

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.

Write From The Heart Supports Healing Through Words

by Susan C. Beam

Far from merely a means of communication, the act of writing can do much more: create a connection, trigger transformation, and even facilitate the healing of the mind, body, and soul. For author and writing coach Melissa Greene, of Write from the Heart, the therapeutic and healing aspects of writing have been integral to her work within Lancaster and the surrounding communities for the past 18 years.

"Writing, for me, has always been a life-affirming act. Far from a focus on what we traditionally think of as 'writing instruction,' my classes are more about encouraging others to explore themselves, to be grounded in the present, to express deeper thought and emotion, and to play and have fun—in short, to reopen a door to our inner selves and bring humanity back to being human," Greene explained, smiling.

Born into a family of Hollywood performers, Greene said she always knew her passion was in the written word. In addition to being a published fiction writer and poet, working on a memoir, and crafting lyrics for the New York musical community, she felt drawn to helping others find their own creative spark.

"So many people have fear or anxiety about writing. I, myself, am a recovering perfectionist. I wanted to support students in finding relaxation and joy in creation, and to feel how our writing connects us with others in an almost magical way," she said. Her teaching style is laid-back and humorous, subtle and compassionate, free of grades or rules. She likes to call it "learning incognito."

Her technique has proven to be remarkably effective; in addition to her year-round personal program of writing workshops for adults, children, and teens,

Greene has also been conducting workshops over the past few years with cancer patients and caregivers at Lancaster General Health, the WellSpan York Cancer Center, and the Hershey Medical Center/Penn State Cancer Institute.

Recently, she was named as a collaborator in a Penn State Cancer Institute medical study, "The Effect of Creative Writing in the Mood of Patients with Cancer," published in the March issue of *BMJ Supportive & Palliative Care* medical journal. The study was conducted over a four-week period, then expanded into a subsequent six-month study, to be presented at the Chicago American Society of Clinical Oncologists conference this June. So far, the research has concluded a marked positive effect on participants. For Greene, these positive results are encouraging.

"I feel deeply honored to be part of bridging the gap be-

tween medicine and the arts. Writing addresses the whole patient by touching the heart. It promotes a person's sense of control over their circumstances, while igniting feelings of freedom and hope. I've seen the tremendous benefits firsthand," she explained.

According to Greene, she found this healthcare aspect of her career by serendipity.

"An ex-student of mine called me one day. I hadn't seen her for 10 years. During that time, she had become a chaplain at LGH. I wondered if the hospital might like a workshop to help cancer patients destress. She had found a sense of calm from my class, years ago, and recommended me to the hospital. A few months later, our cancer workshop began. For four years, I've been privileged to guide and write alongside so many wonderful and courageous people," said Greene.

Her students comment that they appreciate the warm,

lively, and often "off-beat" atmosphere that Greene creates, as well as the "whimsical objects" she often uses to get their words flowing. They are also thankful to have the choice of writing about the cancer experience...or not. One recently called Greene "a teleprompter for our souls," while another stated "Melissa sings the melody, and we fill in the parts."

Greene said that she is humbled by her work, and thankful to her students, in return.

"What I do is a joy and a privilege. I find it incredibly fulfilling to witness how writing whatever we feel at the moment can release so much tension and fear simply by opening up the imagination. The imagination does all the work, not me," she said, "It's a powerful pathway to healing." For more information on the study, or for information on Write from the Heart, visit writefromtheheart.us.



Victoria VanBuren, MS, BSL

The Incredible Power of Gratitude

gratitude works in much the same way with overcoming mental and emotional obstacles.

Practicing an attitude of gratitude has been shown to shift our thinking, mood and even alter the physiology of the brain. Neuroscientists have long observed that repeated mental states become lasting neural imprints. This is one reason why states of depression linger. Once we begin shifting our attention to the things that are going well in our lives, we allow the opportunity for a mind shift and emotional weight to be lifted. Allowing ourselves to notice the positive is one effective tool for pulling ourselves out of stubborn emotional ruts.

It sounds simple; however, gratitude is not always easy and takes practice. Especially when we are having a bad day or when things are constantly not going well. Our brain is also naturally wired to hold a negativity bias, as it was once beneficial to our ancestors for survival. We tend to focus more on the negative. For example, say we have 10 various interactions with our significant other; five are good, four are neutral and

one is bad. Guess which one we typically end up thinking about the most? Furthermore, that one negative interaction can go as far as to ruin our entire day. We may consider gratitude to be more of a habit, replacing the current negative thinking habits we may have developed. Staying present in the moment and noticing the abundance that surrounds us in our life is one strategy.

You may wish to give gratitude a try. Keep it simple perhaps by reminding yourself of three things you are thankful for each day. Even horrible moments have a silver lining, or at least a calming after the storm to notice and appreciate. Sending gratitude texts or notes to loved ones and keeping a gratitude journal are other ways. Once you give it a couple of weeks, you may find the power of gratitude has affected your mood and outlook on life for the better. The more we appreciate what we have, the more we will have. If this is something you wish to explore further, bring it up with your mental-health counselor.

The human brain has the remarkable ability of neural plasticity. This means the brain has the ability to change itself. Researchers have been studying neural plasticity for decades. Stroke patients are a common population of focus. When there is brain damage following a stroke, rehabilitation is often recommended. It is believed that physical therapy, speech therapy, occupational therapy, etc., promotes structures of the brain to rewire in such a way that the individual is able to function and perform various tasks once again. Think of the prestroke neural connections as a highway and post-stroke connections as a back road. The tasks may not be done as quickly or proficiently; nonetheless, the individual is functioning well in spite of damage. Practicing

Psychological Services, Pc

Life Span

**Lynnette G. Ruch, Ph.D.
Hubert R. Wood, MS, LPC
Dawn M. Baldwin, MS, LPC
Victoria VanBuren, MS, BSL
Elaine Potts, LCSW**

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

Depression/Anxiety/Panic Disorder • Grief/Bereavement • Phobias • ADHD/ADD • Postpartum Depression • Obsessive Compulsive Disorder • Oppositional Defiant Disorder • Discipline/Behavioral Problems • Anger and Stress Management • Family/Children/Couples Issues • Learning Disabilities • Psychological Testing • Bipolar Disorder • Eating Disorders

**Village at Willow Green
2819-0 Willow Street Pike
Willow Street, PA 17584
(717) 464-1464 • Fax: (717) 464-4348
Email: psychlifespans@aol.com
www.lifespanmentalhealth.com**

Italian Cuisine with a Global Twist

We would like to invite you to share a meal at Rosie's Tavola, where our friendly and helpful staff will make you feel right at home. Our menu has many choices that will intrigue and delight you and your party.

At Rosie's Tavola, our roots are Italian, but we celebrate the diversity of global cuisine by offering selections from many different cultures. We are owned and operated by Chef Robert (Bob) Linkens and his wife, Rosie.

In Italian, tavola means table, and at Rosie's you'll find you are able to pull up a seat with your family and eat great cuisine that defies any label. We want you to enjoy your meal with your family and friends, to have fun and relax, and to savor our delicious recipes. Come in today or give us a call to make a reservation and enjoy a delicious, creative dish with us!

We offer indoor and outdoor seating and a full-bar area.



114 E. Main Street
Mount Joy, PA 17552

(717) 928-4083

RosiesTavola.com

[facebook.com/Rosiestavola](https://www.facebook.com/Rosiestavola)

Facial Treatments

RESTORATION SPA

Featuring:

- Exclusive Medical Aesthetics Peels
- Botox and Filler Alternatives
- Acne, Rosacea and Depigmentation Therapy
- Aromatherapy and Massage
- Desert Stone Massage
- Face and Body Waxing
- Makeup



Diamond Microdermabrasion & Roses Therapy

Diamond-tipped microdermabrasion followed by nourishment with rare and precious essential oils, and advanced nutrient factors. Lifts, lightens and renews the skin. Face, neck and décolleté treatment.

60 minutes \$110 3 treatments of 30 minutes \$200

Visit our website for gift card specials.

www.restorationspa.net

233 North Duke Street
Lancaster, PA • 717-290-1677

restorationspar@aol.com

By appointment only

Regional Gi Introduces New MidAtlantic Endoscopy Procedure Center



*Petra Rivera, RN, BSN
MidAtlantic Endoscopy Center
Director*

by Susan C. Beam

In keeping with their commitment to innovative techniques, state-of-the-art technology and total patient satisfaction, Lancaster's Regional Gi is delighted to announce the June 2019 opening of their new procedure center, MidAtlantic Endoscopy LLC, located at Penn Medicine LG Health Suburban

Outpatient Pavilion, Building 2112, first floor, Suite 100, on Harrisburg Pike.

"We're extremely excited for this new center because of the tremendous advantages for patients, physicians and staff alike. We'll be incorporating new technology in an updated space while still remaining dedicated to our original vision of a patient-centered facility staffed by skilled and experienced physicians," said Petra Rivera, administrator of the Endoscopy Unit.

According to Rivera, this new procedure center will combine two previously separate centers into one central, accessible location featuring five procedure rooms and 15 pre- and postprocedure recovery bays. This uniting of the two locations allows for improvements in efficiency, which will increase patient satisfaction.

"We pay special attention to making our patients feel comfortable and offering enhanced privacy for them," she explained. "We offer procedures such as colonoscopy, upper endoscopy, and flexible sigmoidoscopy. We stress the importance that colonoscopy is still the gold standard and most conclusive diagnostic tool for colon cancer screening. It remains the best procedure for colon cancer prevention because as we see polyps, we can remove them immediately during the procedure."

Rivera noted the new center will include some exciting new technological improvements along with enhanced equipment to keep the center environmentally-friendly.

"In addition to our high-definition scopes, we offer the most up-to-date equipment in our centers with skilled physicians who are adept at using the newest equipment and tech-

nology for patient care. For example, in this new center, we have CO₂ gas for all procedures, which greatly decreases postprocedure belly discomfort," Rivera said.

"We are also focusing more on decreasing waste and being responsible to our environment," she continued. "One major addition is our in-wall suction equipment, which will decrease the amount of discarded plastics and, in turn, decrease our environmental footprint."

"The new center is a state-of-the-art procedure area focused on patient safety, experience, care and overall efficiency during the patient's visit. On first entry, our patients and their escorts will notice a huge improvement to the registration area and the waiting room area. We know that the day of a patient's procedure includes the patient's family and friends, and we want to make them feel

as comfortable as possible," explained Rivera.

With everything centrally located, patient waiting time is also reduced while the overall atmosphere is enhanced.

"We are committed to remaining sensitive to our patients' needs and comfort during their procedures and commend them for utilizing these important preventive measures, which can save their lives," said Rivera. "As someone who joined MidAtlantic Endoscopy recently, I am most impressed with the staff and would be privileged to have anyone of them care for me. They, and our physicians, are fantastic!"

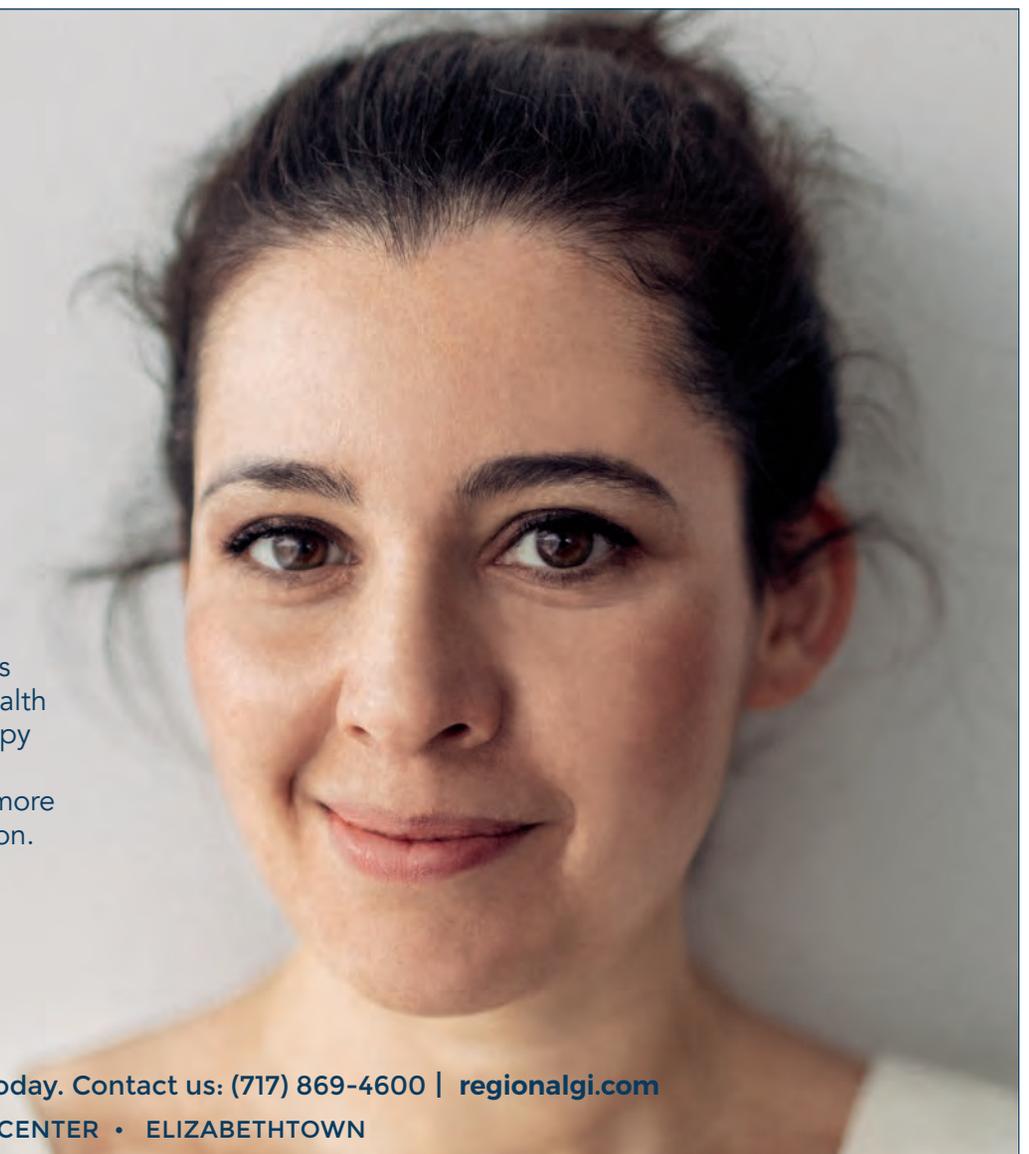
The new procedure center will be fully operational on June 4, and there are plans to host a Grand Opening on June 20 from 5:30–7:30 p.m. To RSVP to the Grand Opening, contact Connie Ream at cream@regionalgi.com.

BE
HEALTHY
TO
THE
CORE.

A healthy digestive system protects, sustains and enriches us inside and out. For adults over 50, the key to core health is scheduling a routine colonoscopy with RGI. Colonoscopy is the most effective cancer detection and prevention treatment available, and our specialists have performed more high-quality colonoscopies than any practice in our region.



Over 50? Schedule your first screening colonoscopy today. Contact us: (717) 869-4600 | regionalgi.com
LANCASTER • OREGON PIKE • WOMEN'S SPECIALTY CENTER • ELIZABETHTOWN



CLUB PILATES



Club Pilates is proud to be in the heart of the Lancaster community!

We offer Reformer-based group Pilates classes with a modern approach to classical methods, at a price that makes Pilates attainable. Our state-of-the-art studio includes equipment such as Balanced Body Reformers, Bosu balls, EXO-Chairs, barres, TRX systems, and springboards. People nationwide are transforming their bodies and lives through energizing, fun Club Pilates workouts, seven days a week!



NOW OPEN!



As you build core strength, more mind-body connection, greater flexibility, & better coordination, you'll feel the benefits of Pilates throughout your everyday life and usual activities.

Club Pilates contributes to a more balanced body, leaving you with sustained energy through your entire day.

Call us to book a free intro class!



CLUB PILATES LANCASTER

The Shoppes at Belmont

1567 Fruitville Pike - Suite 3 | Lancaster, PA 17601

(717) 925-7727 | lancaster@clubpilates.com

CLUBPILATES.COM/LANCASTER



You're **tired**,
you're **achy**
and you **dread**
shopping for a
new mattress.



We know how you feel.

With so many online and chain mattress stores, how can you possibly know **what mattress will work for you?**

Why not take an analytic, yet personal approach
—with our exclusive—
Body Mapping Technology?



“ The first morning after a comfortable night on our mattress, **I woke up without any joint pain.** We've had our mattress for about a month now, and the improvements have been consistent. **I feel at least 10 years younger!**
Thank you for helping us find the **perfect** mattress for us!

CONNIE M., Lancaster, PA

Discover the Best Rest of Your Life
at your local, family owned

mattress^{1st}

— Conveniently Located Inside —

INTERIORSHOME

LANCASTER 3130 Columbia Ave. 717-390-2000 | CAMP HILL 3415 Simpson Ferry Rd. 717-686-4000

mattress1stbyinteriorshome.com



Penn Medicine Lancaster General Health is proud to have Lancaster NeuroScience & Spine Associates and their highly trained neurosurgeons, physiatrists, physical therapists and advanced practitioners join our health system.

The practice, now called **LG Health Physicians NeuroScience & Spine Associates**, has been providing comprehensive non-surgical and surgical care of the spine, spinal cord, brain and nerves since 1972. They treat conditions from back and neck pain to brain tumors with expert skill and care.

NeuroScience & Spine Associates
 1671 Crooked Oak Drive, Lancaster | 1510 Cornwall Road, Lebanon
 717-569-5331 | LGHealth.org/NSA



Medical Marijuana: A Promising Possibility for Chronic Pain



Dr. David J. Simons

by Susan C. Beam

Since 2018, when Pennsylvania become one of 33 states to allow medical marijuana as a treatment option, there has been much speculation and interest in its benefits. Now, a year later and with increased research extolling the medicinal value of the plant, it has become a viable treatment alternative. For Dr. David J. Simons and Dr. Ivan Shorter of Pain Specialists of Lancaster, two of 30 medical professionals in Lancaster who have completed the mandatory education to evaluate and certify patients, medical mar-

ijuana is a proven option for those struggling with chronic pain and other ailments.

“Chronic pain is a silent epidemic. Often, those struggling with this feel hopeless and question if there is anything available to help them. This is coupled with a tendency in the medical community to also feel helpless in relieving the patient’s suffering. From there, as a patient continues to experience chronic pain, quality of life deteriorates rapidly, both physically and mentally,” explained Dr. Simons.

“At Pain Specialists of Lancaster, we want to explore all options with our patients—options which may alleviate chronic pain and other medical symptoms, improve their outlook, and restore their ability to function,” he continued, noting that currently, Pennsylvania has 21 medical conditions approved for exploring medical marijuana as treatment, ranging from inflammatory bowel disease to terminal illness to posttraumatic stress disorder, as well as illnesses such as Parkinson’s, which have varying responses to treatment.

According to Dr. Simons, many patients have questions regarding medical marijuana, and he feels passionate about informing and educating patients about this treatment option.

“Often, when considering this decision, patients want to know how it may affect their employment status, their driving privileges, and their right to own a firearm. Addressing these concerns is a big part of my commitment to patient education,” he said.

Dr. Simons also said patients often ask about both side effects and interactions with their current medications, both doctor-prescribed and herbal therapies.

“We take an individualized and customized approach to treatment, including looking at how pain-management options would interact with other medications. If medical marijuana looks like a potentially beneficial option, we first work with the patient to get them certified through the state, and then we coordinate with the dispensary on an appropriate

combination and method of ingestion,” said Dr. Simons, adding that there are many strains of medical marijuana and multiple methods of consumption, including vaporizing, pill form, and topical application. These recommendations are “highly customized” to a patient’s need.

With the current statewide legalization of medical marijuana coming up on a year anniversary, Dr. Simons said that there have been some excellent results.

“Not only are we seeing some robust research projects which are uncovering more and more benefits, but we’re also getting promising feedback from patients who tried this treatment option

faithfully according to guidelines and, as a result, experienced an upswing in their quality of life,” said Dr. Simons.

Dr. Shorter agreed, commenting, “We’re receiving reports of improved quality of life with PTSD patients. After a year with the treatment, they’re seeing improved sleep and a reduction in anxiety as well as the potential for reviewing or reducing additional medications.”

You or a loved one might be someone who could benefit from exploring medical marijuana as a treatment option. For more information, visit www.painspecialistsoflancaster.com or call 717-627-PAIN (7246).



Achieving the Effortless Sun-Kissed Look



Leah Godfrey

by Susan C. Beam

Looking for a natural, sun-kissed glow this summer but want to avoid the harmful effects of sun tanning? Tired of using self-tanners only to achieve uneven and messy results? At Lancaster's Spa la Vie, located at 3031 Columbia Ave., experienced and help-

ful technicians can help you achieve beautiful, bronzed skin without the effects of long-term sun damage or frustration of at-home self-tanners.

Spa la Vie is distinctive in the Lancaster area for their use of SJOLIE TAN, which is one of the few organic and vegan sunless tanning solutions on the market. Certified vegan by PETA Foundation, SJOLIE TAN is made of naturally derived ingredients and is entirely paraben-, erythulose- and fragrance-free.

To achieve the perfect tan, Spa la Vie believes in educating their clientele to achieve maximum results and can give suggestions as to the perfect ratio of tanner to achieve a realistic and natural glow. This helps to avoid either the blotchy effect or "orange" look that sometimes occurs when using a sunless tanning solution.

They also offer recommendations on both prepping the skin for spray tanning and how to properly care for the skin afterwards. A day prior to tanning, Spa la Vie suggests completing all shaving and waxing, and then exfoliating in order to create a clean canvas. Then, the day of, avoid using any kind of skin products, including moisturizers, oils or deodorant, in order to avoid an uneven tanning surface.

After tanning, avoid water-based or sweat-inducing activities, and extend your glow through the use of nonacidic body wash and moisturizing with extender. This will not only extend your tan, but maintain the optimum look for the skin.

Depending on your needs, Spa la Vie offers the ease of booking online for airbrush tanning, or, for the ultimate treat, they also offers a Buff & Bronze

package, which begins with your choice of a traditional body scrub or a granular-free hydrating body exfoliation before your airbrush tan session.

In addition to airbrush tanning, Spa la Vie also offers an extensive menu of services designed to promote total body wellness and empower their clients to grow towards the best version of themselves. Options include therapeutic massage rituals and body treatments designed to balance and heal the body, a holistic approach to facial skin care, body wrap options for detoxification, relaxation, and cellulite reduction, waxing options, and individualized wellness coaching for weight loss, improved energy, better eating habits, and other goals.

Spa la Vie has also recently expanded their yoga studio and offers Vinyasa, Restorative, and Yin classes for all levels of yoga experience.

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

This summer, give yourself the gift of doing something for yourself, from a rejuvenating wellness experience or a enjoying harm-free and stress-free glow at Spa la Vie's top-of-the-line sunless tanning experience. For more information or to book a session, visit their website at www.spalavielancaster.com or call (717) 295-4523.

Chill Inspire Meditate Re-Boot



Class schedule available online.

JourneyDance™

Om Before Home

Morning Vinyasa Flow

Slow Flow (Adaptive Movement Awareness)

Soul Stretch Yin Yoga

Restorative Yoga

Mindful Morning

Spa la Vie

Holistic | Beauty | Health | Wellness

(717) 295-4523 • 3031 Columbia Ave., Lancaster, PA 17603

Professional Services

Fall 2019 Wedding Dress Preview



"Your Dream, Our Privilege"



Now Carrying Flower Girl Dresses!

Dresses for Every Occasion

The Shoppes at Belmont • 1571 Fruitville Pike, Suite 2, Lancaster, PA 17601
Monday–Saturday: 10 a.m.–8 p.m. Sunday: 12–5 p.m. • 717-553-5656 • bellarosebridalpa.com

Aileen Stevens: Saving Lives, One Horse at a Time

by Susan C. Beam

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

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

However, a chance phone call in January 2018 opened her eyes to the serious and frightening side of horse auctions.

“Knowing my interest in horses, a random person—a friend of a

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

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

“My daughter was taking riding lessons at Walder’s Way Equestrian Center in Mount Joy, and the owners, Jeff and Robin Walder, and I started talking about starting a local nonprofit.

To support the project, I started donating all the profits from my business as an independent consultant for Rodan + Fields skincare line, which I began using two years ago after seeing a major transformation in my skin,” said Stevens. “As the number-one skincare line in the country, I’m delighted to offer this to clients, and in turn, it’s enabled me to help the local equestrian community.” For more information, visit her website at aileenstevens.myrandf.com.

Since their initial decision, Stevens and her partners have saved 75 horses from slaughter with their nonprofit, All In Rescue. The horses are housed at Walder’s Way, where they are rehabilitated.

“It’s a very long process, beginning at the auction. After they’re paid out, they still have to be quarantined for 30 days. Then, they come to us, where they’re given full physicals and medical care. We learn their personali-

ties and start to train them with the goal of rehoming them into forever homes,” Stevens said.

Some horses will remain with All In Rescue for life as “sanctuary horses.” **Fresco and Carlton are two affectionate horses looking for monthly sponsors to cover their care as they continue receiving specialized help.**

Despite the hard work, Stevens wouldn’t change a thing, noting, “It’s so worth it. All the horses want is affection and to be loved on.”

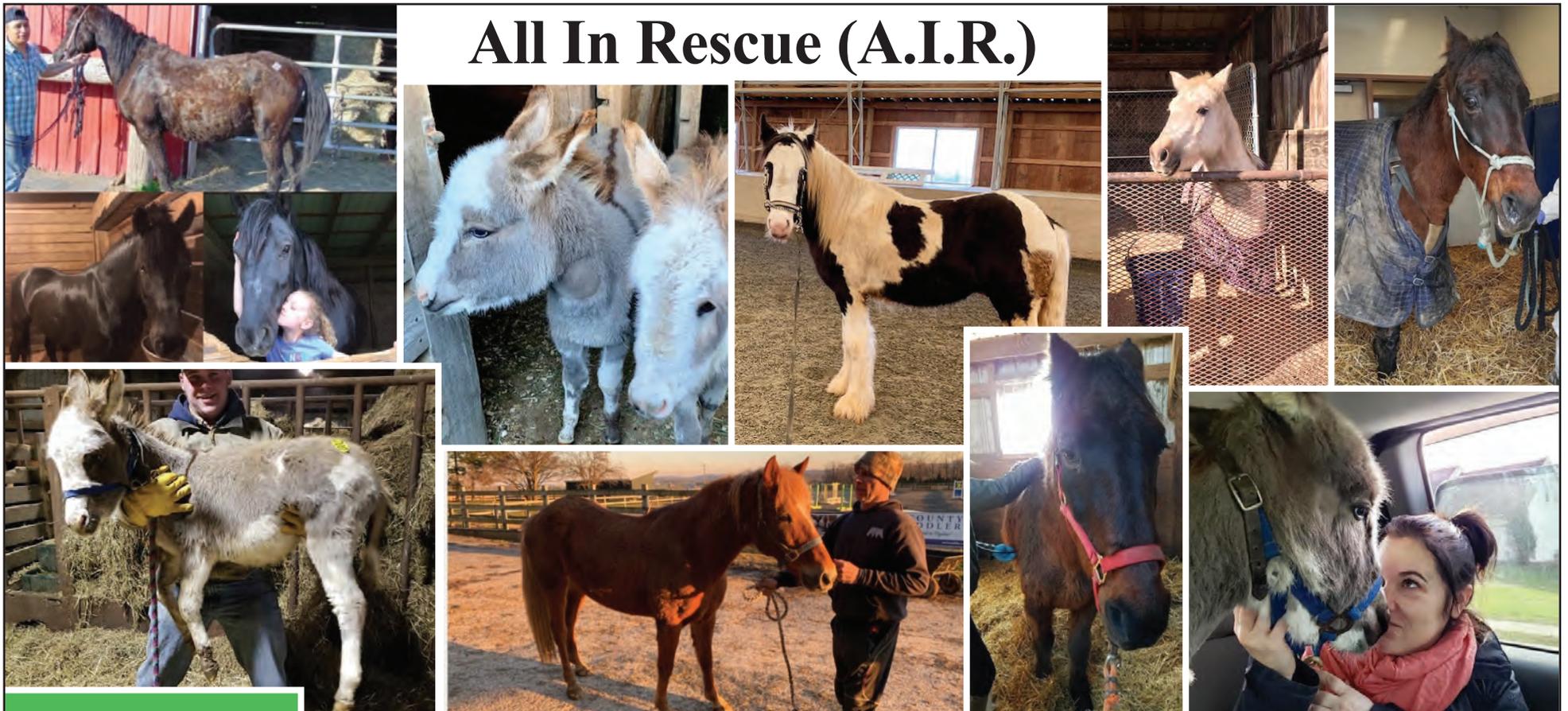
In addition to working with the horses, All In Rescue is beginning to create partnerships in the community as an option for equestrian therapy, with the intention of “horses healing people, people healing horses,” said Stevens.

For Stevens, the future is full of potential, and she hopes to continue and expand these efforts for the good of both the horses and the community.

“We are so grateful for the support already offered to us, as the rescue depends on the donations and generosity of our community. We are also always looking for continued support, and donations can be made through our website,” said Stevens. Additionally, All In Rescue is currently running a GoFundMe to cover summer hay. Look for their “Hay Bill for Rescues” on their Facebook page, All In Rescue A.I.R. or at the link, www.gofundme.com/h3brg-hay-bill-for-rescues.

Looking for a unique opportunity for a charitable donation this summer? To donate, to look for volunteer opportunities, to sponsor a loving horse like Fresco or Carlton, or to view upcoming activities and events, visit their website at allinrescue.net, or stop by their Facebook page.

All In Rescue (A.I.R.)



Fund-Raising

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

allinrescue.net

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

717.696.2929

1140 Union School Road
Mount Joy, PA 17552

Saving Lives

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

Medicare Approves Senior Hereditary Cancer Screening

Senior Hereditary Cancer Screening has been approved by Medicare for a little over a year now. All it takes is a Simple Cheek Swab to identify whether a Cancer Gene runs in the family line (hereditary).

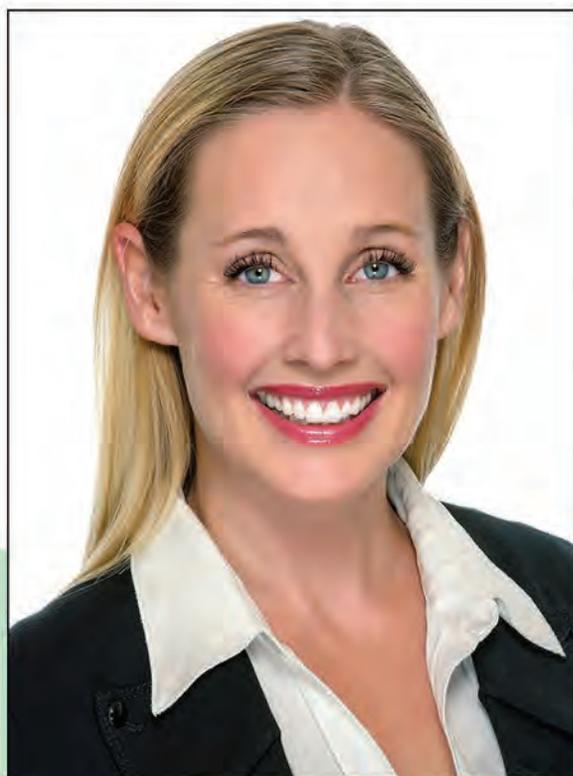
Dr. John McDougall of www.drmcDougall.com says, "Cancer starts as a single, damaged cell that multiplies (doubles) every 100 days... $2 \times 2 = 4 \times 2 = 8 \times 2 = 16 \times 2 = 32$ and so on. Doubling every 100 days, by the end of 6 YEARS the cluster will have multiplied to 1 million cells which are 1 milliliter in size (a pencil dot). After 10 years, it's grown to 1 centimeter (the size of a pencil eraser)".

Till now, traditional cancer screening such as, Mammograms and Biopsies, screen for cancer AFTER it's become detectable. Genetic cancer screening does NOT screen for Cancer, it identifies an inherited cancer gene BEFORE cancer is detectable so that Cancer Prevention measures can be initiated.

In 2015, the American Cancer Association published a statement about cancer patients saying, "If they change their diet, they will live longer." "This is a Crusade", says Richelle Brubaker of Cancer Screen Advocates of America, who lost her own Mother to breast cancer when she was just 16 years old. "We are on a mission to help stop Cancer in its tracks".

If you did inherit a hereditary cancer gene from your ancestors, there is a 50% chance your children and grandchildren will also. The genetic screening Medicare has agreed to pay for provides knowledge as to what type it is, where to find it and lends time to get in FRONT of the disease by seeking help to make important changes in diet and lifestyle.

CancerScreenAdvocates.Life



Today, Richelle provides informative Hereditary Cancer Screen talks to Senior groups. For Seniors who qualify for this NO-COST test, as a HIPAA certified representative, Richelle collects and submits cheek swabs to a Medicare approved lab for testing. (Qualification: Either you or... at least 2 of your relatives have had a history of a hereditary cancer... have Medicare Part B or an approved Medicare Advantage PPO)

The Top 8 Hereditary cancers are; Breast, Colorectal, Gastric, Endometrial, Ovarian, Melanoma, Pancreatic and Prostate. Carrying the Gene does not mean it will mutate into a Cancer but does give valuable information for yourself and your next generation.

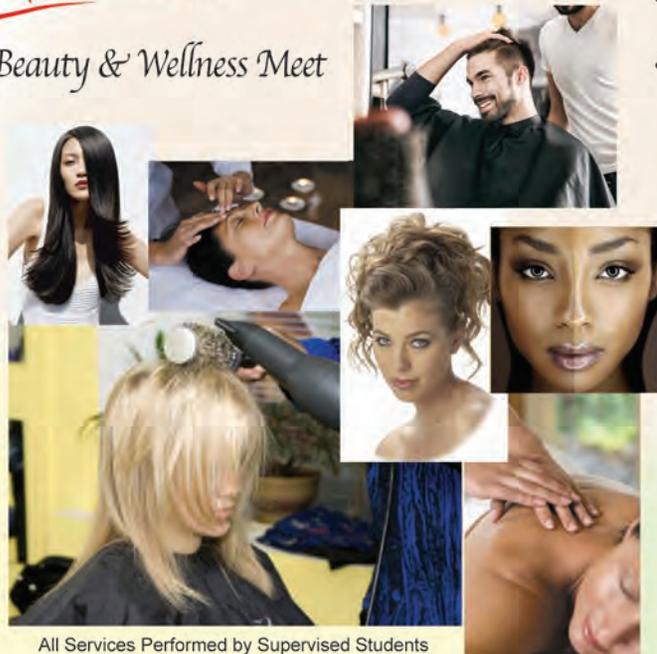
If you're wondering if you should get tested, ask yourself this Question; Isn't it better to find out NOW rather than 10 years from now when a child (or grandchild) is diagnosed with cancer that could have been prevented if they'd known 10 years earlier?

Richelle Brubaker
717-380-0350
richelle@email.com
www.cancerscreenadvocates.life

Professional Services

Lancaster School of Cosmetology & Therapeutic Bodywork

Where Beauty & Wellness Meet



All Services Performed by Supervised Students

Be in a new career in as little as five months!

- flexible schedules for day and evening
- financial aid available for those who qualify
- scholarships available

Cosmetology
Esthetics
Massage Therapy
Nail Technology

Apply online at
www.lancasterschoolofcosmetology.com



Gift Certificates Available
Free on-site parking

Go to www.lancasterschoolofcosmetology.com for a printable brochure of our services and prices, and for Gainful Employment Disclosures.

50 Ranck Avenue, Lancaster
717.299.0200

20% OFF
Any Hair or Nail Service

Lancaster School of Cosmetology
717.299.0200

Not valid with any other offer or prior services. Discount is used on the most expensive service. May not be combined with any other discount. Coupon may not be used for gift certificates or other offers listed.



Make a Gift and Save Lives!

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

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

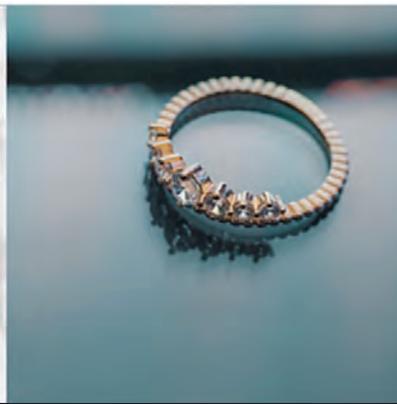


2195 Lincoln Highway East, Lancaster

(717) 393-6551

www.humanepa.org

The 2019 Bridal Season is here!



You've got the man, the ring, the venue, the dress! Now let **Ego Trip** bring your vision of beauty to life.



Please contact
egobrides@gmail.com
for more information

Ego Trip
HAIR SALON

Now Accepting Appointments
348 W. Orange St.
Lancaster, PA 17601
Sat-Mon: Closed
Tue-Fri: 9:30AM-7:00PM

(717) 945-7754

www.EgoTripHS.com



Celebrating Music with Maya Shih

by Susan C. Beam

Shakespeare once wrote, “If music be the food of love, play on.” For the past 20 years, Maya Shih has been “playing on,” sharing her musical passion and lending her expertise in many forums. From mentoring young musicians to playing with the Lancaster Symphony, Shih’s love of music is equally matched by her desire to share this love with her community.

Shih, a native of Columbia, Md., was first introduced to the piano at age 7.

“My parents felt the piano was a good instrument to develop a strong musical foundation. I ended up studying at the Peabody Preparatory in Baltimore, which interestingly, is where I ended up teaching after college,” explained Shih, who added that, even as she enjoyed the piano, she felt continuously drawn to string instruments, especially the violin. Eventually,

at age 14, she took a leap of faith and followed her heart.

“It was a very difficult journey and starting as a beginner at age 14 was a bit traumatic,” Shih explained. “Still, having a new instrument to learn added to my many rich musical experiences in high school. I was able to play in my school orchestra and quartet, join All-State Orchestra, in addition to singing in my high school’s madrigals and choir and join a hand bell ensemble. I think I took every music class offered except band!”

Shih counts herself lucky to have encountered excellent musical mentors during her journey, especially during her undergraduate dual degree in music performance and psychology.

“In college, I studied with Gerald Fischbach, Daniel Heifetz, members of the Guarneri Quartet and Ronda Cole. Ronda Cole is a great pedagogue who inspired me to pursue pedagogy

and performance for my master’s degree,” Shih said, noting that in graduate school, she expanded her instrumental expertise to include the viola.

“Because I was able to watch live rehearsals and performances of the Guarneri Quartet throughout college, I must admit that their sound stays with me and has influenced me to this day,” she continued. “I especially enjoy hearing an interpretation of a piece that is new and different, yet makes you feel like it was always meant to be played this way.”

Some of her greatest experiences have been through a musical connection with others, including her husband, Lancaster physician and pianist Christopher Shih.

“I relish feeling deeply connected to the music, orchestra and audience, who all play a part in a live performance,” she said. “I have enjoyed collaborative work through chamber music both



Photo credit: Wendy Benner

with and without my husband. One memorable performance was playing Faure’s Violin Sonata No. 1 with my husband at our wedding. I was beyond nervous, but it was a wonderful way to give the guests a small bit of ourselves.”

Most recently, on May 2, Shih joined her husband and several others in a collaborative performance at The Trust Performing Arts Center. For her, the opportunity to perform in a local

venue, with her husband, is especially affirming.

“It is always special to play with your soulmate, and to have a chance to perform for such a warm and loving audience makes it even better,” said Shih. “We have been blown away by the support and enthusiasm of the Lancaster audience. Cities rich in the arts are vibrant, exciting and healthy, and we couldn’t be happier to be part of such a thriving community.”

Meet Dr. Ameet N. Parikh

by Susan C. Beam

For Dr. Ameet Parikh, dual interests in science and service to his community led him first into medicine, and later to the Lancaster area, where he emphasizes patient care and education in his role as a specialist in gastroenterology with Regional Gi.

“Growing up, I was always interested in the sciences and liked interacting with people. Medicine gave me the opportunity to pursue my passion in science and make a meaningful difference in people’s lives. I believe it is one of the most noble and rewarding professions,” commented Dr. Parikh, Medical Director at MidAtlantic Endoscopy LLC’s two state-of-the-art procedure centers, including the recently opened facility at 2112 Harrisburg Pike, Suite 100, Lancaster, Pa., and the West Earl Township location at 4140 Oregon Pike, Ephrata, Pa.

Born in Connecticut but raised in India, Dr. Parikh completed his medical internship and residency in internal medicine before coming to New Jersey in 1996, where he continued his studies at the University of Medicine & Dentistry of New Jersey, participating in several different roles in the medical field while completing an additional residency in internal medicine and his fellowship in gastroenterology.

According to Dr. Parikh, he felt drawn to gastroenterology because of the intricacies of the digestive system.

“Gastroenterologists deal with the entire digestive system, starting from the mouth to the anus and other ancillary organs, such as the liver, pancreas and gallbladder—so I felt this specialty would keep me intellectually challenged. The procedural aspect of the field is especially gratifying—when you are able to

stop an actively bleeding vessel or remove a large precancerous lesion and thus prevent colon cancer,” explained Dr. Parikh. He added that he believes in staying up-to-date with the latest research and techniques in his fields.

In 2003, he joined Lancaster Gastroenterology, Inc., which merged with Regional Gastroenterology Associates of Lancaster, Ltd., to become Regional Gi (RGi) in 2017.

“I consider myself fortunate to be working with Regional Gi and the Lancaster community over the last 15 years. The people in this community are honest, hardworking and extremely pleasant and respectful,” said Dr. Parikh.

“At RGi, we have a great group of physicians, nurse practitioners, physician assistants and an awesome staff. We all work collaboratively to provide the best care possible for our patients.

What I like about the practice is that everyone is committed to providing high-quality health care while being respectful of individual patient’s needs, preferences and values,” he continued.

For Dr. Parikh, patient health education, as well as their involvement in care plans, are important in his approach to wellness.

“I always encourage my patients to be engaged in their health care, and I strive to educate them about their medical condition. If they are involved in the health-care decisions, it leads to better outcomes,” he noted, adding, “My principal goal is to provide patients with the most accurate assessment of their condition or diagnosis in terms that they can understand. I try to listen carefully to their goals of care and, together with the patient, devise a plan to manage their condition.”

Dr. Parikh stresses the importance of colorectal cancer screen-



ing. “Colon cancer is a common and deadly disease, but it is preventable and treatable when detected early. We must continue to spread the word that colonoscopies save lives,” said Dr. Parikh.

When not busy at Regional Gi, Dr. Parikh enjoys traveling, reading, gardening, and spending time with family and friends.

Women: Moving Forward Financially After the Loss of a Spouse

The loss of a spouse can be a devastating, life-changing event. Due to longer life expectancies, women are more likely to face this situation. Becoming a widow at any age can be one of the most difficult challenges a woman must face. Not only is there the emotional loss of a spouse, but also the task of handling everything — including all the finances — without the help of a spouse.

FIRST, TAKE A DEEP BREATH

Before you start handling the financial end of things, consider your own needs. The period following the death of a spouse can be a blur of emotions. It's important to allow yourself the freedom to feel however you want to feel.

THE SHORT TERM: STEPS TO TAKE

There are several financial tasks that must be done in the weeks and months after a spouse's death.

Locate important documents and financial records. In order to settle your spouse's estate, you'll need to locate a number of important documents including your spouse's

will and other estate planning documents, insurance policies, bank and brokerage statements, stock and bond certificates, deeds, Social Security number, birth and marriage certificates, and certified copies of the death certificate.

Set up a communications tracking and filing system. To help keep track of all the details, set up a system to record incoming and outgoing calls and mail.

Seek professional advice to settle the estate and file tax returns. Getting expert help from an attorney, accountant, and/or financial and tax professional can be invaluable during this stressful time. Consider bringing a family member or friend with you to meetings to process information.

Apply for benefits. You'll need to contact several institutions for information on how to file for benefits.

- Life insurance: Life insurance benefits are not automatic; you have to file a claim for them.
- Social Security Administration:
- Contact the SSA to see if you and/or



PETER COSTANZO, CFP®
Senior Vice President
Financial Advisor



LAURA PONTZ
Account Executive

TAKE CHARGE OF YOUR FINANCIAL FUTURE TODAY.

Take the first step by contacting Costanzo Wealth Management Group at 717.519.4188.

your dependent children are eligible to file a claim for retirement, survivor, or death benefits.

- Employers: Contact your spouse's most recent and past employers to find out if you are eligible for any company benefits

Update account names. You may need to contact financial institutions to change account names and/or update contact information.

Evaluate short-term expenses. You may have immediate expenses to take care of, such as outstanding debts. If you're waiting for insurance proceeds or estate settlement money, you can use credit cards for certain expenses or you can try to negotiate with creditors to allow you to postpone payment for 30 days or more.

Avoid hasty decisions. For discretionary financial decisions, go at your own pace.

MOVING AHEAD: THE BIG PICTURE

After the initial legal and financial matters related to your spouse's death are taken care of, you'll enter a transition phase. You might find

it helpful to work with a financial professional who can help by:

- Suggesting ways to invest any life insurance proceeds or estate settlement money
- Calculating your net worth by identifying assets and liabilities
- Establishing a budget
- Helping you update beneficiary designations on your life insurance, retirement plan, IRA, employee benefits and annuities
- Reviewing your investment portfolio
- Updating your estate planning documents
- Updating your insurance coverage to reflect your new circumstances

Generally speaking, women may have a different set of expectations and requirements from their financial professional than men. As you work with a financial professional, make sure he or she is responsive to what you say you need, not what your advisor thinks you want. Don't be afraid to ask questions, and make sure you understand all your options before making important decisions.

COSTANZO WEALTH MANAGEMENT GROUP OF JANNEY MONTGOMERY SCOTT LLC

1650 Crooked Oak Drive,
Ste. 100, Lancaster, PA, 17601

pcostanzo@janney.com
www.CostanzoWMG.com

© JANNEY MONTGOMERY SCOTT LLC
MEMBER: NYSE, FINRA, SIPC



Prepared by Broadridge Investor Communication Solutions, Inc. Janney Montgomery Scott LLC Financial Advisors are available to discuss the suitability and risks involved with various products and strategies presented. We will be happy to provide a prospectus, when available, and other information upon request. Please note that the information provided includes reference to concepts that have legal, accounting and tax implications. It is not to be construed as legal, accounting or tax advice, and is provided as general information to you to assist in understanding the issues discussed. Neither Janney Montgomery Scott LLC nor its Financial Advisors (in their capacity as Financial Advisors) give tax, legal, or accounting advice. We would urge you to consult with your own attorney and/or accountant regarding the application of the information contained in this letter to the facts and circumstances of your particular situation.

Finding the Way to Your Creative Self

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"
Thursday evenings, 5-week series:
June 13–Jul. 18 (no class July 4)
6:30–8:30 p.m.

Women's Memoir Writing Workshop: "Exploring Our Life Stories"
Evenings, 5-week series:
Mondays: May 20–June 24 (no class May 27)
Tuesdays: July 9–Aug. 20 (no class July 23, Aug. 6)
6:30–8:30 p.m.

Women's Fiction Writing Workshop: Tuesday evenings, 5-week series:
June 4–July 2 • 6:30–8:30 p.m.

Women's 2-Hour Pop-up Creative Writing Workshop
Thursday evening, 1 session
May 30 or Aug. 1 • 6:30–8:30 p.m.

Children & Teens Summer Writing Camp
Children: August 5, 6 & 9 • 1–3 p.m.
Teen: July 22, 23 & 26 • 1–3 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:
June 26–Aug. 28 (no class July 3 & Aug. 21) • 6:30–8:30 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.



Write from the Heart

Creative Writing Workshops for Adults, Children & Teens

Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mischief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

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

Renew with a Summer Retreat at the Jesuit Center

The Jesuit Center for Spiritual Growth, situated on 240 acres in Wernersville, Pa., abounds in natural beauty, welcoming quiet, and spiritual sustenance. For an overview of the retreat center, view our aerial tour on our website. We offer a variety of retreats and programs, all based on the spiritual exercises of St. Ignatius of Loyola. In addition to the retreats and programs offered by the Spiritual Growth staff, we also welcome Roman Catholic and ecumenical groups who seek a beautiful setting to conduct their own retreats and meetings. We hope to see you here soon!

Refresh Your Soul. Renew Your Life...

A directed retreat is a privileged means of deepening one's intimacy with God. It is an individualized, personal

experience of prayer over a number of days, guided by a companion, a trained spiritual director. The assigned director, either a Spiritual Growth staff member or one of our associate or guest directors, will meet with you individually on a daily basis to help you process your prayers and discern the movement of the Spirit. Our directed retreats are conducted in silence, because in the stillness of the retreat, one can be free of daily concerns and better hear the quiet voice of God.

During each retreat, liturgy is offered each day, and there are opportunities for Reconciliation, Eucharistic Adoration, gentle yoga (for a modest fee), and massage (also for a modest fee). All linens and meals are provided.



Join us for one of our summer retreats:

- | | |
|---------------|--------------------------|
| July 1-9 | 8-Day Directed Retreat |
| July 12-14 | Weekend Directed Retreat |
| July 15-21 | 5-Day Directed Retreat |
| July 26-Aug 3 | 8-Day Directed Retreat |
| August 9-17 | 8-Day Directed Retreat |

To learn more or to register, visit www.JesuitCenter.org or contact Melinda Leonowitz at mleonowitz@jesuitcenter.org or (610) 670-3642.

Jesuit Center for Spiritual Growth is located at 501 North Church Road, Wernersville, PA 19565-0223.

Jesuit Center
for Spiritual Growth

Refresh Your Soul.
Renew Your Life...

at WERNERSVILLE

Visit our website for our full 2019 Calendar!

Opus One
Berks Chamber Choir

Coro de la Universidad Ana G. Méndez

CONCERT

Fri, June 7 (7pm)
Jesuit Center
Wernersville, PA

Free Admission

MASS

Sun, June 9 (8:30/10:30 am)
St John Baptist de la Salle
Shillington, PA

Join us June 7 at 7PM for a free concert:
Opus One Berks Chamber Choir presents
Coro de la Universidad Ana G. Méndez

- | | |
|-----------------|--|
| May 31 - June 2 | Weekend Directed Retreat |
| June 17 - 23 | 5-Day Directed Retreat |
| June 23 - 27 | Ignatian Leadership for Mission Retreat
"Rooted in the Graces of the Exercises" |
| July 1 - 9 | 8-Day Directed Retreat |
| July 12 - 14 | Weekend Directed Retreat |
| July 15 - 21 | 5-Day Directed Retreat |
| July 26 - Aug 3 | 8-Day Directed Retreat |

FOR GIFT CERTIFICATES, contact Melinda Leonowitz at mleonowitz@JesuitCenter.org or by calling 610.670.3642.



To learn more or register, visit:
www.JESUITCENTER.org

Jay Gerber: The Ethereal Meeting of Us



Jay Gerber will be bringing his latest collection of work, entitled *The Ethereal Meeting of Us*, to Mulberry Art Studios during the month of June. The

public is invited to meet the artist at a First Friday Opening Reception on June 7 from 5 p.m. until 9 p.m. Mulberry Art Studios is located in beau-

tiful downtown Lancaster at 19-21 North Mulberry Street, and holds regular gallery hours from noon until 6 p.m. on weekdays.

Jay Gerber has been painting since the late 70s/early 80s. Originally a self taught artist, he received some formal training at the Pennsylvania School of Arts, before returning to self discovery. He began with oils, but has since switched almost entirely to acrylic on canvas or board.

The title, *The Ethereal Meeting of Us*, came from one of the exhibit's central pieces- an abstract piece that has an aura of spiritual connection to it. The approximately 40 paintings included in the exhibit cover a variety of subject matter, all tied together with the fluid expression of formal abstract.

For more information, and to preview the art, please visit www.mulberryartstudios.com.

“Art washes away from the soul the dust of everyday life.”

– Pablo Picasso

Chemical-Free Options for Managing Mosquitoes in Your Landscape

by Melinda Myers

It's time to get outside and enjoy summer BBQs, gardening, hikes and much more. Don't let mosquitoes keep you inside; Instead enlist these chemical-free strategies to manage these pests in your landscape.

Start by eliminating the mosquitoes' breeding grounds. Drain the water out of buckets, old tires and clogged gutters and downspouts that hold water needed for mosquitoes to reproduce.

Check kids' toys, tarps and pool covers that also retain water. Drain the water and store these items in the garage or turn them over to keep them from becoming a mosquito breeding ground. Even small containers hold enough water for hundreds to thousands of mosquitoes to breed.

Change the water in birdbaths at least once a week. Make it part of your routine maintenance; rinse birdbaths when watering containers. Or install a small pump to keep water moving to prevent mosquito breeding.

Use organic mosquito control like Mosquito Dunks and Mosquito Bits (SummitResponsibleSolutions.com) in birdbaths, rain barrels and water features. Mosquito Bits quickly knock down the mosquito larval population, while Mosquito Dunks provide 30 days of control. They both contain a naturally occurring soil bacterium *Bacillus thuringiensis israelensis* that kills mosquito larvae, are certified organic and safe for pets, fish, wildlife and children.

Use Mosquito Dunks to manage these pests in areas subject to periods of standing water. One dunk provides control of 100 square feet of water surface for 30 days. Slide a dunk over a stake secured in the problem area, preventing it from washing away in heavy rains. It remains in place and provides control when the area is flooded again.

Attract insect-eating birds to the landscape with a few birdhouses. You'll enjoy their beauty and benefit from their diet of insects, including many garden pests and mosquitoes.

Reduce the mosquitoes' daytime resting spaces by keeping your garden weeded. Removing weeds and managing neglected garden spaces will make your landscape less inviting to these pests.

Keep mosquitoes away when hosting a party, gardening or relaxing outdoors. Use a fan to create a gentle breeze that keeps the weak-flying mosquitoes away from you and your guests. Some gardeners even take a small fan into the garden while weeding.

Light a few citronella candles for a bit of ambience and mosquito control at your next evening party or event. Citronella oil and the scented candles do have some mosquito-repelling properties. Scatter lots of candles throughout your entertainment space. Position the candles within a few feet of your guests for some short-term relief from these pests.

These strategies and some personal protection will help you increase your summer enjoyment. Wear light colored, loose



fitting clothing, covering as much of your skin as possible with long sleeves and pants.

For Deet-free personal repellent options, the Center for Disease Control and Prevention has also approved products with the active ingredient picaridin (found in Skin So Soft products), IR3535, and the synthetic oil of lemon and eucalyptus. Avoid products that contain both sunscreen and insect repellents as you need to apply the sunscreen more often than the repellent.

Using a combination of these mosquito-management strategies is sure to provide a summer

filled with more enjoyable gatherings with family and friends.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment TV & Radio Program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers's web site is www.melindamyers.com.



Jocelyne Melton

SBA 2019 Woman-Owned Small Business of Year

The U.S. Small Business Administration officially recognizes its Eastern Pennsylvania Woman-Owned Small Business of the Year, Baxter Group, Inc. with Jocelyne Melton, firm CEO and President, May 17 at noon. Media are invited to attend at Baxter Group, Inc., 941 Progress Road, Chambersburg, PA 17201

“It’s a great privilege to recognize the achievements of leading Pennsylvania woman-owned small businesses like Baxter Group, Inc.,” said John Fleming, Acting U.S. SBA Eastern Pennsylvania Director. “Small businesses like Jocelyne’s help make our nation’s economy the strongest in the world. I’m proud SBA’s resource

partners have a role to play in helping them start and succeed.”

SBA resource partner Shippensburg University Small Business Development Center (SBDC) provided technical assistance to the company as it faced many challenging issues, providing technical assistance primarily geared toward strategizing and creating a growth plan, guidance on issues related to business directions and decisions, addressing the financial challenges the company encountered due to outsourcing financial management/accounting functions of the company. The SBDC also provided market research for the three primary service areas of the company and assisted in marketing planning that helped the company get on a solid growth path.

“I’m honored to win SBA’s Woman-Owned Small Business of the Year award,” said Jocelyne Melton, CEO and President, Baxter Group, Inc. “When my business needed to adapt, the Franklin County Area Development Corporation...Jeff Fehlauer of U.S. Business Engineering...and Cheryl Young, one of the Shippensburg SBDC experts

were there for me. During a tough personal challenge, they helped me navigate my firm through difficult business issues to greater success. I found the SBDC to be a premier resource for information, market analysis and planning, as well as for making connections to other business resources. I wish I had found the SBDC earlier.”

“Jocelyne is a very competent and resilient business leader who has come through a gauntlet of challenges in the last few years that could have caused many business leaders to throw in the proverbial towel. But Jocelyne, a fighter, fought back,” said Cheryl Young, Consulting Manager, Shippensburg University Small Business Development Center. “I’m honored to nominate her for Woman-Owned Small Business of the Year. She has evidenced impressive leadership skills over the past few years—watching her turn her company around from a tough period of decline to one of growth and greater success is inspirational.”

The business has doubled the number of employees in the past two years from 16 to 32 and nearly dou-

bled revenue during that period by both expanding their environmental services and adding new services. Although the Baxter Group’s expansion to a larger service territory (south central Pennsylvania, through western Maryland and down into the Panhandle of West Virginia) and additional employees required growth at their original location in Chambersburg, Pa., the company’s business model, based on a fleet of service vehicles to cover their territory, alleviates the need for additional office locations.

Melton was born into a roving military family but ultimately settled down in Hagerstown, Md. where she attended Hagerstown Community College completing a Secretarial Certificate and an Associate’s Degree with an emphasis in Business. A serial entrepreneur, while Melton was employed by Washington County, Md. she started two part-time side businesses, a cleaning business for vacated apartments and a photography business. Bitten by the entrepreneurial bug, she became involved with Primerica, running an agency full-time where she became a Regional Vice President. After

retiring from Primerica in 2007 she began working in the Baxter Group. She learned all aspects of the business and eventually became CEO in 2010. Things went well until a business financial crisis in 2015 that required two and a half years of reorganizing, re-structuring and stabilizing the company. In 2018, she led the process to develop a Financial Management Plan, Marketing Plan, Leadership Development Plan, Strategic Business Plan and Quality Assurance Plan. Closing the company’s biggest year ever, she and her company are poised for even further growth in 2019.

SBA’s Eastern Pennsylvania Woman-Owned Small Business of the Year award winner is selected annually from among nominees located across Pennsylvania’s eastern 40 counties. These events are local observances of the annual Presidentially-designated National Small Business Week. National Small Business Week recognizes the small business community’s contribution to the American economy. Learn more about National Small Business Week at www.sba.gov/national-small-business-week.

New National Moving Month Survey Reveals Why Millennials Move

Millennials are growing up, and a new national survey—released just in time for May’s National Moving Month and the busy summer moving season—indicates they may be aging out of a YOLO, carefree-phase. Instead, Millennials are choosing where they live based on factors that would make their parents proud (like better jobs, higher pay, and benefits). In fact, do we dare say it? Millennials—ranging from age 22 and graduating college to age 38 and having families—are starting to sound a lot like their parents!

The surprising new national survey of more than 650 Millennial men and women (born 1981–1996) who have moved in the last five years shows Millennials would forfeit living in a fun, dream city for a job that pays well with good benefits. And get this—they desperately want to get rid of mom’s couch and plan to buy their own home.

The survey, commissioned by Our Town America, the nation’s leading new mover marketing franchise, paints a new portrait of the “non-committal slacker” generation often accused of prioritizing selfies over salaries. Rather than Uber from adventure to adventure, Millennials are eager to move for job opportuni-

ties that equate to a better future for themselves and their families.

The national survey reveals:

- More than half (58 percent) would move to a city they don’t like for the right job
- 71 percent would choose to move for a higher paying job in the middle of nowhere over a lower paying job in their dream city
- Nearly 1 in 3 (30 percent) made their most recent move for their career
- Those who moved for a job cite higher salary and better benefits as top reasons for the move
- 86 percent of Millennials who live with their parents or relatives want to move out
- 84 percent of Millennials plan to buy a home

Most Millennials (72 percent) said they don’t live in their dream city; the reasons are practical and calculated. “Price,” “the neighborhood,” and “proximity to work” were the top three reasons Millennials moved to their current city.

Of course, Millennials also love to have fun, but want to keep it close to home...in a place Rover can roam. The survey shows convenience wins

with Millennials on the move. Respondents said their home must be:

- Within range of delivery services (69 percent)
 - Within walking distance to restaurants and stores (57 percent)
 - Home to great community events (53 percent)—the top five favorites, in order, were food festivals, concerts, sporting events, bar hopping/wine tasting, and family-friendly events
 - And a great fit for their pet(s)—3 in 5 Millennials have pets, 70 percent of whom say pets influence where they live
- And so much for bright lights, big city. When asked about their ideal living situation:
- 80 percent said they’d prefer a different option other than “Big City Life”

• More than 1/3 (35 percent) of those surveyed would choose to move an Uber ride away from the city

• 1 out of 4 (25 percent) want to move to the suburbs, living even further away from the city

• Only 1 out of 5 want to move to the city (20 percent), barely beating out the rural boonies (19 percent) as the ideal living situation for Millennials

The survey also shows when Millennials move, this Phone-in-Face generation actually craves Face-to-Face connection with new neighbors.

- 76 percent say they’d prefer to meet new people in person rather than online
- 44 percent try to meet their neighbors
- 80 percent say they’d love a housewarming gift and 45 percent say they have given a housewarming gift
- Those who don’t try to meet their neighbors say it’s because they’re concerned with safety when knocking on doors
- More than 2 in 5 (41 percent) fear that social media has become the new neighborhood

“Millennials are growing up, and they’re turning down pie-in-the-sky ‘dream cities’ for places that offer a better quality of life,” says Our Town America’s CEO Michael Plummer, Jr. “They’re seeking careers that provide good pay and benefits so they can have families and buy a home someday. It’s also clear they want to live close to an active social scene and develop real connections with neighbors. The cities that check those ‘wish

list’ boxes will soon see a boom of Millennial movers.”

Millennial respondents say their ideal city has good scenery, great weather, fun outdoor activities, and plenty of job opportunities. The study also shows that if Millennial is new to town, they’d love a new business to welcome them.

• 85 percent say they’d take advantage of a local small business offer/freebie (like a free meal or haircut). Almost all (98%) say they’d likely revisit the business after trying out the offer.

“This survey shows that Millennials crave social connection – the warm and fuzzy feeling they remember from their childhood neighborhoods,” says Plummer. “It also shows Millennials are on the move and on a mission to build a better life for themselves and their families. Therefore, the local businesses who reach out and make these Millennial movers feel welcome in their new community will have loyal customers for life.”

Source: Our Town America. This online survey of 652 men and women was conducted by a third party and commissioned by Our Town America. Survey participants have no affiliation with Our Town America.

Spay and Neuter Pet Clinic



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

importance of having this simple and potentially lifesaving procedure performed on your pet.

Why spay or neuter dogs and cats?

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

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

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

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

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

Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

If you have a dog or cat that is not spayed or neutered, please read the facts below on the im-

Give for the Animals!

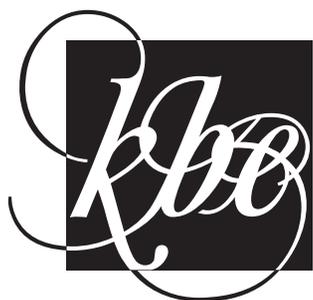
-  100% of donations go towards helping people and pets right here in Lancaster County.
-  We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.
-  We provide lifesaving veterinary care to strays and animals.
-  We have rescued and adopted out over 350 cats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

PET PANTRY
of Lancaster county



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

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



**Key Business
Essentials LLC**

Lancaster County's Premier
Single-source Solution
for Small Business Owners

We provide
Bookkeeping,
Payroll, and
Human Resources
Consulting services
to fit your business
so you can focus on
what's important:

**“Growing Your
Business”**

442 Trena Avenue
Lancaster, PA 17601

717.304.7210

kroth@keybusinessessentials.com



**Domestic
Violence
Services
of Lancaster
County**

24-Hour Hotline: 299-1249

32 Years of Giving a Voice to Victims
**DOMESTIC VIOLENCE SERVICES
OF LANCASTER COUNTY**

A Community Action Program of Lancaster County
299-9677 • www.dvslanc.org

Catalyst for Change

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

- Emergency Shelter
- 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.

**BRIDGEPORT
FAMILY
restaurant**

1655 Old
Philadelphia Pike
(Rt. 340)
Lancaster, PA

717-392-5943

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 34 Years of Downsizing Experience.

Call

717/615-6507

See our ad page 31.

Lancaster County Motors Subaru Gives Back to CASA

As part of Lancaster County Motors Subaru's commitment to supporting local nonprofits, they have once again included Court Appointed Special Advocates (CASA) of Lancaster County as part of their Share the Love Campaign.

Brian Brightbill, General Sales Manager at Lancaster County Motors, believes it's important to not only be a part of this community, but to serve and support the causes and passions that are closest to our hearts, right here in our neighborhood. "Our wonderful customers seem to agree, during the holidays they worked with our store to donate \$27,041 to this great organization" said Brian.

According to CASA Executive Director, Jessica Laspino, "not only do we appreciate Lancast-

er County Motors as partners and donors, but we appreciate them as friends who sincerely care about our community. The lives of many youth and families will be changed because of them and their generous customers."

CASA is central to fulfilling society's most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child's right to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family. To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280 or casa@casalancaster.org or visit www.casalancaster.org.

Children in Lancaster County Need CASA Volunteers

Court Appointed Special Advocates (CASA) of Lancaster County believes our community could change the future for our youth. How? By helping abused and neglected children heal so they can live happier, safer lives. As a CASA volunteer, you will have a chance to change a young life for the better, working one-on-one to give a boy or girl at least one caring, consistent adult who will help ensure s/he receives the special services s/he needs. CASA volunteers help children access resources and services they need to heal from their abuse or neglect as well as providing recommendations to the court.

Children with a CASA volunteer: are more likely to find a safe and permanent home; spend less time in foster care;

do better in school; are less likely to be bounced from home to home; and receive more services related to educational needs, social needs, mental health needs, physical health needs, or cultural needs while in the foster care system. Volunteers work to help insure a safe and permanent home for the child as quickly as possible. They act as the eyes and ears of the judge. "All children need our care, our concern, and our protection," said Executive Director Jessica Laspino. CASA is central to fulfilling society's most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child's right to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family.

"Together we can continue to facilitate safe, permanent, and nurturing homes for our CASA children who so desperately need them," Laspino said.

Having a CASA means having a voice, are you ready to provide a powerful voice for abused and neglected children in Lancaster County? For details on serving as a CASA, please visit casalancaster.org/Volunteer, email casa@casalancaster.org, or call 717-208-3280.



CASA

Court Appointed Special Advocates
FOR CHILDREN

Mental Health and Medical Billing and Coding

- 11+ years' expertise with more than 60 insurance companies, including Medicare and Medicaid
- High success rate with claims collection
- Prompt response for issues and questions
- Claims submission and co-pay, co-insurance and deductible tracking
- Follow-up on rejected claims and appeals process
- Insurance company and client reporting
- HIPAA compliant



Mental Health/Medical Billing

Lori L. Lewis • PO Box 189, Millersville, PA 17551
 LGRLLL@comcast.net • Cell 717-413-6761
 Fax 717-584-5247 • www.SendMeTheBill.net

ONLY 29 DAYS UNTIL THE EPC GOLF OUTING!

The 12th Annual Golf Outing, presented by Alwine Security, will take place on June 14 at Crossgates Golf Club in Millersville. Shotgun starts will be held at 7 a.m. and 1:30 p.m., featuring a four-player scramble format. Coffee and pastries will be provided for golfers in the morning flight, dinner will be provided for golfers in the afternoon, and each golfer will also be provided with a grab-and-go lunch.

Sponsorship and volunteer opportunities are still available. Registration for the outing will remain open until May 24. For more information, visit epcgolfouting.com or contact Jocelyn Engle at 717-492-2588 or jrengle@engleonline.com.

The Factory Ministries Holds 8th Annual Together Run Ride Walk

Join us for our Together Run Ride Walk at Intercourse Heritage Days on Saturday, June 15, 2019.

All proceeds from the Together Run Ride Walk will directly benefit individuals and families in eastern Lancaster County through The Factory Ministries, helping to continue their mission of empowering others to strengthen their community. The Factory Ministries is a hub for connecting needs and resources for individuals who are under-resourced and struggling with issues of poverty.

The Together Run Ride Walk consists of a 5k race and walk, Kids Fun Run, and two bike rides. Registration for each event can be found at www.thefactoryministries.com.

All participants who register by May 26th will receive a free t-shirt.

All events will begin and end at Intercourse Community Park on June 15. Registration will open at 6:30 a.m., with breakfast by Intercourse Fire Company available for purchase. Bike rides are set to begin at 7 a.m., followed by Kids' Fun Run at 9 a.m., and 5K Race and Walk at 9:30 a.m. Want to avoid the hassle of morning registration and maybe sleep in a bit longer? Come to Packet Pick Up on June 14, at the Together Community Center, 3293 Lincoln Hwy E, Paradise, PA 17562, from 5-8 p.m. to register and pick up your shirt and registration packet.

At the event, medals will be awarded to the top male and

female runners of each age category, as well as trophies for the overall top male and female runner. The bike ride will have door prizes, as well as gift card prizes for the optional King of The Mountain challenge.

Sponsorship and volunteer opportunities are available for this event! If you are interested in partnering with us through sponsorship, contact kate@thefactoryministries.com. If you are interested in volunteering, visit www.thefactoryministries.com/get-involved.

Thank you for investing in our community! It's amazing what we can do together!

Ocko Graphics

ADS • BROCHURES
 WEBSITES • NEWSLETTERS
 DIGITAL IMAGE ENHANCEMENT

www.ockographics.com
LBO@ockographics.com

You have a business to run and it's not graphic design or web development.

So when you need an ad, brochure, website or newsletter, contact Ocko Graphics.

That is *my* business.

Leslie B. Ocko • 717.469.5335

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.



**BRUBAKER CONNAUGHTON
GOSS & LUCARELLI**
ATTORNEYS AT LAW

TEL 717 945 5745

FAX 717 945 5764

URBAN PLACE
480 New Holland Avenue, Suite 6205
Lancaster, PA 17602

BCGL-LAW.COM

CONTACT US

Theodore L. Brubaker	Ryan S. MacDonald
Rory O. Connaughton	Theresa Mongioli
Jeffrey C. Goss	Stacey Morgan
Michael W. Hilliard	Dana Panagopoulos
Brett D. Jackson	Robert W. Pontz
Katie Koehle	K. Suzanne Ransom
Mark E. Lovett	Angela Sanders
Andrew F. Lucarelli	Becky Wilhelm
John A. Mateyak	Christine D. Wilson

We Make Your Moving Process Easier, More Economical and Less Stressful!

Transition Solutions for Seniors, LLC

Your Downsizing Partner

Offering the Area’s Largest Menu of Services for Older Adults in Transition and their Families. We Can:

- * Organize and Implement the Entire Move
- * Assist with the Sorting Process and Disposal of Unwanted Items (Buyout, Donation, Auction)
- * Prepare Your Home for Sale to Obtain Top Price
- * Sell Your Home or Help You Find a New One*
- * Create a Floor Plan for Your New Residence
- * Help with Packing, Unpacking and Set-up
- * Provide Specialized Services Tailored to Your Needs
- * Work with Estates

* Licensed Realtor® with:

Prudential Homesale Services Group formerly Coldwell Banker

You Choose Only the Services You Need - Our Experienced, Caring and Friendly Professionals Do All the Work!

©2008 An independently owned and operated member of Prudential Real Estate Affiliates, Inc. Prudential is a registered service mark of The Prudential Insurance Company of America. Equal Housing Opportunity.

CALL “ROCKY” FOR FREE INFORMATION

OFFICE: (717) 295-HOME

DIRECT: (717) 615-6507

E-MAIL: rochelle@redrose.net

www.rochellew.com

Rochelle “Rocky” Welkowitz, Founder SRES, ASP, GRI, CSP

OUTSTANDING SERVICE TO OLDER BUYERS, SELLERS AND THEIR FAMILIES FOR OVER 34 YEARS

MOVING YOURSELF OR MOVING MOM AND DAD...

You Can Count on Rocky!

Lancaster County’s First
ACTIVE ADULT AND SENIORS REAL ESTATE AND RELOCATION SPECIALIST

This is not a solicitation for any currently listed property.

Improve and Protect Your Asphalt with RDS Paving & Sealcoating

by Susan C. Beam

For almost 50 years, RDS Professional Paving and Sealcoating, Inc., has been exceeding the expectations of customers across the Central Pa. region with regard to any and all asphalt-related needs, including paving, sealing, line painting and concrete work for both residential and commercial properties. As a family-owned and family-operated business, RDS remains committed to values of “honesty, integrity, and customer satisfaction,” according to owner BJ Reedy.

“Customer service is what makes us who we are. As a small business, we’re a tight-knit family. We consider all of our workers to be family, also—and this translates to our customers,” said Reedy, who noted that his father-in-law first

began the business in Middleburg, Pa., in 1970. Later, in 2005, after working as a teacher and serving our country in a 10-month tour of Iraq, Reedy opted to take over management of the business, working alongside his wife and in-laws.

Part of their customer-focused approach is understanding each client’s unique needs.

“Our goal is to always educate our customers. When someone calls in, either with a question or for an estimate, we try to get back to them by the end of that day. Typically, with an estimate, my father-in-law will go out and meet with them and educate them on both our recommendations and our process,” Reedy explained.

“Each job must be evaluated on an individual basis with an on-site inspection. We firmly stand

behind this policy in order to give our clients the best possible outcome,” Reedy continued. “When it comes to paving, we see all sorts of scenarios—from the creation of a new driveway, to asphalt covered with potholes, to driveways marred by cracks covering 30 percent or greater of the space.”

It is, said Reedy, an investment in your home or business which greatly improves curb appeal.

“A properly paved driveway should last 25–30 years,” he said, adding that they also recommend seal coating your asphalt for protection.

“Even after being freshly paved, asphalt is going to deteriorate from the weather, the sun, or from certain chemicals, including many used on cars. We suggest doing a sealing process, which is a liquid coating

over the surface of the asphalt. The optimal approach is to seal the asphalt two years after paving it, and then resealing it every three to five years. It will double the life of the asphalt,” remarked Reedy.

Once a job is finished, RDS remains committed to their work. “Once the job is done, we’re not going to run. We continue to work with our clients, answering questions, handling any issues, and remaining invested in the final product,” said Reedy. “Most of our new work comes from referrals, which speaks to our customer service and what people have to say.”

Testimonials on their website attest to their dedication. One happy client commented, “RDS did an outstanding job sealing our driveway. Their customer service was courte-

ous, and their price can’t be beat for the quality you get!”

Reedy is also open to helping clients make good decisions with any contract work.

“Not only do I educate our customers about our services, but more importantly I like to educate people on how to choose a quality contractor. We always hear stories about how people get taken advantage of by bad contractors in many different ways,” said Reedy, adding that he always suggests clients do the following: ask for references, ask for their PA Contractor’s License number and verify it, check with the Better Business Bureau, and consult Internet reviews.

For more information, questions, or an estimate, call **717-361-7095** for the Elizabethtown office, or visit their website at www.rdssealcoating.com.

ASPHALT MAINTENANCE PROFESSIONALS



CALL FOR FREE ESTIMATES
1-800-377-8244 OR 717-361-7095

- PAVING
- SEALCOATING
- ASPHALT REPAIRS
- LINE PAINTING
- COMMERCIAL
- RESIDENTIAL



BEFORE

AFTER



www.RDSSEALCOATING.com



Professional Services

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



A. L. Segro

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

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

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

**New Products
Meet Mature Hands**

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

**If You Have Knowledge,
You Have Power**

I want every woman (not just my clients) to have the curl and

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

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

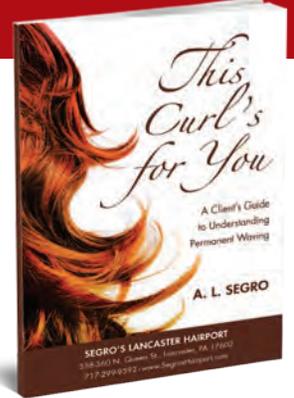
Dedicated to your beautiful hair,
A. L. Segro

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

THIS CURL’S FOR YOU

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

Get the answers now in this **No-Cost Book!**



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

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

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

“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 A. L. and his team touch my hair again.” – Tracy Flynn, Lancaster, PA

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

Physicians Weight Control

Dr. William J. Strowhouer: Medical Director

- We have been offering a comprehensive, affordable, FDA approved Rx Diet Program for 31 years.

- Medical Weight Loss options unavailable in surrounding states.

LANCASTER OFFICE

1869 Charter Lane, Lancaster, PA 17601

Now Accepting New Patients for **Diet Program**

For more information or to set up your appointment:

Give us a call: 1-800-792-3161

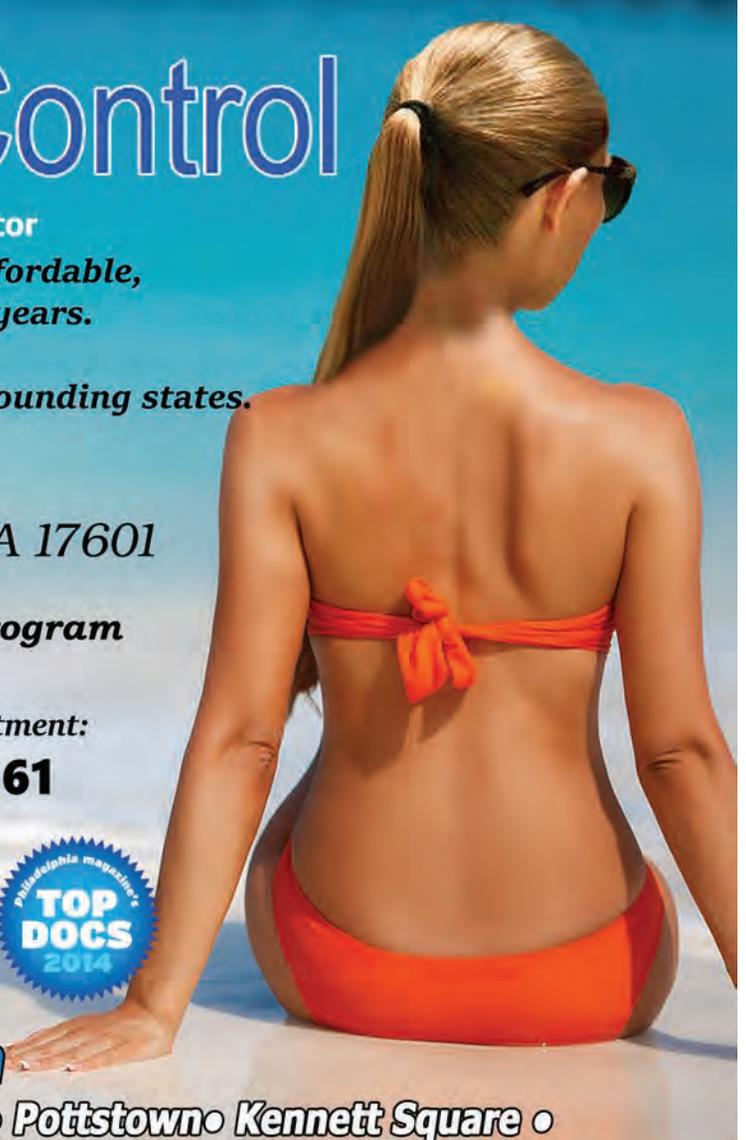
\$10 off your diet appointment when you present this ad.

Limit 1 per person. Cannot be combined with any other offer.



www.pwconline.com

o Media o Allentown o King of Prussia o Lansdale o Bristol o Pottstown o Kennett Square o





- Burials
- Inurnments
- Niche
- Column Burials
- & More



For Specific Pricing or to
Schedule an Appointment
Please Call: 717-989-2852

501 South Queen Street • P. O. Box 7989
Lancaster, PA 17604

www.woodwardhillcemetery.com

Polite Community Association Day of Action Saturday, June 8, 2019

Nelson Polite, Sr., was a longstanding Board Member of the United Way of Lancaster County, a community activist, role model and a friend to many for 92 years.

In memory of his life and legacy, the United Way is partnering with the Polite Community Association to hold a Day of Service on June 8.

WHC and other community organizations will host volunteers for service projects including painting, landscaping, cleanups, and light maintenance and repairs.

For more Information visit
UWLanc.org/DayofAction

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.

What do you need
to illuminate
your business?

Just ask us!



- Menus
- Labels
- Postcards
- Laminating
- Newletters
- Raffle Tickets
- Carbonless Forms
- Promotional Items
- Full-Color Printing
- Comb & Coil Binding
- High-Volume Copying
- Self-Inking Stamps
- Business Cards
- Color Copies
- Letterhead
- Envelopes

1136 Elizabeth Avenue
Lancaster, PA 17601

717.299.2643
Fax 717.299.2492

bart@youridealprinter.com
www.youridealprinter.com

Best. Gift. Ever!



Adopt-A-Manatee®
for Friends
and Family



1-800-432-JOIN (5646)
savethemanatee.org

Photo © David Schrichte

What Our Customers Say about Advertising with LCW!

Lancaster County



WOMAN™

The Woman's Journal

Martin Foot and Ankle

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

– Aimee Miller



Write From The Heart

"I've been advertising in Lancaster County Woman for 11 years, and the majority of my new clients still tell me that they found me—here—in these pages. I have LCW to thank for a successful business in Lancaster County!"

– Melissa Greene



Smiles by Stevens

"We have been advertising with Lancaster County Woman newspaper since we started our business. The staff and quality of work they provide is wonderful. We receive a lot of positive feedback from our patients and will continue our relationship with LCW for years to come."

– Shea Stevens, DMD, FICOI



UPMC Pinnacle

"UPMC Pinnacle Lancaster and Lititz have been using Lancaster County Woman (LCW) for over ten years to promote our comprehensive healthcare services. I have personally enjoyed a great working relationship with the LCW team the entire time. JoAnn is one of the most generous and caring people I know, both personally and professionally! LCW is a perfect balance of both promotion and education. Advertising rates are reasonable and I believe it is one of the most widely distributed and read publications in Lancaster County. I can't tell you how many times I have heard "Hey, I saw your hospitals in LCW again—nice article!" So I would highly recommend LCW to anyone looking for a cost-effective way to spread the word about their organization."

– Danielle Gilmore, MBA



BeBalanced

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

– Dawn Cutillo



Segro's Hairport

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

– Al Segro



A Loyal Reader

"I have been reading Lancaster County Woman for the past two years each time I go to a doctor's office. I have to say that I really look forward to seeing each new issue. I really like that there are articles to read, as I find them very informative."

– Richard Gross, Lititz, PA

LUXE Salon & Spa

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

– Ana Kitova



Life Span Psychological Services

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

– Lori L. Lewis

AVLC, The ONLY Certified Vein Center in the Region!

FREEDOM FROM VARICOSE VEINS

Insurance covers most treatments.

- We treat spider veins and varicose veins.
- Treatments offer relief from tired, achy, and heavy legs.
- Safely and effectively eliminate varicose veins without painful surgery.
- Treatments right in our facility. Walk in. Walk out.

**Free Ultrasound Screenings
Call to Schedule Today!**

Take the first step and call AVLC today!



AVLC

ADVANCED VEIN & LASER CENTER
veinsbegone.com

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

