

'Tis the Season to Share Your Blessings

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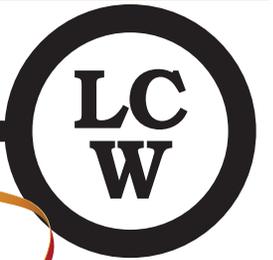
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Lancaster County

WOMAN™

The Woman's Journal



Complimentary Copy

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November-January 15, 2020



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celebrate the
holidays
with us

THE Greenfield
RESTAURANT & BAR

Chef John Moeller
And Family Welcome You

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William A. Carter, MD

Why Go to a Place Like Medical Cosmetics?

this particular type of laser treatment. In fact, the vast majority of our clients/patients are primarily interested in regaining a more youthful appearance rather than correcting flaws. And these less intensive types of services are both easier to provide and require less downtime.

So, what is the inherent second question? That is simply, what are the specific objectives that can be met and how can these things occur at an outpatient medical esthetic office? Basically, we provide a more youthful appearance by way of improving the texture, tone, firmness, volume, and shape of faces and bodies. Let's look briefly at each of these.

Texture has to do with the surface characteristics of one's skin. Is it wrinkled, scarred; are there large pores, roughness; or does it have surface irregularities? If any of these are features of the skin in question, there are many possible treatment options. Among these are high-grade skin-care products, micro dermabrasion, chemical peels, microneedling

with or without PRP, nonablative (1540 nm) fractionated laser treatments, or ablative (CO₂) fractionated laser treatments.

Tone is simply the coloration of the skin. Is it even? Are there areas of darker brown markings, or tiny red blood vessels that are annoying? Is there more generalized facial redness as would occur with rosacea? Tonal issues can be addressed with an assortment of approaches, including high-grade skin-care products, chemical peels, intense pulsed light (IPL), KTP (532 nm) laser, nonablative (1540 nm) fractionated laser, or ablative (CO₂) fractionated laser treatments.

Firmness is the same thing as tightness. Another way to view it is the absence of laxity. Approaches to achieve this objective include only a few of the high-grade skin-care products, micro needling with or without PRP, nonablative fractionated laser, CO₂ fractionated laser, or Exilis (radio frequency + ultrasound energy) treatments.

Volume issues are particularly an issue for those of us with inherently thinner faces as we go through successive decades of life. Best options to effectively deal with generalized volume loss would be fat grafting (transfer) or Sculptra. Both of these have the potential to provide long-term increased facial (or other part of the body) volume. At Medical Cosmetics we provide Sculptra. For smaller areas where more volume may be needed, the traditional hyaluronic acid (HA) fillers or Radiesse work extremely well. Examples of places where these fillers can be used would be temples, under the eyes, cheekbones, nasolabial folds, lips, marionettes, chin, and pre- and post-jowl sulci.

For body shaping, sculpting, contouring, and toning, we now have a variety of effective modalities. These include EmSculp, SculpSure, Vanquish, Cellutone, and Exilis. EmSculp is a completely new approach. It utilizes strong electromagnetic energy to increase the tone/strength/size of treated muscles. A series of

treatments can also reduce the volume of fat overlying the muscles by 20 percent. This is a real game-changer! SculpSure is good for reducing the volume of smaller areas where fat loss is needed. Vanquish is best for dealing with larger areas of fat reduction. A series of Exilis treatments can tighten skin anywhere on the face or body.

Consultations with either Vicki or I are complimentary. We would enjoy answering your questions.



Vicki Vellios Briner, LE

Vicki Vellios Briner studied esthetics at DeRielle Cosmetology Academy. She is a Licensed Esthetician, with her primary focus in medical aesthetics, providing skin care services such as microdermabrasion, chemical peels, laser treatments, microneedling, body sculpting, facials and numerous other treatments to help patients with their skin concerns and goals. She has worked in dermatology since 2010.

Vicki is also a photojournalist in the Central Pennsylvania area. The majority of her photojournalism work has been as a freelancer since 2007 with The Patriot-News/PennLive and has contributed to numerous other newspapers. Her work has also appeared in a book, publications, and online articles.

Vicki is a cat lover and a proud mother of twin boys. Christopher attends Rosemont College, and Nicholas attends Bloomsburg University.

Vicki provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks, and Scars)
- SkinPen Microneedling
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Dermaplaning
- Body Sculpting and Skin Tightening

This is really two questions in one. The first is "in the larger sense." Well, in that regard, people come to our office to feel better about themselves. They do it to improve their self-esteem. Women, mostly, but some men as well, find us in order to either regain something about their appearance that has been slipping away over time, or to lessen a perceived flaw. Just last week, for example, I saw a young woman with horrific facial scarring. She is a great candidate for a series of 2-4 fractionated CO₂ laser resurfacings with platelet-rich plasma (PRP). Most of our corrective treatments are not nearly as aggressive as getting

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
SkinPen Microneedling
SculpSure™ Noninvasive Lipo
MiraDry®
Ultherapy®
Kybella®
Dermaplaning
Chemical Peels
Microdermabrasion
Esthetic Facial Treatments
Jane Iredale Skin Care Mineral Makeup
Medical-Grade Skin-Care Home-Care Products
Body Sculpting with Vanquish, EmSculpt, Exilis Ultra



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Christmas at The Greenfield Restaurant & Bar



Chef John Moeller

By Susan C. Beam

For Chef John Moeller, food is more than just sustenance: It is a feast for the body as well as all the senses, and an opportunity for people to sit down, break bread together and reconnect.

“One of my greatest satisfactions as a chef is presenting a first-class meal and seeing the enjoyment that it brings to the diners, and the goodwill and friendship that it promotes,” he commented.

Born and raised in Lancaster, Chef Moeller realized his culinary passion early on. After graduating from Lancaster Catholic High School and Willow Street Vo-Tech, where he received early culinary training, he attended Johnson & Wales University in Providence, Rhode Island, for culinary arts, finishing in 1981.

After several years honing his craft at restaurants in the New England area, he spent two and a half years in France, studying under world-renowned culinary experts such as Michelin star-awarded chefs Bernard Loiseau and M. Poinot, then traveled to the Caribbean, where he began refining his trademark use of “fresh from the garden” ingredients enhanced by thoughtful and intentional use of exotic spices.

In 1992, he received the opportunity of a lifetime: to join the culinary staff of the White House as a sous chef, eventually rising to the rank of Acting White House Chef,

servicing as one of the longest-tenured chefs and cooking for three First Families, including former Presidents George H. W. Bush, Bill Clinton and George W. Bush, as well as visiting dignitaries and celebrities, including Tony Blair, Nelson Mandela, Julia Child and Sophia Loren.

Commenting on this endeavor, he remains humble, remarking only that it was a delight to utilize his passions and acquired skills to serve at the pleasure of the president, and that he was grateful to get to know the First Families on a personal basis, calling them “genuinely affable people who treated me with the utmost respect and appreciation.”

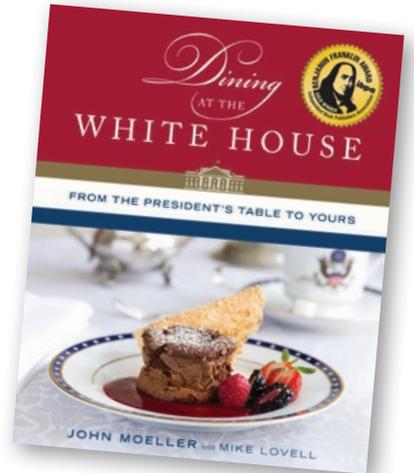
After returning to Lancaster in 2010, Chef Moeller started his own catering business, the noted State of Affairs Catering, and then in 2013 published a book, *Dining at the White House—From the President’s Table to Yours*, which included 107 reci-

pes as well as insider anecdotes. The book received distinctions for best autobiography, best cook book and best celebrity memoir in 2014.

In July of 2018, wanting to bring his culinary flair to the Lancaster community, Moeller purchased The Greenfield Restaurant & Bar in Lancaster, an institution in the area since 1979 celebrated both for its unique menu of prime-cut steaks, pasta, seafood, brunch options, appetizers, specials, and lite meals, and wide-ranging wine list, distinguished by *Wine Spectator Magazine*.

Chef Moeller said he enjoys working with local ingredients for his seasonal menus, which offer unique and distinctive flavors.

“We recently debuted the fall and winter menu, which features a fantastic pan-seared scallop and risotto with wild mushrooms, and a grilled organic pork chop and braised red cabbage with apples and



white wine, paired with rösti potatoes,” he said. “For our fall dessert, we have an amazing seasonal apple almond tart paired with salted caramel ice cream.”

For additional information on Chef Moeller, visit diningatthewhitehouse.com, and to learn more about The Greenfield Restaurant & Bar, visit thegreenfieldrestaurant.com or stop by their Facebook page to learn about upcoming holiday specials.

a freshened up
classic
live jazz nights | catering | martini nights

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open for lunch and dinner Tuesday–Saturday · Sunday brunch · patio open - weather permitting



Finding Relief: Advancements in the Treatment of Chronic Pain



Steven M. Falowski, MD
Neurosurgeon

By Susan C. Beam

Are you or a loved one suffering from chronic pain? Are you interested in exploring new options for potential pain relief? On Wednesday, December 11, Dr. Steven Falowski of Lancaster's Argires Marotti Neurosurgical Associates will be presenting "Finding Relief: Advancements in the Treatment of Chronic Pain" at Clipper Magazine Stadium in the Lexus LC & RX meeting room. Doors open at 3 p.m. for greetings and light refreshments, and the main program will begin at 3:30 p.m., followed by a question-and-answer session.

The topic of the program will be neurostimulation, which involves implantation of a small device designed to provide relief from chronic pain by disrupting the pain signals traveling between the spinal cord and the brain. This innovative technology has proven advantageous for many who suffer from chronic pain by targeting precise areas of pain and adjusting signals for continuous relief, even during movement.

Argires Marotti is proud to offer this first-time community educational seminar by Dr. Falowski, a well-known and respected researcher and thought leader in the area of neurostimulation and chronic pain treatments.

"We have these amazing therapies that range from being very well established to also still being on the cutting edge and being innovative," said Dr. Falowski. "Patients automatically have a fear of 'brain' or 'spine' surgery.

However, the majority of the procedures I perform are minimally invasive procedures where patients go home the same day and have a much lower adverse profile than medications. The benefits from these procedures are enormous. My goal has always been to take these procedures out of large academic centers and bring them into the community for all to have."

Having joined Argires Marotti this year, Dr. Falowski was formerly the director of Functional

Neurosurgery at St. Luke's University Health Network in Bethlehem, Pa., with a practice specializing in neuromodulation, which was nationally recognized as a top practice. He remains active in researching new clinical trials in order to deliver the best possible practices to his patients.

"A large portion of my own research revolves around making the procedures as comfortable as possible and minimally invasive," Dr. Falowski commented. "I helped to pioneer a method,

now used internationally, of placing spinal cord stimulators for pain patients as an asleep method. It led to better outcomes, a more comfortable, faster procedure, and it was safer."

Dr. Falowski also emphasizes a patient-centered approach to medicine, and is looking forward to educating the Lancaster community on new possibilities for chronic pain relief.

"The patient is the center of everything I do. I formulate my mindset, my practice, and my

actions around being patient-focused and patient-centered. I want to be able to have several options in my toolbox so that I can be able to offer the best therapy to the patient. It's the idea of the right therapy for the right patient," he explained.

The "Finding Relief: Advancements in the Treatment of Chronic Pain" program is free, and RSVP is requested by December 4, as seating is limited. Please contact Sara Grosh at 717-892-8623 to RSVP.

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



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LANCASTER • (717) 358-0800





Advanced Technology Helps Prevent Diabetic Retinopathy



*Christian Hermansen, MD
Regional Medical Director
Family Medicine Physician
Penn Medicine Lancaster
General Health*



About 35 percent of people with diabetes have signs of diabetic retinopathy—a common complication of diabetes and the leading cause of adult blindness. When detected and treated early, the risk of severe vision loss can be reduced by 90 percent.

The problem is, about half of at-risk patients do not receive a regular eye screening and may not be aware they are slowly losing their vision. There are so many recommendations for diabetic patients—get your eyes checked; get your feet checked; get your flu shot; maintain your medications; check your blood sugar. Getting to the eye doctor can sometimes take a lower priority.

What Is Diabetic Retinopathy?

In a healthy eye, small blood vessels deliver nutrients and oxygen to the retina, which keeps it healthy. This is important because the retina sends signals to the brain that become the images we see.

For people with diabetes, excess sugar in the blood can damage those delicate blood vessels even if their diabetes is well controlled with diet or medication.

Unfortunately, by the time people start noticing symptoms of diabetic retinopathy, like blurred vision, difficulty seeing colors, floaters, and on occasion, sudden and complete loss of vision, the disease is often well advanced.

This is why early detection is so important.

Incorporating Screening into Primary-Care Office Visits

At Lancaster General Health, patients with diabetes can

be screened at their primary-care provider's office using TeleRetina technology. Providers use a handheld camera to capture an image of the back of the eye. The test takes about five minutes, is easy and painless, and does not require drops to dilate the eyes. Using special software, the images are sent to an ophthalmologist for review.

If you do have diabetic retinopathy, treatment can help the condition from getting worse. Options include better blood-

sugar control, medication, laser treatment, and surgery.

Can Diabetic Retinopathy Be Prevented?

TeleRetina does not take the place of a complete eye exam. It only looks for diseases that affect the retina. But it may save your sight. All people with diabetes should get an annual eye exam with an ophthalmologist.

In addition, there are steps you

can take to reduce your chance of damaging the small blood vessels in the eye that can lead to diabetic retinopathy:

- Keep blood-sugar and blood-pressure levels within a target range.
- If you smoke, quit.

Primary-care providers at Penn Medicine Lancaster General Health help patients manage a variety of chronic conditions like diabetes. Learn more and find a provider at LGHealth.org/PrimaryCare.

Your partner in good health.

The **Lancaster General Health Primary Care** team treats patients of all ages, with a focus on keeping you well. From preventive care and screenings to management of chronic conditions like diabetes, we make sure you and your family get the care you need when you need it. As part of Penn Medicine, we also bring you direct access to the most advanced treatment options. Start your relationship with an LG Health primary care provider today.

Schedule an appointment online today at LGHealth.org/PrimaryCare



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CHANGING
MEDICINE



The Mediterranean Diet: Proven Health Benefits



Kevin J. Lynch, MD

is the single most significant risk factor for premature death and disability, and while one could argue that it should be the primary focus among patients and medical providers, it is often not adequately addressed. Both patients and medical providers can be overwhelmed with all of the existing facts (and opinions) about “the best diet.” Furthermore, what seems solid fact one year is often considered a baseless fad the next year. This can be quite distressing and confusing for patients hoping to live healthy lives.

Fortunately, a few dietary patterns have stood the test of time with consistently proven health benefits. One of these is the Mediterranean diet, and it is worthwhile to review its benefits more closely. It has been shown to result in weight loss of 8–22 pounds over one year (superior to a low-fat diet). Adherence to the diet reduces the risk of developing diabetes by 19–23 percent. The diet is significantly

associated with a lower risk of all-cause cancer mortality. Specifically, it reduces colorectal, breast, gastric, prostate, liver, head and neck, pancreatic, and respiratory cancers. In an older population, a Mediterranean diet supplemented with olive oil (1 L/week) or nuts (30 g/day) is associated with improved cognitive function. Finally, greater adherence to the diet has been shown to reduce overall mortality by 8 percent and risk of cardiovascular disease by 10 percent.

What composes this diet? What to avoid? There is no absolute definition. Generally, fruits and vegetables predominate, with 7–10 servings recommended daily, composing half of each meal. Legumes and animal proteins from fish and poultry compose a quarter of the diet. The last quarter is composed of whole grains. Monounsaturated fats found in olive oil, nuts, and avocado are also important. Water should be the primary beverage, with moderate daily alcohol consump-

tion (one drink for women, two drinks for men), if desired. Avoid red meat, sugars, and refined grains (white bread, white pasta, white rice). Avoid processed foods in general.

For many people, even dietary patterns such as the Mediterranean diet can be overwhelming. If looking for general rules, make water the primary beverage, avoid processed foods, and lean towards a plant-based diet. Or, in the words of author Michael Pollan, “Eat real food, not too much, mostly plants.”

Dr. Lynch is a family physician with an interest in dietary and lifestyle counseling who recently completed his residency at Lancaster General Hospital. He is currently practicing at LG Health Physicians Family Medicine Leola, where he serves as managing physician and sees patients of all ages at this growing practice.



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

*Doctors and Patients—
Preserving the Relationship*

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Medical Society Foundation Awards \$10,000 to Area Residents

The Lancaster Medical Society Foundation, a Foundation of the Lancaster City & County Medical Society, recently awarded its 2019 scholarships to Matthew Bankert of Manheim, Luke Maillie of Lancaster, and Brogan Galbreath of Lititz.

Bankert received a \$5,000 scholarship; Maillie, \$3,000; and Galbreath, \$2,000. They were selected through a competitive review process, with submissions of more than 20 applications from across Lancaster County.

Bankert is a graduate of Washington College and a first-year medical school student at the Touro College of Osteopathic Medicine in Middletown, New York. Prior to enrolling in medical school, he served as a clinical research coordinator at the Penn State College of Medicine in the Neuromuscular Division and ALS Center.

Diagnosed with a pediatric disability at an early age, Bankert shares that his goal in life is to “simply use the challenges and

experiences that I have faced to cultivate a higher level of compassion, understanding, and willingness to do anything I can to assist the people around me.”

Maillie graduated from the University of Notre Dame and following a gap year researching access to cancer care in Tanzania as a U.S. Fulbright scholar, is currently in his first year at the Icahn School of Medicine at Mt. Sinai. He explains that his interest in medicine began to take shape as a high school volunteer at Penn State Hershey Medical Center.

“My absolute passion for medicine, however, began the first time I traveled to Shirati, Tanzania,” said Maillie. “While there, I saw patients dying from cancers that were treatable because a family could not afford the bus ticket to the nearest center, located five hours away. Being an MD will allow me to help build systems and treat patients in low-resource settings so that the world of global cancer care becomes one of equitable excellence.”



Matthew Bankert



Brogan Galbreath



Luke Maillie

Galbreath, a graduate of Villanova University, is a student at the Philadelphia College of Osteopathic Medicine. As a small child his life was saved by a diagnosis and subsequent treatment at Lancaster General Hospital. As a result of that experience, over time the treating physician became a mentor and helped Galbreath develop and explore a passion to pursue a medical career.

“Dealing with personal medical issues has allowed me to develop a close relationship with my long-term physician and has taught me

the importance of a trusting bond between patient and provider,” shares Galbreath. “It is my hope that through these personal experiences, I can show my future patients a certain compassion that helps them feel comfortable and allows me to provide them with the best possible care.”

Founded in 1991, the Lancaster Medical Society Foundation is a 501(c)3 nonprofit organization that was formed to grant scholarships to students from Lancaster County who are accepted at or continuing a medical degree at

an accredited allopathic or osteopathic medical school.

Scholarship recipients exemplify good character, motivation, academic achievement, and financial need. Since its inception, more than \$244,000 in scholarships has been given to deserving local students.

For more information about the scholarship, how to apply, or how to make a gift to the Foundation, please visit lancastermedicalsociety.org, then “Scholarship Foundation,” or contact the Society at **717.393.9588**.

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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

Dear Readers,

The arrival of cold, wintry weather signals the beginning of *The Most Wonderful Time of the Year*—Thanksgiving, Christmas, and the new year! What always amazes me is the speed with which everything happens. November arrives and suddenly Thanksgiving is upon us, immediately followed by Christmas, with the time between unfolding so quickly, it makes my head spin. Get ready for an amazing blur of wonderful activity!

In this edition we welcome former White House Executive Chef John Moeller, owner of The Greenfield Restaurant & Bar. He has created a festive array of holiday meals that are sure to satisfy even the most particular diner. He invites you to enjoy lunch and dinner and book your



LCW welcomes New Sales Director Richelle Brubaker!

holiday party at The Greenfield. His party rooms accommodate groups of all sizes. Read his feature story on page 3.

Continuing LCW's 20-year tradition of sharing our blessings, we invite you to "Share Your Blessings" by selecting one or more local community organizations who can use your help. These organizations benefit our community by providing much-needed resources to individuals and families who need a helping hand, especially over the holidays. Please be generous and make their holidays brighter with a generous donation of time and money. You will be blessed.

Clipper Stadium's "Holiday Magic Inside the Ballpark" runs from Wednesday, Dec. 11, through Sunday, Dec. 22. Take your family and enjoy the fun activities and a drive through the park to see 100 beautifully decorated Christmas trees! It's free ... however, you can make a donation to support our local community organizations who help the needy throughout the year.

For anyone who's lost a loved one, DeBord Snyder Funeral Home & Crematory and the First Presbyterian Church of Lancaster are presenting "Blue Christmas: A Service of Remembrance," Sunday,



LCW Managing Editor JoAnn Notargiacomo

December 1, at 3:00 p.m. You'll find details inside on page 22.

For all you ladies who love beautiful party dresses, please check out Bella Rose Bridal Boutique's selection! They are exceptionally beautiful this season, and you're sure to find the perfect dress for that special event. Owner Tami Johnson and her wonderful staff are the kindest, most accommodating ladies, and you'll love the service they provide.

Last, but not least, we thank you—our readers and contributors—for being the most important part of our business for 21 years. We are truly blessed.

Please remember our servicemen and servicewomen and their families this holiday season. May God continue to bless them.

May you have a happy Thanksgiving, Merry Christmas, and a prosperous new year!

JoAnn Notargiacomo
Managing Editor

CFGFP to Partner with the Catholic Charities Appeal (CCA) to Raise Funds for Mercy Hospice

Celebrated annually on the Tuesday following Thanksgiving, #GivingTuesday encourages broad participation to give back to communities and causes that matter in impactful ways.

Catholic Social Services of the Archdiocese of Philadelphia's (CSS) Mercy Hospice has been selected by Catholic Charities Appeal (CCA) and The Catholic Foundation of Greater Philadelphia (CFGFP) as its official #GivingTuesday beneficiary. This year's #GivingTuesday observance will be held on December 3, 2019.

Mercy Hospice, part of the Housing and Homeless Services

Division of CSS, offers stability and hope to women in recovery from substance abuse—in particular, mothers with young children. Women are offered life skills, parenting education, case management, recreational and enrichment programs, and child care in a safe and loving environment.

Those interested in supporting Mercy Hospice on this international day of charity can make a one-time or reoccurring financial contribution through a dedicated link by visiting www.catholiccharitiesappeal.org/donate/givingtuesday.

Funds derived from #GivingTuesday will enable Mercy Hospice to purchase basic necessities for its residents, including blankets, bed linens, slippers, cookware, flatware, and more. In addition, funds will help with essential infant and toddler items such as diapers, baby blankets, monitors, clothing, pajamas, and toys.

Since 2012, #GivingTuesday has become widely recognized as a day of giving back to causes that matter most. Following Black Friday and Cyber Monday, it marks the beginning of the charitable season.



Creating Connections and Supporting Community

By Susan C. Beam

Looking for a way to make a difference in Lancaster in 2020? Interested in connecting with other women who feel passionate about supporting the community? If the answer is “yes,” local organization 100 Women Who Care, a group of dedicated women who believe in supporting Lancaster-based nonprofit and charitable organizations, may be a perfect addition to your 2020 calendar.

“All of us at the meetings clearly care deeply for our community. This is a fantastic way to learn about groups and organizations who are doing amazing work – and you may never have heard of them before. It’s heartwarming and eye opening at the same time. It also gives members a chance to nominate a non-profit they feel passionate about,” explained planning committee member Connie Buckwalter.

100 Women Who Care is a nation-wide organization of women who gather multiple times a year to support local communities. The Lancaster chapter began meeting in March 2015 thanks to the efforts of local chapter founders Sarah Yohe, Development Director at Girls on the Run of

Lancaster, and Kate Kooker, formerly Director of Advertising for the Ten Thousand Villages home office.

According to Buckwalter, the founding was somewhat of a serendipitous event.

“Sarah had been hearing about the organization for a long time and became interested in starting a local chapter. At the same time, Kate attended a meeting of 100 Women Who Care Chester County, Pa., and wanted to see the same impact in Lancaster,” she explained, adding the Chester County chapter was instrumental in introducing Sarah and Kate.

“The first meeting drew 133 members, who selected Schreiber Pediatric Center as the recipient of the first donation,” said Buckwalter, noting that the success and enthusiasm of the group encouraged members to keep meeting until taking a short mini-break in 2018.

“After several years, as with many planning committees and boards, the co-founders and several planning committee members who had served the group since its inception saw the benefit in stepping aside to allow for fresh ideas and new energy

to reignite the group. The group reconvened in September 2019 with about 70 members who selected Our Home of Hope as the recipient,” continued Buckwalter.

Buckwalter added that the new planning committee consists of Lynn Marquez, Karen Geisenberger, Susan Wallace, Peg Krolak and herself.

But how does it work?

100 Women Who Care meets three times a year, with meetings running approximately one hour. Each member commits to donating \$100 per meeting and, at least eight days prior to the meeting, may nominate a Lancaster-based charitable organization to be the recipient of the totaled donation fund. From the nominations, three organizations are randomly selected, with a representative invited to do a five-minute presentation at the meeting. Afterwards, committed members vote by ballot, and each member writes a check to the winning organization.

“I wish I could write huge checks, but the truth is that I cannot. So by writing a \$100 check three times a year, I still feel like a part of something larger, as my check gets combined with ev-



100 Women Who Care meeting at Tellus360. Committee members (left to right) Connie Buckwalter, Susan Wallace, Peg Krolak and (far right) Karen Geisenberger present the winning check to Mabel Hershey from our Home of Hope in Columbia. The actual total donation was more than \$6,400.

everyone else’s donations to make a significant contribution. I enjoy the synergy of being part of a like-minded group of caring women and the satisfaction of helping others touch the lives of people in our community,” Buckwalter said.

The group has made a significant contribution to the overall community. Since early 2015, 100 Women Who Care has contributed more than \$145,000 to a number of Lancaster nonprofits, including the Milagro House, Meals on Wheels, and Tabor Community Services.

If you’re interested in participating, Lancaster’s 100 Women Who Care will be meeting once

more this year.

“Our next meeting is December 9 from 5:30–7:00 p.m. at Tellus 360 in Lancaster. If you are unable to attend the meeting but still want to be a part of the group, you can check the Facebook page or website afterward to find out the winning nonprofit. You can then send a check made out to that nonprofit and send it to 100 Women Who Care, who will be sure to get the check to the recipient. We like to present all of the checks at once for maximum impact,” said Buckwalter.

For more information on the Lancaster chapter of 100 Women Who Care, visit www.100womenwhocare-lancaster.com.

Christopher Farrell: Promoting Optimal Health for Quality of Life



Christopher Farrell, DO

By Susan C. Beam

For Dr. Christopher Farrell, practicing at Regional GI is the culmination of a childhood dream: to effectively support his local community in achieving and maintaining optimal health and quality of life by working with a team of professionals who believe in combining inno-

vative research, medical expertise and individualized, focused patient care.

“I feel privileged to work in a practice like Regional GI. Our supporting staff in the office are wonderful and hardworking,” he commented. “Additionally, at MidAtlantic Endoscopy, I truly believe we have the best CRNAs, nurses and ancillary staff a procedure center can offer. Both the physicians and our patients are lucky to have them.”

According to Dr. Farrell, medicine was always in his future.

“I knew I wanted to pursue medicine since a young age. I saw it as a difficult yet rewarding profession, and one where you can genuinely help others,” he explained, adding that growing up, he found science courses, especially biology, chemistry and physics, stimulating and rewarding.

His passion for science led him to his educational path. After graduating with a Bachelor of Science degree in biology from the University of Scranton, Dr. Farrell attended the Philadelphia College of Osteopathic Medicine, then finished his Internal Medicine Residency and Gastroenterology Fellowship at Lankenau Medical Center in 2012. During his internship, he sharpened his focus on internal medicine and, later, his specialization in gastroenterology.

“I liked internal medicine because it was all encompassing. You need to know how to treat the whole patient across all disease processes. I wanted a base in internal medicine, but also wanted to specialize. Gastroenterology was, for me, the perfect combination of practicing focused-based medicine coupled with performing procedures,” explained Dr. Farrell,

who began practicing in Lancaster in 2012.

According to Dr. Farrell, his patient philosophy is based on compassionate understanding and education, and he is committed to understanding each patient on an individual level and offering informed solutions based off patient history and recent field research.

“I strive to be prepared for my patients in order to offer them the best possible care. I thoroughly research their personal background as well as review previous studies before seeing them in order to fully understand their history. Then, I like to listen to their issues carefully so I have the best idea as to what is truly bothering them in order to give them the best treatment,” he commented.

“I would encourage patients in

the community to not be discouraged about getting their screening colonoscopy. It is a painless test that has been proven to help prevent colon cancer,” he added.

For the future, Dr. Farrell says he plans to remain focused on patient care and comfort.

“I hope to continue to build and grow at RGI to make us the premier gastroenterology practice. It is my goal, along with the rest of the RGI team, to continue to provide cutting-edge treatment, both medically and endoscopically,” he said.

When not seeing patients at RGI, Dr. Farrell enjoys spending time with his family, which includes wife Meghan and their children—Finn, Marie, Kellan and Nealon. Together, they enjoy sporting events, traveling and spending time with friends.

Penn Medicine Lancaster General Health Announces Cancer Institute Expansion

The Penn Medicine Lancaster General Health Ann B. Barshinger Cancer Institute (Cancer Institute) announced recently that it has broken ground on a new state-of-the-art proton therapy facility, becoming the second site in Pennsylvania to offer the innovative radiation therapy to cancer patients.

Construction began in September to add proton therapy to the Cancer Institute's broad array of radiation-therapy services uniquely offered in a single location by a community hospital. Expected to be completed by fall 2021, it will be the first and only proton therapy center in Central Pennsylvania.

The Cancer Institute is also expanding the availability of its general research and clinical trials to patients, offering the opportunity to try new and effective treatments that could potentially improve their condition while taking part in vital research that can benefit many future patients.

The Cancer Institute also continues to enhance its personalized medicine services by offering more

precision radiation approaches, expanded precision diagnostics, and additional precision treatment and prevention methods.

"The combination goes beyond traditional manners of understanding and responding to disease," said Randall A. Oyer, MD, Medical Director, Penn Medicine Lancaster General Health Ann B. Barshinger Cancer Institute. "Here, physicians pursue a therapy or treatment protocol based on a patient's molecular profile, to minimize harmful side effects and to achieve a more successful outcome."

When it opened in June 2013, part of the Cancer Institute's vision was to provide a range of services that would offer comprehensive, state-of-the-art, compassionate cancer care while minimizing the number of people needing to travel outside Lancaster County for advanced oncology care.

"Today, as part of Penn Medicine, our patients benefit from the collaborative efforts of experts here at the Ann B. Barshinger Cancer Institute and at Penn Medicine's

Abramson Cancer Center—one of the nation's foremost leaders in cancer research, patient care, and education," said Jan Bergen, President & CEO, Penn Medicine Lancaster General Health.

About Proton Therapy

Proton therapy has a few key differences from traditional radiation. Traditional therapy uses X-rays, which are a form of photon radiation. The rays go into the body from one side and come out the other, touching more than just the cancer cells and potentially damaging healthy tissue along the way. The proton beam is positively charged and enters the body at a low dose of radiation. When it hits the cancer it's targeting, the dosage increases. The beam then stops, preventing the radiation from moving through healthy tissue and exiting the other side of the body. This enables healthy tissue to be spared, while maximizing the chances of attacking cancer cells.

"Current patients who may benefit from proton therapy—especially for hard-to-treat cancers—can

only receive this therapy at a handful of specialized centers across the country," said Dr. James Metz, Chair, Radiation Oncology, Penn Medicine. "This project represents the next phase of proton therapy, further enhancing patients' access."

Proton therapy will be provided in a nearly 8,000-square-foot, four-story building adjacent to the Cancer Institute now under construction. The project represents a \$48 million investment in innovative and essential patient care for Lancaster County and surrounding communities.

Penn Medicine is a global leader in proton therapy. Penn radiation oncologists have treated more than 6,000 patients since the Roberts Proton Therapy Center in Philadelphia first opened in 2010, and have trained more than 500 medical professionals from across the world, many of whom attend an annual three-day course hosted at Penn. That course helps train



doctors and healthcare leaders to learn about best practices in the use of this emerging technology as they establish new proton centers around the world.

Clinical trials in the Roberts Proton Therapy Center have mapped new treatments for pediatric brain and spinal cord tumors, pancreatic cancer, lung cancer and many other diseases that are otherwise difficult to treat with radiation.

Proton therapy is perhaps the most advanced treatment for cancer tumors located close to critical organs and highly sensitive areas, such as the spinal cord, heart and brain.

Proton therapy is also an important treatment option for cancers that cannot be completely removed by surgery.

When Tragedy Strikes, Should Families of the Accused Also Suffer?

theloveisgreaterthanhateproject.com

When the most heinous crimes occur—murders, mass shootings, serial killings—much of the focus understandably turns to the victims and their grieving families who struggle to make sense of senseless violence.

But the perpetrators have families, too, who often are horrified and guilt-ridden by what happened.

Even the famous are not immune. Olympic gymnast Simone Biles revealed recently how agonizing it was to process the news after her brother was charged in a triple homicide. Biles tweeted that her "heart aches" for the victims and their families. But she also asked for respect for her family's privacy "as we deal with our pain."

"It's an understandable request because the pain of an accused perpetrator's family can be unbearable," says Dr. Buck Blodgett, who wrote "A Mes-

sage from Jessie" and founded The LOVE>hate Project (www.ligth.org) after his daughter was raped and murdered by an ex-boyfriend in her own home.

Even as he mourned his daughter and sought justice, Blodgett felt empathy for the parents of the young man eventually convicted in her death.

"They are good people," he says. "They unquestionably provided a loving, caring, quality home environment for their children. They had nothing to do with the choices their son made. And they have been through a hell that few can imagine."

Blodgett has a message for those caught up in either side of a tragedy—and for anyone who struggles to understand why the world is filled with such suffering: Don't lose faith in human goodness.

Blodgett remembers during one court hearing when he and

his wife passed the defendant's parents and their family. They exchanged hugs, blessings and sympathies. Later, two members of the family approached him and thanked him "for the grace you have shown our family." Blodgett says that touched him. "The fact that two families on opposite sides of a murder trial could show each other respect, empathy and love meant everything," he says. "It brought faith in the goodness of people, and a small measure of healing back into our families."

Understand who is really responsible. After his daughter's murderer was sentenced, Blodgett approached the convicted killer's mother, hugged her and told her she was a great mom. He imagined she must ask herself numerous questions, including "Could I have done something different?" Blodgett says that's the wrong question, and says it's better to ask, "Why

did (the killer) choose to use his gift of free will in this way?"

Choose love over hate. Once tragedies happen, they can't be undone, and the grieving process may never end, but Blodgett is convinced people can create some good out of even the most horrible of events, regardless of which side of that event they fall on. In Blodgett's case, he founded the LOVE>hate Project with the mission of ending violence against women and promoting love over hate.

"How do you overcome something like this?" Blodgett asks. "With love. With an open heart, an open mind, an open will. For me, the answer is refusing to let hate win; refusing to let it shape me, govern my actions, tell me who I am. Hate is not allowed in my heart."

About Dr. Buck Blodgett

Dr. Buck Blodgett is the author of "A Message from Jessie,"



the founder of the LOVE>hate Project (www.ligth.org), and was named the 2015 Resilience in Education Person of the Year. In family chiropractic practice since 1996, he is also the founder of The Chiropractic & Wellness Group, Inc. and Wellness Drs. He and his wife, Joy, were the parents of Jessie, who was murdered when she was 19. Since her death, Blodgett has worked to end violence and to educate, motivate, and inspire young minds to choose love over hate. He speaks nationally in schools, conferences, and prisons.



Victoria VanBuren, MS, BSL

Tips on Panic and the Holidays

Panic is a universal human experience and is a functional reaction to dangerous stimuli. Panic elicits the sympathetic nervous system's quick-acting response, which is associated with the fight or flight response. This response is an innate survival instinct which promotes an immediate reaction. The physical symptoms of panic include shortness of breath, accelerated heart rate, trembling or shaking, nausea, sweating or feeling warm, numbness or tingling in hands or feet, derealization (feelings of unreality) or depersonalization (feeling detached from one's self) and fear of losing control. In a dangerous situation, these symptoms may be the result of the body preparing energy to fight or run away. However, these symptoms can become dysfunctional if there is no dangerous stimuli present.

The amygdala is the part of the brain which filters incoming stimuli

to help the body react. The amygdala is not able to distinguish between a real threat or a perceived threat. Panic may be elicited even if there is a possible threat that doesn't require the fight-or-flight response, such as public speaking. Instead of fight or flight, there may also be a freeze response. Some individuals experience panic attacks which come on with no apparent reason at all and can be very intense.

How to get through a panic attack:

1. Move to a quiet space.
2. Calm yourself with deep, steady stomach breathing.
3. Listen to calming music or a favorite familiar tune.
4. Close your eyes to limit incoming stimuli, and visualize a calming place (a garden, forest or beach).
5. Keep in mind it will not last forever. It will end in about 30 minutes, after the perceived threat is no longer perceived as a threat.
6. Change your thinking from "what if I fail" or "what if I'm dying" to "everything will be fine" and "this is a normal reaction and will end soon."

7. Light exercise or walking can engage the body and senses.
 8. Practice mindfulness by holding an object and focusing on its texture, color, smell, etc.
 9. Those who experience anxiety or panic regularly may carry an object such as a small gemstone to help them stay mindful and stop a panic attack.
 10. Repeat a mantra silently to yourself, ourself such as "everything will be okay" or "I am resilient."
 11. Calm yourself with aromas such as lavender, vanilla or your favorite scent.
 12. Schedule an appointment with a psychotherapist to explore and better manage anxiety.
- Anxiety and panic attacks can be treated effectively with psychotherapy, specifically cognitive behavioral therapy. Seek help when a panic attack:
1. lasts longer than usual.
 2. is much worse than usual.
 3. is inhibiting your life, preventing you from going to work, socializing or completing daily tasks.

Psychological Services, Pc

Life Span

Lynnette G. Ruch, Ph.D.
Alyssa Roberts, MA, NCC
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

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Holiday Homes on Parade

In a special holiday event, the Building Industry Association of Lancaster County is excited to present the third annual Holiday Homes on Parade, a public tour of eight newly built and remodeled homes decorated for the holidays, set for Friday, December 6, from 5–8 p.m., and Saturday, December 7, from 2–8 p.m.

Guests will enjoy inspiring displays of design, décor and detail. Lite holiday fare will be sprinkled throughout the self-guided tour, and door prizes will be featured at each stop. Tickets are \$12 per person until November 30, and then \$15 per person after that date and can be purchased through Eventbrite or in-person at Penn Stone (Lancaster) and Cloister Flooring (Lititz). A portion of the proceeds will benefit the Salvation Army Coats for Kids.



The event, sponsored by Ephrata National Bank, will feature the following homes:

- 190 West Ross Street, Lancaster: Penn Stone
- 421 N. Mary Street, Lancaster: Kitchens by Eileen
- 1180 Erbs Quarry Road, Lititz: Kitchens by Eileen
- 540 Red Maple Way, Lancaster: Homestead Village/EGStoltzfus Homes
- 1456 Limestone Ridge, Landisville: EGStoltzfus Homes
- 35 Highville Road, Millersville: Dutch Quality
- 160 Bonnevillie Drive, Ronks: Custom Home Group
- 3 Heatherwood Lane, Denver: Berks Homes

Tickets and more details are available at www.holidayhomesonparade.com. Electronic or print-at-home tickets can be purchased through December 7.

Jump-Start Cold and Flu Season with an Immune System Makeover

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

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

2. Prepare your natural medicine cabinet. Be ready at the first sign of a cough or sniffle. Here are seven immune-supporting items I keep in my cabinet at all times:

Black Elderberry: Take this at the first sign of a stuffy nose or scratchy throat. The antioxidant-rich black elderberry is a real immune health hero. It's been used since ancient

times in remedies for colds, coughs and upper respiratory infections. Chewable Sambucol Gummie are great for kids because they taste like berries.

Vitamin D: Supplementing becomes even more important as days grow shorter and there's less sunshine. Plus, vitamin D3 is a natural flu fighter.

Zinc: Liquid zinc boosts white blood cell production to kill off viruses.

Probiotics: Since most of the body's immune cells are in the gut, you want to keep it replenished with the good guys!

Omega-3s: These are boost mental focus, and boost gut and immune health.

Magnesium: This helps muscle recovery, digestive regularity, and promotes a good night's sleep.

Barley Grass Juice powder: This contains many amino acids, and is chock-full of vitamins and minerals for overall wellness.

3. Sweeten their lunch boxes without sugar. Refined sugar has a negative impact on the immune system. So instead

of processed chips which may be loaded with hidden sugars, pack thinly sliced cucumbers with a side of hummus. Toss in fresh fruit slices to quell a sweet tooth.

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

5. Take advantage of opportunities to serve healthy meals at home. I know all about a packed schedule once school starts. But when meals are prepared in your own kitchen, you have more control over what goes into them. When the weather turns cold, I get excited because it's bone broth season. Genuine, homemade bone broth helps us recover from colds and it's my go-to afternoon pick-me-up. Pome-

granates are also in season right now and they're antioxidant bombs! Carrots and sweet potatoes support respiratory health, and they are freshest in the fall. And be sure to watch for seasonal heirloom tomatoes. They not only taste great in tomato sauces and gazpacho, but I pack them like candy into lunch boxes. My Nutrition School for Families online program has many more ideas and resources for transitioning from fast-food to home-cooked meals.

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

About the Author

Esther Blum, MS, RD, CDN, CNS, is an Integrative Dietitian and bestselling author of *Cavewomen Don't Get Fat*; *Eat, Drink and Be Gorgeous*; *Secrets of Gorgeous*; and *The Eat, Drink, and Be Gorgeous Project*. She currently maintains a busy private practice in Connecticut where she prescribes whole food diet therapy and

supplement protocols to heal and reverse chronic illness.

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

Esther received a Bachelor of Science in Clinical Nutrition from Simmons College in Boston and is a graduate of New York University, where she received her Master of Science in Clinical Nutrition. Esther is credentialed as a registered dietitian, a certified dietitian nutritionist and a certified nutrition specialist. She is also a member of the American Dietetic Association, Dietitians in Functional Medicine, Nutritionists in Complementary Care, and the Connecticut Dietetic Association.

EarthTalk™ – Amazon Rainforest Fires

What are the ramifications of these horrendous fires taking place now in the Amazon Rainforest? What can be done to stop the madness?

– Jane W., Waterbury, CT

Fire isn't new to the Amazon rainforest of South America, but it has certainly reached epic proportions this year. Some 26,000 different fires are now burning continuously throughout the region. Many of these blazes have been set intentionally by ranchers and farmers trying to (illegally) clear and use more and more land for raising cattle and crops.

These so-called "slash-and-burn" tactics reduce wildlife habitat and biodiversity accordingly while releasing massive amounts of carbon dioxide into the atmosphere, only adding to our climate woes. Meanwhile,

indigenous groups who depend on the rainforest for subsistence teeter on the brink of survival in the face of shrinking habitat.

Unfortunately, putting out most of these existing fires isn't feasible; they'll have to run their course. Environmentalists agree what we can do is prevent more land from burning in the future as one way of protecting the intact tropical rainforest that remains throughout the Amazon.

But how? For starters, by working on the ground in partnership with local indigenous communities on making their forests sustainable through tourism and responsible use without resorting to clearing/burning the land. One of the leaders in this new breed of rainforest activism is Niyanta Spelman and her group Rainforest Partnership, which currently

has four different projects underway with the Achuar, Chipaota and Colibri indigenous communities of Peru and the Sani Isla community of Ecuador.

"When managed sustainably, ecotourism in the rainforest can help protect biodiverse ecosystems, provide reliable income to forest communities, and educate travelers about the importance of conservation," says Spelman, who launched Rainforest Partnership in 2007 and has built it into one of the most impactful groups working in the region.

Meanwhile, other groups are focusing on converting farmers and ranchers over to more sustainable crops and practices. "Although the fires were set to clear space to occupy the land, a lot of the area is not used productively or is used mainly for

land speculation," reports the Nature Conservancy, another leading non-profit working on the ground in the Amazon and elsewhere to protect tropical rainforests. "There is already a considerable amount of land in the Amazon to increase production of food without deforestation." The Nature Conservancy sees smarter use of land across the Amazon that's already been converted to agriculture as one key way to stem the tide of rainforest loss and ultimately global warming.

As for what people can do, being more thoughtful about the foods we eat is a big step in the right direction. That hamburger meat you are eating might well come from cattle on a burned-over pasture in a former slice of the Amazon rainforest. That'll give

you pause when you are thinking about what to put in the shopping cart at the grocery store and what to order off of a restaurant menu. The shocking truth is that 80 percent of tropical rainforest destruction across the Amazon is fueled by beef production. So eating a more plant-based diet is a great way to help protect what's left of the world's tropical rainforests.

Contacts: Rainforest Partnership, rainforestpartnership.org; The Nature Conservancy, nature.org.

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Gastroparesis: Do You Have a 'Lazy' Stomach?



Carl G. Colton, MD

emptying are more pronounced in patients with type 1 diabetes mellitus than type 2.² Data suggests that those with poorly controlled diabetes as evidenced by high blood-glucose levels are more prone to develop delayed gastric emptying. Various viruses can cause gastroparesis, on occasion causing symptoms of gastric stasis that are prolonged in duration. There are also medications that can delay gastric emptying, and on occasion certain gastric or thoracic surgeries may be associated with gastroparesis. Some common neurologic disorders are occasionally associated with gastroparesis, including multiple sclerosis, stroke, tumor, amyloid, and Parkinson's disease. Other rare causes of gastroparesis include autoimmune gastrointestinal motility disorders, scleroderma, and other conditions.

It's important to recognize that many patients with the aforementioned medical conditions do not develop gastroparesis. Symptoms of gastroparesis include nausea, vomiting, abdominal pain, early satiety (becoming full quickly), postprandial fullness, bloating, and if severe, even weight loss.³ The pain is usually localized to the upper ab-

domen. On occasion the vomitus may contain food ingested several hours earlier. It's important to recognize that there are many conditions other than gastroparesis that cause these symptoms so the presence of these symptoms, does not necessarily mean a patient has delayed gastric emptying, or gastroparesis.

In addition to a carefully obtained history and physical examination, initial evaluation of patients presenting with these symptoms might include laboratory studies, upper endoscopy, and various imaging studies. It's important to exclude a mechanical obstruction (blockage). There are other tests specifically designed to assess gastric emptying or evaluate a patient's neuromuscular system as related to the gastrointestinal tract.

There are several approaches to treatment in patients with gastroparesis. Dietary modification is important and might include avoiding foods that can increase symptoms of gastroparesis, such as fatty, acidic, spicy, and roughage-based foods.⁴ Fat slows gastric emptying and foods such as some fruits and vegetables may be difficult for

some patients with gastroparesis to empty. Thus, a diet low in fat and low in nondigestible fiber might be recommended. Carbonated beverages can aggravate gastric distention, so they should be avoided.⁵ Alcohol and smoking should also be avoided because they can decrease gastric emptying by affecting the antrum's (lower portion of stomach) ability to contract.⁶ It should also be noted that gastric emptying of liquids is easier than solids. Patients are often advised to eat smaller, more frequent meals.

Recurrent vomiting and reduced oral intake may result in electrolyte, vitamin, and nutritional abnormalities or deficiencies, so careful monitoring is important. Hydration is vital.

In diabetics, optimizing control of blood-glucose level is important.

There are several medications, a class of medications called prokinetics, which are effective in increasing the rate of gastric emptying and might be prescribed by physicians treating gastroparesis. Patients are often prescribed medications designed to treat nausea, medications known as antiemetics.

There are other methods to provide nutrition and emptying of the stomach in more severe, refractory cases. Additionally, in very rare cases, consideration is given to gastric electrical stimulation or a gastric pacemaker, a procedure performed only in specialty centers with expertise in its placement.

Investigational therapies for gastroparesis are continually being evaluated in ongoing studies.

Our gastroenterologists at Regional GI would be glad to answer questions related to gastroparesis or other gastrointestinal conditions. To contact Regional GI, please call **717-869-4600**.

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Gastroparesis is defined as a delay in emptying of the stomach (gastric emptying) in the absence of a mechanical obstruction (blockage), and is due to abnormalities of the coordination of nervous and/or muscular systems of the stomach. This delay is also known as gastric stasis.

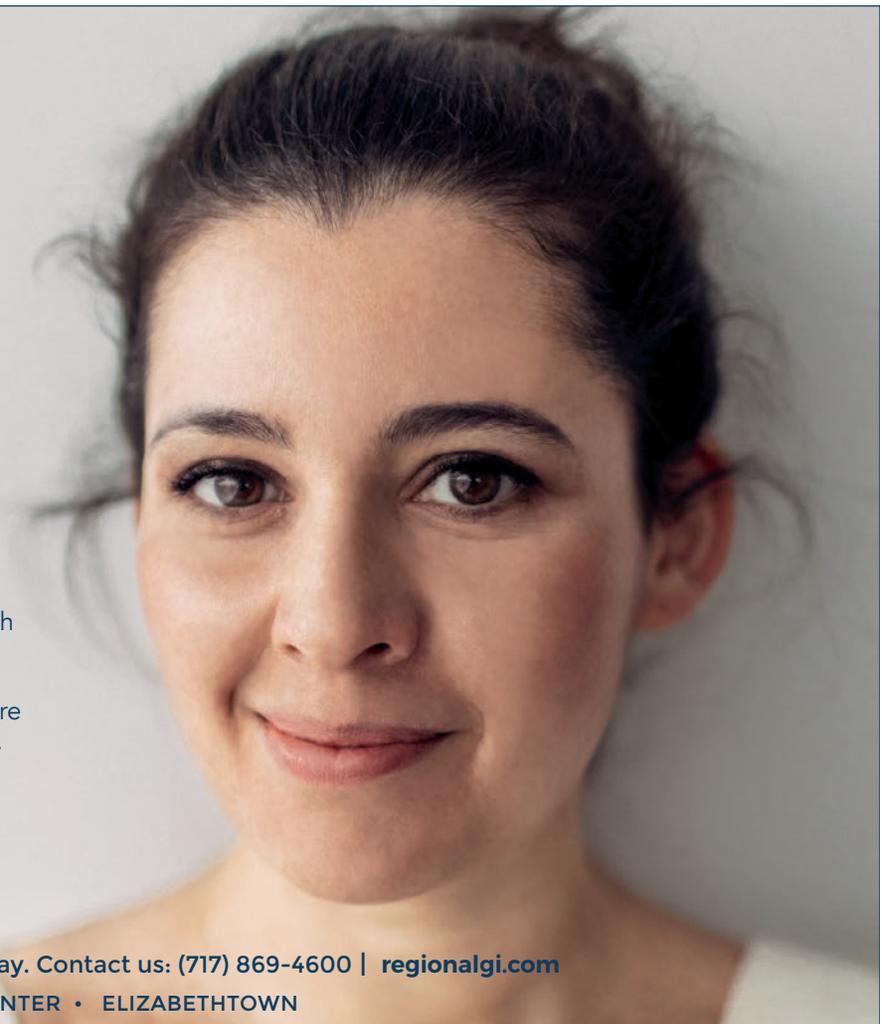
There are many causes of gastroparesis. Over one-third of cases of gastroparesis are thought to be idiopathic, meaning no apparent cause is identified.¹ Diabetes mellitus is the most frequent identifiable cause of gastroparesis, in one study accounting for 29 percent of patients with gastroparesis.¹ Symptoms of delayed gastric

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- increased restfulness of sleeping partners (spouses) due to less audible disturbances
- durable and BPA-free appliance
- clear device—discrete to wear but available with vibrant blue, green, or pink S-shaped side links to make it easy to find while outside of the mouth (provides a touch of personalization)



Maximize Benefits Through Comprehensive Care

By Susan C. Beam

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

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

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

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

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

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

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

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

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

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

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

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

If you or a loved one is ready to make an investment in dental health and confidence, or for additional information, contact Smiles By Stevens by visiting smilesbystevensdmd.com or calling 717.581.0123.

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Celebrating the Season at Spa la Vie



Danielle Todd

By Susan C. Beam

to pamper, revitalize and contribute to total body wellness.

“We’re really delighted about our expanded menu and bringing these options to the Lancaster community—some of these treatments are totally new and really take self-care to a new level,” said Danielle Todd, owner/founder of Spa la Vie.

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

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

Additionally, just in time to keep your skin glowing during the winter months, Spa la Vie is unveiling new facials and facial add-ons.

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

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

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

If deciding on a facial is too difficult, Spa la Vie also has their Glow-Getter Facial of the Month club, which features a special monthly, seasonal facial. According to Todd, upcoming in January is their Champagne and Caviar Facial, and February has a love-themed facial of Chocolate and Roses.

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

“For the holidays, we have some great sales on gift certificates—and best of all, you can order them in the comfort of your own home! Our Gratitude Sale, which is 20 percent off any gift certificate over \$100, begins the Wednesday before Thanksgiving and runs through Cyber Monday, and then beginning December 4 and running through December 26, all gift certificates purchased online are 10 percent off,” said Todd.

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

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C. Katherine DeStefano, PhD, LPC

To See a Psychiatrist or Not To?

school to learn mental health medicine where as a psychiatrist spent a minimum of 2 years after medical school specializing in the field of psychology. This 2 year residency earned him/her an expertise in mental health.

So to see only a PCP or to see a Psychiatrist when experiencing mental health concerns...that is the question... The answer is (1) anyone in need of psychotropic medication, those medicines specifically developed to treatment psychological issues, such as depression, anxiety, and the like, (2) the mental health issues requiring polypharmacy, prescribing more than one medicine to treat the same condition, (3) the mental health concern worsens, and/or (4) the condition remains unchanged after 6 months, requiring changes in prescriptions without much symptom relief.

The answer to addressing any mental health issues should always include some work with a trained mental health professional, like a psychologist, psychotherapist, and/or counselor regardless of the provider who prescribes the psycho-

tropic medications. Working with a psychiatrist also means working in tandem with a psychotherapist. Psychiatry is a higher level of care. Fully addressing a person's mental health needs requires treatment of both his/her physical health (biochemistry) and behavioral health (social and emotional).

Utilizing a biopsychosocial treatment approach provides the best outcomes and as such requires both professionals working as a team with an individual's primary care provider. New Horizons Counseling Services has psychiatric services available within a month instead of the 3 to 6 month wait commonly experienced when trying to schedule with a specialist. Most importantly, New Horizons will work collaboratively with any other mental health professionals to provide psychiatric services. As an agency we have both prescribers and therapists but the choice of who provides those services lies with the individual in need. New Horizons role is to facilitate access to mental health resources by coordinating care and working as a team with our clients.

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Hemp CBD Extract: The Inshanti Difference



Debra Stoltzfus

These days, CBD products are everywhere: from dominating the headlines to showing up at local convenience stores in the form of various edible goods. For Debra Stoltzfus of Lancaster's Inshanti Pure Essential Oils, the excitement is equally positive and concerning. "I'm delighted people are beginning to see some of the benefits of CBD, which has been under intense study for many years and has been shown to have positive impacts on both mental and physical health.

However, I urge people to educate themselves on where their products are being produced," she said.

A compound found naturally in hemp, cannabidiol extract, or CBD, has been proven useful as an antioxidant and has demonstrated a number of positive health benefits, including lowering anxiety, easing inflammation and decreasing pain, according to scientific studies.

For Stoltzfus, having studied under a number of master chemists and achieved a multitude of advanced certifications in plant-based science, researching and understanding CBD products is a critical part of proper usage for achieving maximum benefit.

"For someone looking to harness the benefits of CBD products, I suggest looking for a Certificate of Analysis, which is a document which confirms a regulated product meets its product specifications and ensures quality. The number on the certificate should match the batch number on the bottle," explained Stoltzfus, adding that she

is concerned about the multitude of tainted CBD products being offered to consumers, especially with media reports of spiked products causing negative reactions.

Trained in both understanding how climate and environmental conditions affect plants and how to ensure proper chemical composition of plant-based extracts through rigorous testing, Stoltzfus has always approached her essential oils and oil blends, including her CBD products, as a fact-based, synergistic and holistic science where chemical components combine for maximum benefit.

"Our CBD extract comes from hemp grown organically as part of a government-approved industrial hemp research project in Kentucky and is pesticide-free and mold-free. You can find cheaper hemp products imported from Europe, but they are usually made from waste hemp (byproducts) which contain heavy metals and need to be refined using harsh chemical solvents. Not so with Inshanti CBD products. Ours are produced

in the U.S. using the entire organic hemp plant and needing no chemical refinement," she said.

"Extracted from hemp with CO₂, the THC level in our CBD hemp products is kept below the federal legal limit of 0.3 percent, meaning it is not a mind-altering drug," Stoltzfus continued. "It is non-addictive, nonintoxicating and perfectly legal in all 50 states. We offer it at Inshanti for people who have read about the possible therapeutic benefits of CBD and wish to see if it alleviates their own symptoms."

For Stoltzfus, the "Inshanti Difference" is both knowing that her clients are getting the highest-quality product, based off strict, science-based standards, and are educated on proper use. Inshanti offers several products according to personal need and preference, including extract drops in unflavored, cinnamon and vanilla, their Golden Heart line, which is distilled extract refined into a honey-like texture in unflavored, Wild Mountain Berry, and Vanilla Mint

and their Double-Edged Sword™ (topical pain relief), which combines known pain-relievers CBD and BCP from copaiba oil into a single topical oil.

According to Stoltzfus, both ingredients and price point are good indicators of quality, as any CBD worth taking runs \$50 to \$250 for a one-ounce bottle, depending on how many milligrams of CBD are in it.

"If the price seems too good to be true, it probably is. Think of CBD as an investment in yourself and your health. In order to truly achieve benefits, and to feel secure in the kinds of ingredients you are ingesting and rubbing on your skin, research your products," she said.

For more information on Inshanti Pure Essential Oils, including CBD products, GC/MS-tested essential oils and oil blends, and other all-natural products, visit inshanti.com.

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Improving Quality of Life Through Alternative Therapies



Dr. David J. Simons



Dr. Divan Shorter

By Susan C. Beam

For many people, dealing with chronic pain means the loss of simple pleasures: of hugging loved ones, of the joy of traveling, of even being able to sit comfortably and relax. Usually, it also means seeking multiple forms of pain management and negotiating with daily medications.

For one Lancaster patient, a deep desire to improve quality of life for himself and his family led him to explore alternative forms of chronic pain management, including the use of medical marijuana, legalized in 2016 as a possibility for pain management along with the treatment of

23 other conditions. For the patient, who has chosen to remain anonymous, it was a life-changing decision.

“The benefits of medical marijuana have gotten me into living again,” he said. “Not only has my pain been reduced, but I’m living life in a way that I once thought was no longer possible for me.”

According to the patient, a car wreck at age 19 resulted in multiple injuries, including a broken neck and massive leg trauma. Over the years, compounding issues required multiple surgeries, with 12 different surgeries on his legs alone, including four knee replacements.

In addition to the challenges of the surgeries, the patient was experiencing chronic pain from the accident, necessitating management through opioid therapy in ever-increasing doses.

“To manage the pain, I started with 10 milligrams of OxyContin daily, but unfortunately, as the pain continued, I had to continue increasing the amount. At my highest, I was on 1,800 milligrams of morphine sulfate with 300 milligrams of hydrocodone,” he said, adding that his doctors expressed concern with the amount of medicine but felt the doses were necessary.

Additionally, many chronic-pain patients experience mental-health challenges while continuing to adjust to mounting health concerns. The patient noted he also needed antidepressants in order to cope with his suffering.

“As challenging as the physical suffering was, the mental suffering was even more so. Most of the time, people are totally unaware of what you are going through, and it can be very isolating. It is definitely personality changing, and it affects your entire outlook on life,” he said, noting that experiences many people take for granted—like taking

a day trip—were affected because of both the pain and the anxiety of needing medication.

In the spring of 2018, the patient decided to explore alternative treatments, and applied for and received his medical marijuana card. He began by taking a dose at night, either by vaping or through liquid tincture.

“The difference was amazing. That single nighttime dose enabled me to not take a pill at bedtime, and take my morning dose much later, so almost immediately it cut a full dose of opiates out. Little by little, I began to cut down on the opiates and now, I’ve been able to cut down to only 200 milligrams of morphine per day,” he explained.

“I experienced very little detox, and I continued to have pain relief. Even

better, I felt much clearer, much more myself. I was able to get out of the house again, and I started doing volunteer work,” he continued.

The patient says he is delighted with his choice.

“I understand this is a new type of medical treatment, and I would urge anyone who is hurting, or who has a loved one who is hurting, to try medical marijuana. I smile every time I see someone trying it, because I hope they experience what I’ve found—pain relief and a better quality of living,” he said.

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).

Finnegan Farms, LLC Hemp Farm and Store

By Susan C. Beam

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

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

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

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

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

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

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

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

Each bag contains 50 mg of CBD.”

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

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

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

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

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

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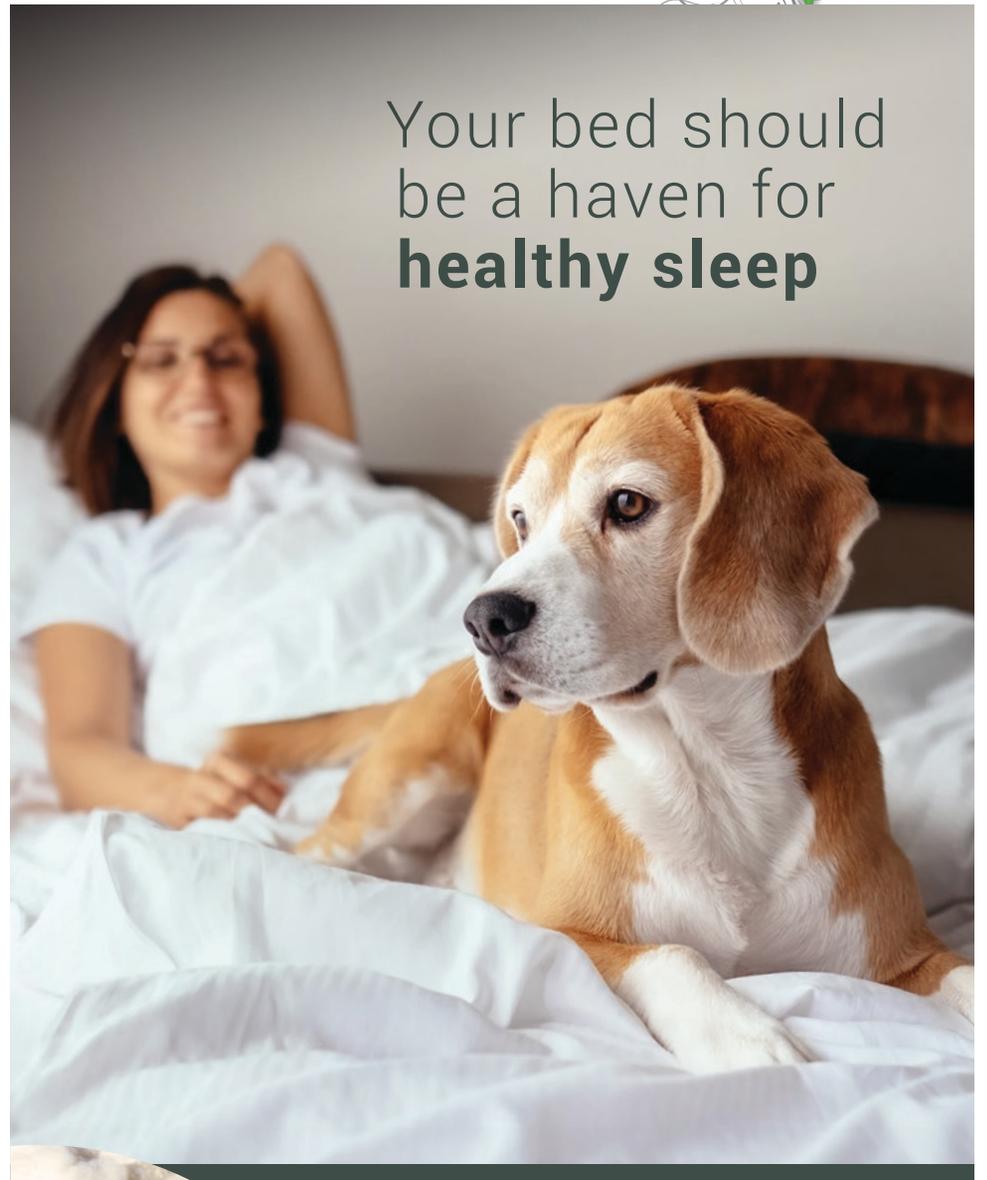
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Iron Valley Real Estate
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We would like to introduce a new member of the Jennifer Rule Team, Richelle Brubaker. She is a mother of five and native Lancasterian. She has an outgoing personality and is committed to helping you find the perfect fit for all your real estate needs. She has an extensive knowledge on all of the wonderful home options available here in Lancaster County. Contact us for all of your real estate needs. We are here to help!



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Professional Services

Healing for the Holidays

By Susan C. Beam

For nearly 80 years, family-owned and -operated DeBord Snyder Funeral Home & Crematory has served the Lancaster community by providing compassion and care during the painful times of loss and through the stages of grief and healing. With an emphasis on creating meaningful services through a personal and individualized touch, DeBord Snyder Funeral Home & Crematory has distinguished themselves as trusted and respected professionals for four generations. “Our goal has always been to serve our friends and neighbors by offering dignity, respect and guidance during a difficult time, and to personally assist through the grieving and healing processes by creating remembrances which are both meaningful and unique to your loved one – services which celebrate and reflect their lives,” explained Jeremy R. DeBord, owner.

According to DeBord, it was a sense of community kinship which motivated him to take over the family business, founded by his great-grandfather in 1940, after several years spent working for a Fortune 500 company.

“This is a unique business, and one which truly allows you to help others during a time when they most deserve compassion and friendship. After working in a profit-focused industry, I felt compelled to return to my roots in Lancaster and serve in a way which was more people-focused. It is tremendously rewarding to be able to walk people through one of the toughest times of their lives and build strong relationships which last a lifetime,” he commented.

With two locations, one at 141 East Orange Street and another at 2024 Marietta Avenue, DeBord Snyder Funeral Home

& Crematory can assist in all stages of end-of-life preparation, including preplanning, funeral and memorial service planning, and aftercare and grief support.

In 2017, as part of their supportive community efforts, with the leadership of one of their licensed funeral directors, Jordan E. Lenick, they began hosting the Blue Christmas Holiday Remembrance Program. This now-annual program is designed both to provide comfort and to remember and honor those who have passed away through a program consisting of readings of comfort, music, the lighting of candles and a special mention of loved ones lost that year, with a customized ornament as a gift of remembrance.

“We wanted to do something for our community, particularly for the families we’ve served within the last year. We know the holidays can be a

hard time after losing someone you love, and our hope is that this program provides some comfort,” said DeBord.

For this year, the Blue Christmas Holiday Remembrance Program will be held Sunday, December 1, at 3:00 p.m. at the First Presbyterian Church, 140 East Orange Street.

“We are honored to be partnering with our friends and neighbor, First Presbyterian Church, to continue offering this program to our community. We at DeBord Snyder Funeral Home & Crematory have had a strong relationship with FPC dating back to when my great-grandfather owned the funeral home. We are blessed to continue this relationship for four generations,” said DeBord.

According to DeBord, for some families, the Blue Christmas Holiday Remembrance Program has become part of their annual holiday traditions.

“We wanted to give our families a safe, quiet space to reflect and remember their loved one. There is so much hustle and bustle around the holiday season, and it can be overwhelming after experiencing a loss. There are enough aspects to our program that whether it be a song, the speaker’s message, the lighting of candles or simply just a moment of silence, those in attendance have the opportunity to reflect in ways that are meaningful to them,” said Lenick, who originated the program and currently oversees its success.

For more information on the Blue Christmas Holiday Remembrance Program, or for further information on planning options offered by DeBord Snyder Funeral Home & Crematory, visit their website at www.debordsnyder.com.

Blue Christmas: A Service of Remembrance In Partnership with 1st Presbyterian Church of Lancaster

Sun., Dec. 1, 2019 | 3:00 p.m.

**First Presbyterian Church
140 E. Orange St. | Lancaster, PA 17602**

*Across from DeBord Snyder Funeral Home.
Please feel free to park in our parking lot.*

Light refreshments will be served following the service.

To RSVP, please email info@DeBordSnyder.com or call (717) 394-4097 before Wednesday, November 27, 2019.

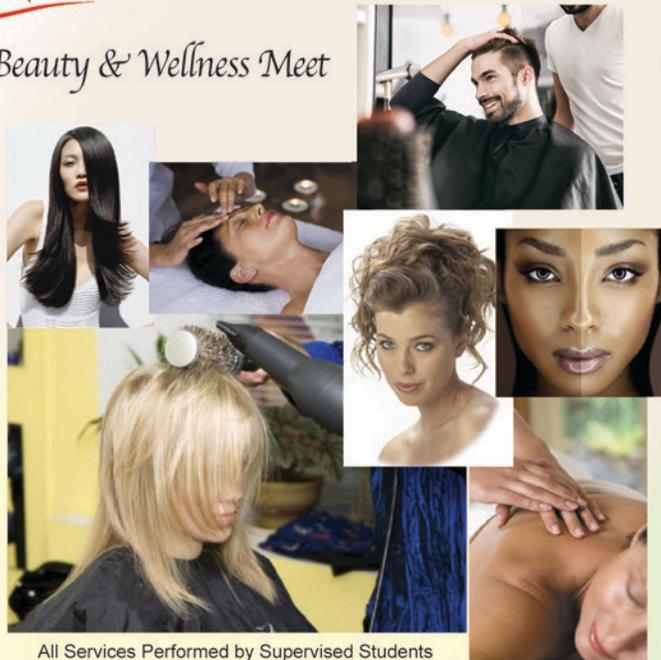


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Manicure • Pedicure • Cut & Style (savings of \$8)

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Shampoo & Style (savings of \$11)

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All nail and hair services are walk-in.

All massage and facial services are by appointment only.

You do not need to have all services completed the same day.

Stretch out your package and make the most of this wonderful gift.

Give the Gift of Creative Joy!

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

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

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

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

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

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

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

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

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

Upcoming Classes

Women's Intro:
"Writing Without Fear"
Tuesday evenings, 5-week series:
Jan. 14–Feb. 11 • 6:30–8:30 p.m.

Women's Memoir Writing Workshop:
"Exploring Our Life Stories"
Monday Evenings, 5-week series:
Jan. 13–Feb. 10 (Feb. 17 snow
makeup) • 6:30–8:30 p.m.

Women's Fiction Writing Workshop:
Thursday evenings, 5-week series:
Jan. 9–Feb. 13 (Feb. 20 snow
makeup) • 6:30–8:30 p.m.

"Write for a Night!"
A Get-to-Know-Us Workshop:
Wednesday, Feb. 26 • 6:30–8:30 p.m.

Children Winter Workshop Series:
"Writing Made Wonderful"
Sunday afternoons, 4-week series:
Jan. 12, Feb. 9, Mar. 8, Apr. 5
2–4 p.m.

Teen Winter Workshop Series:
"Writing Made Wonderful"
Sunday afternoons, 4-week series:
Jan. 26, Feb. 23, Mar. 22, Apr. 19
2–4 p.m.

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

Free Workshops for Cancer Patients and Caregivers
The Lancaster General Health/ Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA
Wednesday evenings, 8-week series:
Jan. 8–Mar. 25 (no class Jan. 29, Feb. 5, Feb. 26, Mar. 4) 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



Share Your Blessings

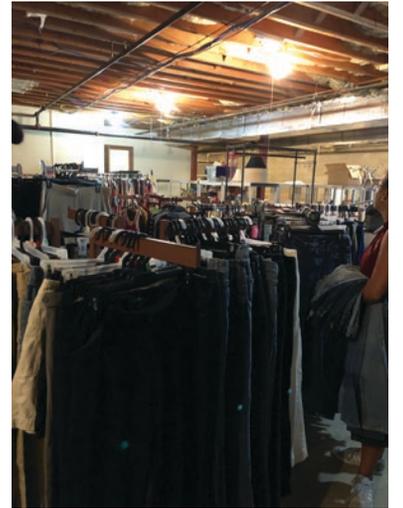
H.O.P.E. Is an Action: It's the Belief that "Doing" Makes a Difference

One person makes a difference AND many people, coming together, for the same cause creates a movement, that promotes lasting change.

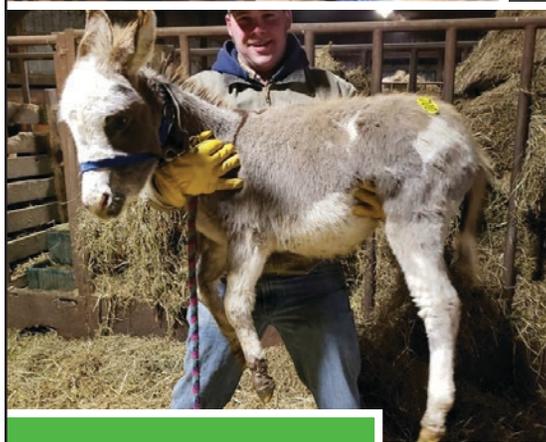
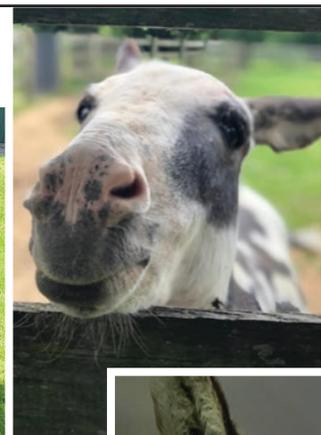
Hope Offers People Everything, Inc. (H.O.P.E., Inc) is a 501(c)3, non-profit agency, that seeks to promote community collaboration through offering opportunities for professionals, volunteers, and individuals in need to come together for a common purpose. That purpose is to serve anyone helping to create a healthier today and even better tomorrow.

Since 2011, HOPE, Inc has offered free clothing from our donation room, now called H.O.P.E.'s Closet, to anyone in need. Now in 2019, with donations of quality clothing, time, and monies, our closet has grown from 7 racks to 1900 square feet with enough clothes to provide this basic need for 100s of people.

HOPE provides these clothing for free knowing that individuals whose basic needs are met can focus on living life instead of surviving it. The closet can be access through appointment only. Help us help others by contacting HOPE located within New Horizons Counseling Services. Donate directly or through Facebook at Hope Offers People Everything, Inc.



Herd of Hope Horse Rescue



Fund-Raising

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

herdofhopehorsesrescue.com

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

Our Happy Place
Equestrian Center

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.

Share Your Blessings



Keep It Real
This Holiday
Season



Adopt-A-Manatee®
for Loved Ones



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

Photo © David Schrichte



Nicole Vasquez with son Max, who was stillborn in December 2009.

"Throughout the 10 years that I have been involved with Sweet Pea Project, I have worked alongside Stephanie and Beth to help create a safe place in the grieving community for other families going through such tragedy. Stephanie was the first person that I talked to after my son Max was stillborn, now a decade ago. I had received a book donated in memory of Madeline; Stephanie's daughter; and that is what first connected us. Because of that, a book drive seemed fitting for Max's 10th birthday. This is how we parent now, book drives and fundraisers and support for each other."
— Nicole Vasquez

For Stephanie Cole's daughter Madeline's, and Beth Gauthier's son Mark's 10th birthdays a few years ago, Sweet Pea Project honored them with a blanket drive, reflecting back to the early days of Sweet Pea Project that began with blankets. With Max's 10th birthday this winter, we wanted to do something to honor the decade since his birth, 10 years of his mother's love and activism and service to our community. Since Nicole first found her way to Stephanie and Beth after being given a book at the hospital, donated for Madeline's birthday, a book drive seemed like the perfect way to honor Max's birthday.

Because we have a larger impact when we work together—and because we know firsthand just how healing it is to the heart when you help another in honor of your child—we are inviting you to please join us in this endeavor. For every donation of \$10, a copy of Still or to linger on hot coals will be donated to a hospital. Each hospital will receive 10 books (five copies of each), so a donation of \$100 will provide an entire box of books for one hospital. Those who donate complete boxes can designate to which hospital they would like the box donated. A bookplate will be placed inside the front cover of each book, and the name of the child whose loved ones contributed will be handwritten lovingly on the bookplate, dedicating the donation in his/her memory.

This is ten. A Book Drive for Sweet Pea Project



Sweet Pea Project board secretary Nicole Vasquez with husband Teddy, and daughters (left to right) Bella, Sophia, Mia, Lily, and Ava.

We encourage you to consider using this as a way to involve your family, friends, neighbors, and coworkers in your child's remembrance over the holidays this year. This project may have begun with our children, but it has only grown as widely and beautifully as it has because of you and your undying love for your child.

The drive will run from November 16 until December 31. A list of all the hospitals that receive the books will be made available, enabling our supporters to see just how far their generosity—and their child's legacy—has reached.

To Participate:

Donations in increments of \$10 can be made securely online with a credit card or bank account via PayPal, or by check mailed to Sweet Pea Project (PO Box 10351, Lancaster, PA 17605-0351).

Clearly mark on your donation or note on PayPal the word "ten" along with your child's name. Please be sure to include the child's name exactly as you would like it to appear on the bookplate. (Space is limited, so we unfortunately cannot include birth dates or messages, only names.)

If you are donating \$100 or more, you may choose to designate the hospital which will receive the books. Be sure to include the hospital name and mailing address, as well as the name and email address of the bereavement coordinator, chaplain, or L&D head nurse who has already agreed to receive and distribute the books to newly bereaved patients in their care.

To be included in this book drive, the donation must be sent in by Dec. 31, 2019. All donations to Sweet Pea Project are tax deductible. Please include your mailing address to receive a receipt.

This is honoring him. This is connecting with each other. This is love.



*This is ten.
a book drive for
Sweet Pea Project*

During this book drive, for every \$10 you donate we will provide a copy of a book to a newly bereaved parent, with a bookplate to dedicate it in your child's honor, and to remind the parents they are not alone.

Visit www.sweetpeaproject.org/ten for details

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31 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

Wish List for Women

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

GIFT CERTIFICATES

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

PERSONAL AND COMFORT

Robes (sm-plus sizes) • Sleep pants and tops (sm-plus sizes) • Slippers (sm-xl)
Socks (women's 8-10) • Underwear (sm-sizes) • Sports bras (sm-plus sizes)

BEAUTY

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

HOUSEWARES

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

CAR CARE

Gas cards • Gift certificates for Firestone, Pep Boys

ELECTRONICS

Tablets • iPads • mp3 players • CD players • Headphones



1 in 6 children face hunger.

The Central Pennsylvania Food Bank is committed to providing access to nutritious food for everyone struggling with hunger in each of the 27 counties we serve, including Lancaster County. Every \$1 donated provides 6 meals to neighbors in need in our community.

Join us in our fight against hunger and donate today at www.centralpafoodbank.org.

fighting hunger, improving lives, strengthening communities



CVCCS

CONESTOGA VALLEY
CHRISTIAN COMMUNITY SERVICES

Conestoga Valley Christian Community Services (CVCCS) was born out of the caring hearts of neighbors and churches in the Conestoga Valley School District to help meet the growing needs of the poverty stricken and homeless in our community.

In the past couple of years, we have seen a growing number of families and individuals in our community struggling to adequately feed, clothe, and house themselves. Some of these families have lost their homes and are now staying in motels; living with friends/family or in other temporary situations that offer little safety or comfort. CVCCS works closely with the Conestoga Valley School District to identify these families and help provide the necessary staples to feed and clothe their families. CVCCS also works to direct them to established social service agencies that can help find permanent housing, financial assistance and job training.

CVCCS is located off of Witmer Road and offers:

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

In the near future, we hope to add more counseling, training, and mentoring programs for the children and families that are most at risk of homelessness.

Your contribution will make a world of difference in the lives of those that are suffering. With your help, CVCCS can continue to make a difference in our community. Please consider committing to support CVCCS and its programs, whether as a one-time donation, an end of year giving, monthly partnering with our organization, or as part of the "Extra Ordinary Give."

2420 Gehman Lane Bldg. 1000 Lancaster PA 17602 • (717) 208-3711 • www.cvccs.org
CVCCS is a registered 501 C(3) non-profit organization. All donations are tax deductible.



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

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

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



Restored to be restorers

wsm.org

Share Your Blessings



YWCA IS ON A MISSION

Moving beyond belief toward respect and accountability!

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

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

ywcalancaster.org

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



What your \$10 gift buys at the store.



What your \$10 gift buys at the food bank.



812 North Queen Street,
Lancaster, PA 17603

717-291-2261

www.lcchurches.org

This year over 30,000 individuals received fresh and healthy food from our Hub. For the thousands of our neighbors who can't meet their most basic need of enough food to eat, we are the resource where they can come to get fresh and healthy food. Our goal is to not only meet their immediate need of having enough food but just as importantly to receive food that is nutritious. This benefits the individual, the family and our community as a whole. Our free clothing bank is also available for individuals and families to obtain the clothing they need. This year about 12,000 people will have benefited from this program.

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



Education Housing Support Services

Breaking the Cycle of Poverty & Homelessness for Women and Their Children

669 West Chestnut Street | Lancaster, PA 17603 | 717.509.1401



"Milagro House gave me the opportunity to start fresh...showed me you can make a new path, no matter what you have gone through. Milagro House helped me show my child there's a better life."

*Extraordinary People...
Make Miracles Happen!
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to support our mission.*

Thank You!

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- Children's clothing bank
- Tutoring
- Food bank
- Mentoring
- Referral/services
- Parenting workshops
- Resume/interview training
- Scholarship programs
- Career planning
- Prayer
- Support
- Encouragement

At NO cost to single parents in school who want a better future for their children.

Join us in giving single parent families a chance at raising their family.



415 South Queen Street | PO Box 787
Lancaster, PA 17608-0787

Mom's House is a registered 501(c)(3) nonprofit organization. All donations are tax deductible.



Share Your Blessings

Spay and Neuter Pet Clinic



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

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

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

portance 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.

Pet Pantry Wish List



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

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



Tips to Keep Your Pets Happy, Healthy and Warm During Winter

By Kylie Layman

Winter weather can bring increased risks for your pets. When the temperatures drop, pets are at a higher risk of experiencing hypothermia and/or freezing if left outside without adequate shelter for an extended period of time. These useful tips will help keep your pets warm, happy, and safe during the winter months.

- Salt and chemicals from ice melt can irritate your pet's skin and paws. Following your winter stroll, thoroughly wash and dry any exposed areas of skin with clean water to remove any potential irritants from the belly, paw pads, and between the toes.
- Cats and other wildlife may seek shelter from the cold winter weather by crawling in to the wheel well or under the hood of your vehicle. Your vehicle provides a warm place for the animal; however, this can be a very dangerous location for them. Honk your horn or bang on the hood to awaken any animal and give them a

chance to escape before pulling away.

- For community cats and other outdoor pets, provide adequate shelter that faces away from the wind with a covered doorway. The shelter should be insulated, dry, and draft-free; hay/straw and blankets are good insulators.
- Senior pets may have a particularly hard time keeping warm in cold temperatures and may not be able to manage cold-weather hazards, such as ice, with the same agility as younger pets. Keep them warmer by having them wear a dog coat or sweater, and try putting dog booties on their paws to give them extra grip in slippery conditions.
- Many common household products are poisonous to your pets. Spills and leaks from vehicles can be especially dangerous. Coolant and antifreeze, for example, have a sweet taste that can attract your pet. However, these products can be deadly if ingested.



HUMANE LEAGUE
of LANCASTER COUNTY
A Humane Pennsylvania Partner

Make a Gift and Save Lives!

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



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

2195 Lincoln Highway East, Lancaster
(717) 393-6551

Visit our website at www.humanepa.org



Santa Paws is Coming to Town!

Santa photos with all the good boy and girl fur babies.

Saturday
December 7
1-5 p.m.

Photos are \$5 per pet.
Proceeds support the Humane League.

Share Your Blessings



Alternative Gift Fair Inspires Hope with Unique Shopping Experience Annual Gift Fair To Be Held on Saturday, December 7, at The Junction Center



GIFTS THAT GIVE HOPE

Gifts That Give Hope Lancaster will celebrate 12 years of spreading holiday cheer through alternative giving on Saturday, December 7, 2019, at a NEW location: The Junction Center!

Shoppers at the fair will find 30 local and global nonprofit organizations making the world a better place through a range of humanitarian efforts (more information can be found at <http://giftsthatgivehope.org/lancaster>). Each nonprofit will have available three donation-based gifts for shoppers to purchase in honor of friends and family on their holiday gift list. In addition to visiting with and learning about each nonprofit's mission, fair-goers will have the chance

to peruse fair trade, social enterprise and ethically sourced gifts in the marketplace and sample delicious eats from various local food vendors. We will also have a "Giving Hope Food Tour" highlighting tastes from around the world from vendors that run social enterprises such as Upohar, Stroopies, Xulbo Food Stand, Grape Leaf Café and more.

The goal of the gift fair is to encourage the generous spirit of the giving season down a more mindful path via alternative giving.

Rooted in compassion, alternative giving helps people give threefold by showing friends and family you care about them with a thoughtful gift, by supporting organizations who contribute positively to the social landscape, and by combating the environmental impact of consumerism on our planet.

Each nonprofit at the fair will be offering three different gift options: two designated gifts for the population it serves and one undesignated gift that al-

lows shoppers to contribute a custom donation that will support its general mission. Upon checkout, shoppers will complete their transaction with gift fair volunteers and choose beautifully designed cards to give to loved ones.

Gifts That Give Hope Lancaster is excited to have you join them to rethink gift giving in Lancaster! To learn more about Gifts That Give Hope Lancaster, please visit www.giftsthatgivehope.org/lancaster.

"'Twas the Night Before Moving"



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

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

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

Except, you've packed the shower curtain. In which box? No problem, you decide to take a bath instead—and realize that you've packed the towels. You're unable to locate the box containing things from the linen closet, but find a carton with dish towels in it and decide they will have to do.

Since it is getting dark, you reach for the lights and realize that the only lamp not packed is the pole lamp in the study. You move five packed wardrobes searching for a receptacle to plug it into.

The movers will arrive before 8 a.m.—better set your alarm for 6 a. m.—except that you've packed the clock radio. You could ask your daughter (who is always up early) to call you, but the only telephone not packed is the one in the kitchen. You remember a travel alarm clock in your dresser, and this problem is solved.

At a time like this, comfort is needed. You decide that a pint of chocolate ice cream in the

freezer will do just the trick. When you open the freezer door, you are astonished to see that the freezer is full. You used up the refrigerator food, but forgot about the freezer. Is there a cooler in the basement? If not, you may have to eat two gallons of ice cream tonight. You take the plastic spoon you've set aside for coffee in the morning and dig in.

Feeling very full, you lift the covers and get into bed. As your head hits the pillow, you remember that in the morning you will need to strip the bed. Bed linen, mattress cover, pillows and blanket will need to be packed. You try to remember if you've saved a large box to put them in. How will you get to the dust ruffle? You decide to wait for the movers to lift the mattress.

Before turning out the light, you gaze around your bedroom one last time. The wardrobes create unfamiliar shadows—

and you realize that you forgot to set aside clothes for tomorrow. Will anyone notice if you wear the same clothes again tomorrow?

At least you remember to leave out styrofoam cups and a plastic teaspoon for coffee in the morning. You feel consoled until you recall placing the coffee can in the box when you packed the pantry. Well, okay—there's a convenience store nearby. You just hope you can get there and back before the movers arrive.

Seriously, if you want your move to be more organized than this, call Rocky at (717) 615-6507 for a free copy of the "Do Not Pack" Tip Sheet.

Rochelle (Rocky) Welkowitz is Lancaster County's Active Adults and Seniors Relocation Specialist and founder of Transition Solutions for Seniors, LLC, provider of the area's largest menu of services for older adults on the move and their families.

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Conductor Parties at the Railroad Museum of Pennsylvania

All aboard for the Railroad Museum of Pennsylvania's holiday-spirited Christmas With The Conductor Parties on Saturday, December 7, and Saturday, December 14! Registration forms are now available on the Museum's website or at the Museum during regular business hours.

Love a classic holiday story? The Museum conductor will punch your child's souvenir train ticket and welcome you on board one of the historic railroad cars for a lively reading. Kids then have more fun creating their own seasonal take-home craft in Jack Frost Station and receive a small bag of special goodies.

Christmas With The Conductor Parties are scheduled at 11

a.m. and 2 p.m. on both Saturdays, and last from 45 minutes to an hour. Parties are recommended for children age 3 and over, who must be accompanied by a parent or adult guardian. Space is limited to advance registration on a first come basis. There is a \$10 per-child-per-party fee, and regular Museum admission also applies.

While you're in the Railroad Museum of Pennsylvania during this holiday event, be sure to send your own Santa Gram to the North Pole, visit with Santa and our friendly mascot Catcher, enjoy seasonal decorations and holiday music, and experience our amazing historic trains!

The Railroad Museum of

Pennsylvania is home to a world-class collection of about 100 historic locomotives and railroad cars, a working restoration shop, a vast library and archives, an immersive education center, a Museum store and unique special events, programs and exhibits.

A Smithsonian Affiliate, the Railroad Museum of Pennsylvania is one of 24 historic sites and museums administered by the Pennsylvania Historical & Museum Commission as part of the Pennsylvania Trails of History®, with the active support of the non-profit Friends of the Railroad Museum of Pennsylvania. Visit www.rrmuseumpa.org or call (717) 687-8628.

Navy Commander Leads Warship that Played Key Role in the Rescue of Her Father



Cmdr. Jean Marie Sullivan is the senior officer aboard a ship that has a history that is remarkably intertwined with the history of her family. In the summer of 1990, Sullivan's family lived in Liberia, where her parents worked at the embassy as part of the U.S. State Department's Foreign Service. According to U.S. Navy historical records, USS Whidbey Island was ordered to Mamba Station off the coast of Monrovia, Liberia, to serve as the flagship for evacuations as part of Operation Sharp Edge. That part of history is interesting; however, what makes the story truly remarkable is that the U.S. Marines ordered to rescue her father, and others, from the embassy were from the same ship that Sullivan commands today.

Culinary Specialist Seaman Griffin Stoeckl



Culinary Specialist Seaman Griffin Stoeckl, from Brownstown, Pa., hauls a helicopter cargo hook on the flight deck of the Arleigh Burke-class guided-missile destroyer USS Milius (DDG 69) as the ship conducts a replenishment-at-sea with the Lewis and Clark-class dry cargo ship USNS Washington Chambers (T-AKE 11) during Annual Exercise (ANNUALEX) 19. Milius is participating in ANNUALEX 19, a bilateral exercise which further develops coordination and interoperability of the premier alliance between the U.S. Navy and Japan Maritime Self-Defense Force. (U.S. Navy photo by Mass Communication Specialist 2nd Class Taylor DiMartino)



Resolve to Establish an Estate Plan in 2020



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

Happy holidays! It's a wonderful time of year—time with family and friends, parties, favorite foods, exchanging of gifts, carrying out family traditions, and contemplating a new year! Taking the time to reflect on what has transpired during the past year is important in planning for the future. Marriage, parenthood, divorce, empty nesters, death of a spouse, remarriage, and health issues are all signifi-

cant game changers, and the new year is the perfect time to resolve to review your affairs and make sure you have an appropriate estate plan in place.

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

that you understood? Did they take time to listen to your circumstances and answer your questions? Have you been informed of their fees?

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

An estate plan is not just a will, but a series of documents de-

signed to work together in your best interests both during your lifetime and at death. A basic estate plan consists of a will, durable power of attorney and a healthcare power of attorney. Depending on your situation, you may need a supplemental needs trust, revocable trust or an irrevocable trust. Perhaps your real estate or business assets need protection. Yes, there is a lot to consider, but your attorney, financial advisor, and accountant can help you find your way through the process.

While all this can seem daunting, it is worth the effort when the process is complete. Nobody likes to think about their disability and demise, but everyone feels great relief, satisfaction, and contentment after completing an estate plan. Have a wonderful holiday season and make it your New Year's resolution to get that estate plan done in 2020!



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

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

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

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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.

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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.

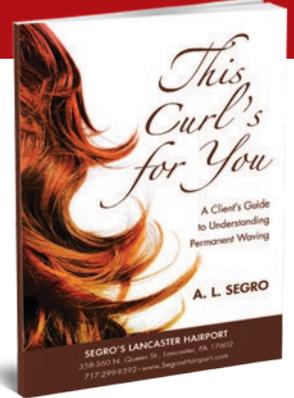
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A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call **717-299-9592**.

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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

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Need Help with a Hoarding Situation? Call DC Eager Emergency Services



Darlene Eager
DC Eager Emergency
Services, LLC

By Susan C. Beam

According to recent research, the disease of hoarding may affect approximately one in 50 people, with other estimates suggesting that those afflicted may actually be closer to one in 20 people. Defined as an overwhelming compulsion to accumulate and retain objects to the point of hindering daily life, hoarding can have serious effects on physical and mental health. Unfortunately, because of a climate of misunderstanding and embarrassment, many with the disease are reluctant to ask for necessary help.

At DC Eager Emergency Services, a caring and nonjudgmental team can help in both managing possessions and restoring a home to a clean, comfortable and safe living environment for you or your loved ones. With the tagline of “We Educate Before We Estimate,” owner/operator Darlene Eager and her team are happy to give a FREE assessment of a project before assisting clients in achieving their goal of a safe, livable home.

“DC Eager Emergency Services is a company that cares about you, our customer, and your quality of life. We consider it our privilege to help you with cleanup. You will not be judged and you, your home and your belongings will be treated with respect,” said owner/operator Darlene Eager.



“If you are a hoarder, or you know someone who is a hoarder, you should not feel embarrassed or ashamed to ask for help,” she continued. “There are many reasons for the disorder, and there are a number of qualified professionals who can help you. You do not need to live in shame or hiding any longer.”

According to Eager, there are a number of safety and health concerns associated with hoarding. Excessive clutter increases the likelihood of falls or accidents, and hinders emergency responders from assisting the injured. Likewise, hoarding increases the risk of death by fire, as flames can spread quickly through a cluttered space.

Additionally, living in a hoarding situation can adversely affect health. Mold and bacteria often flourish in unsanitary conditions, and rodents and other pests are often attracted to hoards, which can result in many serious or even fatal illnesses for occupants. If living with pets, hoarding can also hinder being able to locate and treat sources of pet odor.

Eager said in some cases, homes may have structural failure from the weight of objects, and hoard-

ers risk being evacuated, having their homes condemned, or having children and pets removed from their care due to unsafe conditions.

While it may be easy to feel overwhelmed in a hoarding situation, there is no need to do this alone—help is available.

REASONS WHY HOARDING CAN BE DANGEROUS:

- Falls and/or accidents; emergency responders may be prevented from accessing the injured.
- Increased risk of death from fire; a fire can spread quickly through hoarded items and may trap someone inside.
- Numerous health problems can result from living in unsanitary conditions caused by mold and bacteria.
- Health problems from pest infestation; many serious and even fatal illnesses are caused by rodent infestation and droppings.
- Hoarders risk losing custody of children due to safety hazards and unsanitary conditions.
- Structural failure can occur from the excess weight of hoarded items and can result in injury.
- A hoarder risks being evicted and having their home condemned. They may be unable to rent or purchase another property.
- Animals may be removed due to safety hazards and unsanitary conditions.

STEPS TO TAKE WHEN YOU SUSPECT MOLD IS PRESENT:

- Find and fix the source of moisture that is causing the **MOLD** growth.
- DO NOT** try to clean the affected area with bleach and water.
- DO NOT** ignore the **MOLD**. It will NOT resolve itself.
- DO NOT** introduce air movement directly to the affected area.



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“At DC Eager Emergency Services, LLC, we deliver high-quality workmanship in a compassionate and respectful manner. You will be listened to and we will share honest advice about your options,” said Eager, adding that DC Eager Emergency Services has an A+ rating with the Better Business Bureau.

If you or a loved one is dealing with a hoarding situation, or for more information on mold removal and remediation, call DC Eager Emergency Services at **717-989-5763**, or visit their website at dceager.com for information and a FREE estimate.



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