



October is National Domestic Violence Awareness Month, p. 23-24

Lancaster County WOMAN™

The Woman's Journal



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September–November 15, 2019

Dr. Steven M. Falowski Bringing State of the Art Medical Skills

ARGIRES MAROTTI
NEUROSURGICAL ASSOCIATES OF LANCASTER



See page 3 for full story.



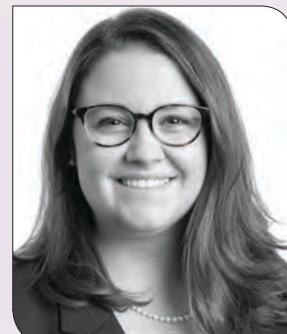
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William A. Carter, MD

This will seem a bit odd. Bear with me. The readership of *LCW* must be at least 90 percent female, if not more. What is about to be discussed is of no direct value to women. They already know what I am about to explain. No, this particular piece of brief prose is directed at the "significant male others" who live with the women who would ordinarily be the only ones reading this column in *LCW*.

Why is it that women do things for themselves along the lines of hair, nails, makeup, permanent makeup, microblading, waxing, clothes, shoes, purses, jewelry, microdermabrasion, chemical peels,

microneedling, Botox, fillers, spider vein treatments, laser procedures, liposuction, facelifts, tummy tucks, breast augmentation/reduction/lifts?

Why?

A lot of time, money, and effort are spent on these things. The rationale should be examined. Women do all of these things to feel better about themselves. There, I said it. The "secret" is out. Men don't tend to understand this. The wisest among them may, but only after getting it wrong for years.

The vast majority of my patients are women. I treat very few men. Most of my female patients do not get much support from their male counterparts for the services they receive. Why would that be? There are probably lots of reasons for this, but the one that I hear about recurrently disturbs me.

This sort of interaction is fairly typical. Woman: "I have an appointment to see Dr. Carter today for Botox and facial filler." Man:

"Why would you do that? You are beautiful just as you are!" In other words, the man is saying: "I think you are beautiful already. Why would you waste money on that!?" But the disturbing unspoken, message from the man is actually that he thinks the woman's desire to change her appearance is supposed to be for HIS benefit. THAT is the disconnect. This desire, this process, this drive has nothing to do with the man, and everything to do with the woman herself. A woman does all of these things for her own reasons, independent of the man. In fact, if she were not in a committed male/female relationship, she would still do these things.

You see, life has a way of wearing us down. This is true for both genders. The process of going through time on earth tends to eat away at the self-esteem of each of us. Men attempt to regain a healthier sense of self by career advancement, making more money, improving their golf handicap, or accumulating pos-

sessions. Women accomplish this by cultivating relationships, reading self-help books, or enhancing their appearance. My patients have taught me that these things are essential parts of being female.

As esthetic providers, our mission should be to intelligently assist our patients to evolve into an appearance that each woman, individually, believes is an improvement. We must not let our patients in their enthusiasm go so far that they risk becoming caricatures of themselves. (Example: three syringes of filler in lips is simply too much!) Fortunately, few people are so driven that they risk this outcome. In the extreme this is called body dysmorphic disorder. It is important as esthetic providers to apply tasteful guidance with our patients should this tendency be recognized.

So, what is the relationship-building and emotionally healthy response from the man when the woman lets it be known that she is having an esthetic treatment done? Let me suggest something along

these lines: "From my perspective, dear, you look stunningly beautiful just the way you are. However, the decision is yours to make. I sense this is important to you. Have fun, enjoy the process, and let me try to figure out what you have had enhanced when you get back. Do you have enough money?"

OK, maybe that was a bit much. (It shouldn't have been.) Ladies, encourage your men to read this. And men, please take note. The health of your relationship is at stake!



Michelle Phillips, LME

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

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Neurosurgeon, Steven M. Falowski, MD Brings Cutting Edge Skills to Argires Marotti Neurosurgical Associates of Lancaster



Steven M. Falowski, MD
Neurosurgeon

By Susan C. Beam

Combining a passion for patient-centered care and a drive to explore innovative technologies, Dr. Steven Falowski has maintained a career-long goal of helping communities benefit from comprehensive, advanced care plans utilizing the latest field-based research. In spring 2019, his passion and drive brought him to Lancaster, joining Argires Marotti Neurosurgical Associates of Lancaster, located at 160 North Pointe Blvd., Suite 200, where he plans to continue his efforts to improve patient health standards.

"My entire field of functional neurosurgery revolves around restoring quality of life," said Dr. Falowski. "It's about treating the symptoms of Parkinson's and tremor so you can perform normal daily activities and be able to eat without shaking. And it's about limiting or eliminating pain for chronic pain patients so you don't have to be bedridden and can go to the mall with your grandkids and enjoy life the way others do. I want my patients to have some semblance of normalcy and not be defined by their diagnosis."

According to Dr. Falowski, his curiosity about medicine began in childhood.

"I was always interested in medicine from a young age and knew I would be a physician. I came into neurosurgery in my late teen years as I became fascinated with the neurological system of

the human body," explained Dr. Falowski, adding, "More importantly, I became fascinated with the brain-machine interface, cutting-edge therapies with chips, and the idea of neural stimulation. I entered medical school knowing I would become a functional neurosurgeon, as this was the field on the cutting edge that incorporated those ideals into real clinical practice. Surgery was a must, as I love to use my hands and have potential fixes to problems."

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

Through his experiences, Dr. Falowski notes that patient care was his motivation, describing himself as "a very driven person who truly wants to help patients," and whose patient care philosophy remains steadfast in both the surgical suite and the research lab.

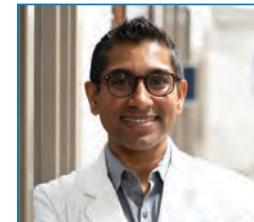
"The patient is the center of everything I do. I formulate my mindset, my practice, and my actions around being patient-focused and patient-centered. I want to be able to have several options in my toolbox so that I can offer the best therapy to the patient. It's the idea of the right therapy for the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

"We have these amazing therapies that range from being very well established to still being on the cutting edge and innovative," continued 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

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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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."

According to Dr. Falowski, exciting new advances are occurring in the neurosurgery field.

"Research is important in my field, and innovation happens rapidly. Being a nationally recognized physician in my field who is dedicated to education and awareness has allowed me to be part of numerous ongoing trials by industry and new companies. It also allows me to explore my own personal research," he explained, adding that he is presently working with seven clinical trials for new therapies.

"A large portion of my own research revolves around making the procedures as comfortable as possible and minimally invasive," Dr. Falowski continued. "I helped to pioneer a method, now used internationally, of placing spinal cord stimulators for pain patients with an asleep method. It led to better outcomes, a more comfortable, faster procedure, and it was safer."

Transitioning to Lancaster, he said, was a "natural progression" in his efforts to bring new therapies to communities where patients can benefit.

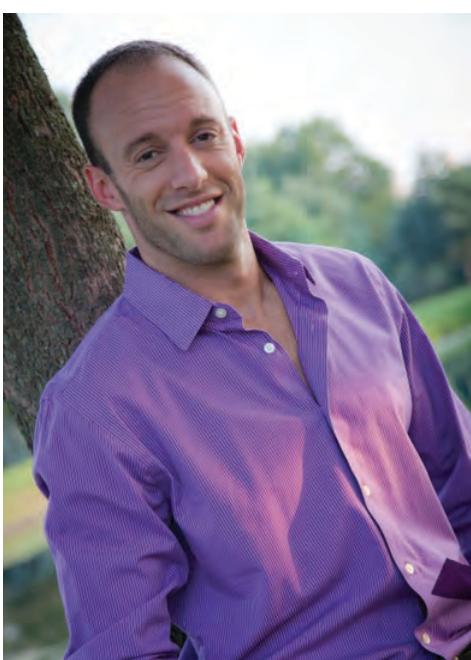
"Education and exposure are key. These procedures are sometimes only offered in large academic centers. I spent the last decade building a program from scratch

in the Lehigh Valley for these therapies, which was nationally recognized as a top program. I realized at that time I wanted to continue that legacy and bring it into another community. Argires Marotti Neurosurgical gave me that opportunity and saw the vision I had," he commented.

When not in the office or working on research, Dr. Falowski remains an avid exercise enthusiast and enjoys working on cars and spending time with his wife and two small children.

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

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Voted Top Dentist for 5th Year

By Susan C. Beam

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

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

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

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

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

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

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

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

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

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

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

'Health Hub' Blog Features Good 'n' Healthy Recipes



Janelle Glick, MA, RD, LDN
Wellness Dietitian,
Corporate Wellness, LG Health

The LG Health Hub blog is filled with health and wellness information authored by Lancaster General Health experts. Physicians, physical therapists, dietitians, nurse practitioners, exercise physiologists and others offer practical, easy-to-understand advice on topics ranging from survival tips for new moms to heart disease prevention. In addition, the Health Hub features patient stories, health assessments, and healthy recipes.

Good 'n' Healthy Recipes

LG Health's signature good 'n' healthy recipes are one of the more popular sections of the Health Hub. Created in conjunction with LG Health dietitians, the nearly 150 appetizers, entrees and desserts help blog readers enjoy healthier versions of the foods they love. In addition, many recipes address dietary trends and specific health interests, such as diabetes, weight management, cancer, pregnancy and heart health.

Power Bowls: A Great Way to Eat Clean

I recently posted a Power Bowl recipe to the Health Hub. Power Bowls are a great way to eat clean with color, crunch and energy-boosting protein.

Clean eating is an approach to healthy eating that focuses on consuming unprocessed, whole foods as close to their natural form as possible. It can also be simple when you choose whole grains and fresh, seasonal vegetables to create tasty dishes.

- Quinoa is a healthy whole grain that is rich in protein, fiber and vitamins.
- Chicken is just one option for lean protein, but others such as egg, black beans, tofu, lean pork or steak can be used.
- Choose an assortment of greens and veggies with dark, intense colors to get the most nutrients.
- Avocado is a great source of heart-healthy fats, which gives it a creamy texture.

The Effects of Clean Eating

There are many positive results from cooking and eating whole-food meals, including:

- Having more energy
- Being aware of what is in the food you are eating
- Better digestion
- Spending less on dining out
- Spending more time eating together as a family

No one needs to strive for a diet that is 100 percent clean. A good goal is to aim for 80 to 90 percent of the foods you eat to be whole and minimally processed.

PUSH YOUR HEALTH IN A NEW DIRECTION



The LG Health Hub features health and wellness news and straightforward advice to help individuals of all ages make healthy choices and reach their wellness goals. The blog puts articles by trusted Lancaster General Health clinical experts, good 'n' healthy recipes, videos, patient stories, and health risk assessments at your fingertips.

Discover more at
LGHealthHub.org

 **Penn Medicine**
Lancaster General Health



Janelle's Power Bowl Recipe

Find more good 'n' healthy recipes at LGHealth.org/Recipes.

INGREDIENTS

Cilantro Lime Ranch Crema

1 cup sour cream
1½ teaspoons lime juice
¼ teaspoon sugar
2 oz. half-and-half
½ teaspoon cilantro
2½ teaspoons ranch salad dressing

Power Bowl

½ cup red quinoa
3 oz. grilled chicken
1 cup chopped romaine lettuce (or spring mix)
¼ cup diced fresh tomatoes
¼ cup diced orange peppers
¼ cup roasted yellow corn
1–2 tablespoons diced (small) red onion
¼ cup avocado

INSTRUCTIONS

Combine the Power Bowl ingredients in a bowl. Puree the crema ingredients in a food processor or blender. Drizzle over the Power Bowl and enjoy!

Nutritional Information

567 calories; 25.3 g total fat (10.1 g saturated fat, 2.1 g polyunsaturated fat, 9.4 g monounsaturated fat); 444 mg sodium; 77 mg cholesterol; 54.4 g carbohydrate (9.4 g fiber, 6.3 g sugar); 32.6 g protein; 633 mg potassium.

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UPMC LIFE
CHANGING
MEDICINE



Kristy L. Whitman, MD, FACOG

Pregnancy has traditionally been split into three trimesters, with the focus of care ending with the birth of the baby. Greater emphasis is now being placed on the postpartum period (the time following delivery). This is now referred to as the “fourth trimester” and is identified as a critical period for both mother and baby. It is the transition after childbirth and during the first few months of new parenthood. It is the time when infants are adjusting to life outside of the womb, and mothers are adjusting to caring for an infant.

As medical professionals, we know that this period of time is marked by significant biological, psychological, and social changes. The time

The ‘Fourth Trimester’ of Pregnancy

following the birth of the baby is currently insufficiently supported. We are striving to optimize care in this time due to the increasing incidence of conditions during this period. There has been a rising rate of maternal complications and death. These issues include postpartum depression, cardiovascular disease and preeclampsia, and interpartner violence.

A shift in hormones typically causes a phenomenon called “baby blues”. This can occur for about two weeks when women feel overwhelmed, sad, or anxious. There is greater concern for postpartum depression or anxiety if the feelings last beyond this time. Mothers may require additional resources such as medication or therapy. Women need to be supported and aided in identifying these symptoms since postpartum depression is an illness that requires necessary treatment.

A large portion of morbidity occurs in the early postpartum period. More than half of pregnancy-related maternal deaths occur after the birth rather than during pregnancy. Women with a pregnancy that is complicated by disorders of high blood pressure need close follow-up because it can take up to three months to normal-

ize. Close surveillance and follow-up is critical since more than half of postpartum strokes happen within 10 days of discharge from the hospital following delivery.

Following birth, many cultures adhere to a period of rest and recovery that can last for up to 40 days. The mother and baby are supported by their family and community. Other cultures have extended maternity/paternity leaves. In the U.S., however, many women raise children apart from extended family. In addition, society has become focused on the individual and worry about “intruding” in others’ lives. Women are often left to navigate the transition alone.

In the U.S., typical postpartum care calls for a visit at six weeks after delivery. This contributes to the lack of formal or informal support for the mother. Currently, as many as 40 percent of women do not attend a postpartum visit. Underutilization of postpartum care limits management of chronic health conditions such as hypertensive disorders, diabetes, and obesity, and limits access to effective contraception. Limited care increases the risk of short intervals between pregnancies and preterm birth. These factors, along with the

rising incidence of maternal morbidity and mortality and postpartum mental health concerns, are the reason why the model is changing.

The American College of Obstetrics and Gynecology is now recommending that prenatal providers create postpartum-care plans that start during pregnancy and identify the care teams for both mother and baby. The timing of contacts and visits in the postpartum period should be individualized and woman-centered. An initial assessment, either in person or by phone, should occur within the first three weeks following delivery to address acute postpartum issues and plan for ongoing care as needed. The care concludes with a comprehensive well-woman visit no later than 12 weeks after birth.

Medical systems and groups are developing new methods to provide this care. Most commonly, this is done through an in-person visit or a home visit. However, there is increasing interest in using phone support, text messaging, and smartphone app-based support, as response rates from patients are good. By generating more focus in the fourth trimester, we will hopefully be able to positively impact outcomes for mother and baby.



Dr. Kristy Whitman is a board-certified obstetrician/gynecologist with LGHP Family and Maternity Medicine OB/Gyn. She has been practicing OB/Gyn in this community for the past 10 years.

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

Doctors and Patients—Preserving the Relationship

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

Prevent Tick-Borne Diseases While Enjoying the Outdoors

by Melinda Myers

You've grabbed your water bottle, sunscreen and hat for a hike in the park or some gardening. Add a bit of tick protection to your must-have items when you head out the door for an adventure, to garden or play.

Continue enjoying the outdoors by enlisting a variety of strategies to limit your risk of exposure to ticks and the disease pathogens they transmit. Here are just a few of the ways to increase your safety and enjoyment.

Wear light-colored clothing to more easily spot the tick before it moves onto your skin. Wear long pants and tuck them into your socks, and tuck your shirt into your pants. Ticks often gain access through pant legs or shirrtails and crawl up, looking for a place to settle in and feed.

Consider spraying your clothing with an insecticide labeled

for repelling and killing ticks. Spray your clothing and let it dry before wearing. Or invest in pretreated clothing for gardening, hiking or other outdoor activities. Read and follow label directions carefully.

Always conduct a tick check on yourself, children and pets after spending time outdoors. Studies show that regular tick checks are the most effective way to prevent diseases transmitted by ticks. Ticks can feed anywhere but are often found in and around the ears and hair, inside the bellybutton, under the arms, around the waist, back of the knees and between the legs.

Check your clothing inside and out. Ticks can survive for several days in the house and even when washed in warm or hot water. An hour in the dryer on high heat will kill them.

Shower within two hours after spending time outdoors.

The water can help dislodge any unattached ticks, plus this provides a second opportunity to conduct a tick check. Studies found this practice greatly reduces the risk of tick-borne diseases.

Manage your landscape to reduce the tick population. Keep the grass mowed and remove brush, ground covers, firewood piles and bird feeders near the home or where the family frequents. Keep swing sets away from the woods and placed on wood chip mulch. Eliminate invasive barberry, honeysuckle and buckthorn; which create tick-friendly habitats.

Many of us are doing the opposite. We are eliminating lawns, increasing ground cover, and planting more trees, shrubs and flowers to create more diverse wildlife-friendly habitats. There is limited evidence that increasing animal diversity may help reduce the rate

of tick-associated diseases. Unfortunately, the fragmented woodlands and ecosystems do favor deer and white-footed mice that are key to the maintenance and transmission of tick-borne diseases.

Consider creating a tick-safe zone where your family frequents, and limit your time in tick-infested areas. Widen pathways, prune trees to increase light, exclude deer and discourage rodents to reduce the risk of exposure.

And if additional control is needed to create a tick-safe zone, consider using a pesticide like Summit Tick & Flea Spray (homegardenandhomestead.com/how-to-get-rid-of-ticks) that contains permethrin. You'll only need small amounts at the right time of the year for effective control. One application in spring or fall is usually sufficient for managing the ticks that can transmit Lyme disease.

For the dog tick, also known as wood ticks, an application can be made anytime after the adults emerge. As always, read and follow label directions.

Make these practices part of your routine so you and your family can continue to safely enjoy all your favorite outdoor activities.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally syndicated Melinda’s Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit for her expertise to write this article. Myers’ website is [www.melindamyers.com](http://melindamyers.com).

MANAGING EDITOR JoAnn S. Notargiacomo

CONTRIBUTING WRITERS

Julie Anne Fidler • Robin Archibald

STAFF WRITERS

Susan C. Beam • Michael C. Upton

GRAPHIC DESIGN

Kelly Forbes - Orange Pepper Design - Art Director

Leslie B. Ocko - Ocko Graphics - Website

COPY EDITOR AND PROOFREADING

Jeff Ruth

PHOTOGRAPHY

Glenn Usdin • Steve Stoltzfus - 911 PhotoGraphics

Kevin Notargiacomo - KBK Photos

SOCIAL MEDIA

Lucy Latham

DISTRIBUTION/CIRCULATION

Alissa Eddinger • Christine Davenport • Lucy Latham

BUSINESS MANAGER

R. Gregg Fresa

ACCOUNTING

Kathy Roth - Key Business Essentials

LANCASTER COUNTY WOMAN

P.O. Box 10354 • Lancaster, PA 17605-0354

Tel: (717) 299-5766 • Fax: (717) 299-6359

Email: jono213@comcast.net

www.LancasterCountyWoman.com

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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,

Fall is my favorite time of the year!

My birthday is in the fall, the kids are back in school, and I love having time to do all the things I've put off all summer. Things like cleaning the house, storing patio furniture and summer clothes, and bringing out warm blankets to get ready for cold weather! Crisp air, cooler nights, the smell of burning wood, and evenings beside a crackling fire are just some of the things I love about fall.

The Power Bowl Recipe on page 5 is a great way to kick off the season. LG Health nutritionist Janelle Glick focuses on clean eating using unprocessed whole foods in their natural form. Positives from cooking and eating whole-food meals include having more energy, improved digestion, and spending more time together as a family and less money eating out. Janelle's LG Health Hub blog is authored by LG Health physicians, therapists, nurse practitioners, and other health experts who offer practical advice on just about any topic. You'll find these wonderful articles and clean

eating recipes on her blog at LGHealthHub.org.

There's another essential ingredient for living a happy life; it's called joy and happiness.

"Choose Joy," by counselor and psychotherapist Kelly F. Dennis on page 9, states that brain science research on happiness and joy found that those who are happy and joyful actually choose happiness and joy. Kelly points out what writer Henri Nouwen writes: "Joy does not simply happen to us. We have to choose joy and then keep choosing it every day." Researchers found that 20–30 seconds of the feelings we have when we're hugged by a dear friend, or the laughter of a grandchild, or the beauty of a sunset can strengthen the pathways in our brains. Finding joy and happiness in the simple things...we know we can choose happiness, no matter what.

Upcoming events you'll not want to miss: The Women's Expo at Spooky Nook Sports on October 12—there's a free entry coupon on page 19. Holiday open houses for Heritage Design Interiors (Nov. 7–17



LCW Managing Editor
JoAnn Notargiacomo

in New Holland) and Inshanti Pure Essential Oils (Nov. 21–23 in Kinzers). Lancaster School of Cosmetology & Therapeutic Bodywork celebrates their 40th anniversary in October with a month of activities and discounted services every single day (see page 21).

Fall is the beginning of another season full of joy and happiness throughout the city and county, and a time to thank all our wonderful contributors and readers. We love and appreciate you!

With special thanks and appreciation to our wonderful men and women in the armed forces who keep us safe and free to enjoy everyday life. Our happiness and joy are a direct result of their sacrifice.

*With blessings for a wonderful fall,
JoAnn Notargiacomo
Managing Editor*

Blue Ridge Ramps Up for 10th Year Collecting for KMF's Stocking for Soldiers

Blue Ridge Communications announced today that it is once again partnering with Keystone Military Families to act as a collection site for the Stockings for Soldiers program. The program generally ships 8,000 to 10,000 holiday stockings to American servicemen and servicewomen who are stationed around the world. The stockings are filled with donations of food, hygiene products, and other requested items, as well as holiday decorations and cards. These simple gifts mean a great deal to the very deserving men and women who sacrifice so much for us and are unable to be home for the holidays.

From October 1 to November 16, Blue Ridge will again use its retail centers throughout its service areas as donation collection sites. In October, a display will be set up in the lobby of the Blue Ridge office in Ephrata (804 Academy Heights Avenue), along with brochures and a list of items most



requested. The public is invited to drop off donated items and Christmas cards with messages of hope and cheer during that time. A list of requested care package items can also be found on the Keystone Military Families Facebook page. Monetary donations are crucial to help defray the cost of shipping the stockings. For a \$5 donation, a die-cut paper stocking Christmas card that allows for a personal message and holiday greeting for a service member will be provided.

In 2018, Blue Ridge collected over four tons of donations, over 20,000 cards, and \$30,000 for shipping. "The generosity, support and kindness of our community for this program is overwhelming and makes me so proud to help lead this effort once again," said Cindy Mellinger, Blue Ridge Marketing/Communications Coordinator. "Our goal for this year is to do better because our military men and women deserve it." keystonemilitaryfamilies.com

Health & Wellness



Kelly F. Dennis, MS LPC

Our brains have what is described as a negativity bias. The brain scans for threats or what might go wrong in any given situation. It's one of our survival strategies that has been a part of us since our creation. It's a great strategy for avoiding real threats and danger, but when there are no real threats, it gets in the way of our enjoying and living our lives. When the negativity

bias is front and center, we get hooked on anxiety, mistrust, and hypervigilance.

In recent research on happiness and joy, a common thread with those who were happy and joyful is that they are actually choosing happiness and joy. As writer Henri Nouwen writes: "Joy does not simply happen to us. We have to choose joy and then keep choosing it every day."

Brain science is learning more about neuroplasticity. We have learned that how we pay attention rewrites the circuits in our brains. Intentionally turning towards joy creates a pathway that refocuses our minds and disconnects the negativity bias. It creates an atmosphere that allows true happiness to exist.

Whatever we practice grows stronger. When we run thoughts about situations over and over in our minds, we are strength-

Choose Joy

ening anxiety and worry. It creates a biochemistry in the brain that causes a kind of "mental rut." Likewise, when we are grateful, kind to others, and caring for ourselves and others, then those are the pathways that deepen and grow.

We can train our minds to soak in the good when we really notice and savor our moments of happiness and joy. Researchers found that just 20-30 seconds of immersing ourselves in the feelings we have when we are hugged by a dear friend, or the laughter of a grandchild, or the beauty and awe of a sunset can strengthen the neural pathways in our brains. It can be transformative to pause and sense the goodness that is right here in this moment. When we can notice and feel the happiness and joy for the simple things, then we know we can choose happiness, no matter what.



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

Free Museum Admission for Military Families Year-Round

For the second year the NAWCC National Watch & Clock Museum has expanded its Blue Star summer program to offer free, year-round admission for the nation's active-duty military personnel and their families, including the National Guard and Reserve. Every summer since 2010, the Blue Star Families organization has promoted free museum admission events across the United States under the Blue Star Museum program, supported by the NEA and the Department of Defense.

Visitors can take a journey through time at the NAWCC National Watch & Clock Museum, located in historic Columbia, Pa. Children and adults can experience a fun and fascinating exploration of the world of timekeeping, illustrated by multiple exhibits, special presentations, and more than 12,000 treasures of time—from Stonehenge and early sundials, to Civil War time-pieces, to today's most modern technology.

Children can participate in a scavenger hunt through the Museum, helping Hamilton the Hamster find his lost clocks. Families can marvel at the monumental Engle clock, with its carved colonial soldiers, religious symbology, and musical accompaniments—all created nearly 150 years ago. Other galleries display wristwatches from the World Wars and beyond, as well as clocks and watches from around the world.

Visitors are also invited to peruse the Fortunat Mueller-Maerki Library & Research Center's collection of books, magazines, and ephemera regarding time and timekeeping. The Center has assisted many people in discovering the history of family clocks or watches that have been passed down through the generations.

For more information about the NAWCC National Watch & Clock Museum, contact us at **717-684-8261**, ext. 211; or giftshop@nawcc.org. For directions, hours, and general Museum information, visit our website at museumoftime.org.

Epilepsy Foundation Eastern PA to Host First Walk

The Epilepsy Foundation Eastern Pennsylvania (EFEPA) is proud to launch our first Walk to End Epilepsy—Lancaster. As part of the Epilepsy Foundation of America's nationwide movement, we're uniting with epilepsy champions from coast to coast to end epilepsy and the many challenges associated with the diagnosis.

On Saturday, October 12, community members from across our region will join the EFEPA at Clipper Magazine Stadium in Lancaster for a fun day of celebration, all while raising critical funds and awareness for the local epilepsy community.

The Walk is noncompetitive, family friendly, and open to the public. It's free to register, with fundraising strongly encouraged. All funds raised are put to immediate use in continuing to provide free support services, programs, and resources to local individuals and families living with epilepsy and seizure disorders.

Activities include:

- Noncompetitive walk around the stadium concourse, warning track, and bases
- Music and entertainment
- Children's games and activities
- Giveaways and prizes
- Networking and community building

"Epilepsy can be incredibly frightening and debilitating, particularly for individuals living with uncontrolled seizures, or for parents of a newly diagnosed child. All too often people feel isolated, discriminated against, and misunderstood," explains Kerri Michnya, Lancaster County Resource Coordinator for the EFEPA, "but the Walk to End Epilepsy is our opportunity to come together, build community, and celebrate a common bond and shared vision to end epilepsy, and every obstacle that comes along with a diagnosis."

Registration opens to the public at 9 a.m., and the Walk kicks off at 10 a.m. Vendors will be onsite offering additional information to attendees. Opportunities for sponsorship and vendor exhibit tables are still available. The EFEPA anticipates over 250 people will attend.

The Epilepsy Foundation Eastern Pennsylvania is a 501(c)(3) nonprofit organization with a mission to stop seizures and SUDEP, find a cure and overcome the challenges created by epilepsy through efforts including education, advocacy, and research to accelerate ideas into therapies.

To register, visit www.EpilepsyWalkPA.org. If you would like more information about this topic, please contact Missy Dolaway at **215-629-5003**, or mdolaway@efepa.org. For more information on the EFEPA and the free programs, services, and resources provided, visit www.efepa.org.

Health & Wellness

The Yin and Yang of the Psychotherapeutic/Counseling Process



Dawn M. Baldwin, MS, LPC

I believe that most people are familiar with the yin-yang symbol. You know, the cool-looking one with the outer circle divided down the middle with an "S" curve, a white background on the left and a black dot, and a corresponding black background and white dot on the right side. What a lot of us might not think about when viewing this ancient Chinese symbol is that it represents the concept of opposing yet complementary principles which can be observed in our world. These opposing yet complementary principles exist to create a balance, whether physical or mental. Let's look at how this concept relates to improvement within the psychotherapeutic/counseling process.

To achieve an improvement in mental health, one must work towards a

balance of the emotional and logical parts of the mind. The emotions are the "alert system," and the logic serves to take the alert information and create a solution or a game plan for coping with the emotion. In the psychotherapeutic/counseling process, the mental-health professional utilizes many opposing yet complementary principles to reach the client's goals.

Accountability/Flexibility. An effective psychotherapist/counselor will display these ideas in a few different ways. For example, the professional will hold the client accountable for attending sessions as scheduled and paying applicable fees to establish a collaborative relationship. However, in order to build rapport, the psychotherapist/counselor will concurrently exhibit flexibility (understanding unexpected circumstances, making payment arrangements with consistently attending clients) to enhance the client's trust.

Professional/Relatable. Similarly, the psychotherapist/counselor will demonstrate a professional yet relatable presence. The professional presence serves to increase the client's confidence in the psychothera-

pist/counselor's knowledge as well as taking their problems seriously. However, a relatable, genuine demeanor on the part of the psychotherapist/counselor will allow the client to relax, connect and realize that a professional is still a human trying to live their best life also.

Challenging/Validation. In the actual psychotherapy sessions, the psychotherapist/counselor will often challenge the client's current thinking to illuminate inconsistencies and nudge them toward the consideration of alternate solutions. Conversely, in the same breath, the psychotherapist/counselor will validate the client's current thinking to support the nonjudgmental balance established in the relationship.

I am sure there are numerous other examples of opposing yet complementary principles in the psychotherapeutic/counseling process. The balance of these concepts can be as difficult for the professional as it is for the client. But, if you are searching to "enhance your yin or yang," a competent psychotherapist/counselor will certainly assist you on your journey.

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

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Regional GI Welcomes Kaci E. Christian, MD



Dr. Kaci Christian

By Susan C. Beam

Lancaster's Regional GI is delighted to welcome Dr. Kaci Christian to their staff of experienced and compassionate doctors. With the long-term goal of providing patients with comprehensive care using innovative technology and techniques, Dr. Christian is looking forward to serving the Lancaster County community.

Growing up, Dr. Christian said she was deeply influenced by family role models active in the medical field.

"I became interested in medicine at a very young age. My grandfather was a general practitioner in my hometown in the Pocono Mountains, and early on I could see the positive influence he had on people's lives. My mother is a nurse and my father a dentist, so my role models have always been those who have cared for others as a profession," she explained.

"In medical school, I was drawn to gastroenterology for so many reasons. Gastroenterologists get to treat the greatest number of different organs in the body, and take care of chronic diseases in the office and very acute conditions in the hospital," she continued. "For example, I can help a patient with a lifelong autoimmune condition like Crohn's Disease, navigate treatment options one day, and use my endoscopic skills to stop a life-threatening GI bleed the next. Each day is different and dynamic, and I love that challenge. Digestive issues can make patients feel very vulnerable and can be difficult to

talk about. I always strive to provide a safe, welcoming space for patients to open up and discuss their concerns so that we can come up with a treatment plan together—that relationship with my patients is the most rewarding part of my profession."

Dr. Christian earned her MD at the University of Maryland School of Medicine, then completed her Internal Medicine Residency and Gastroenterology/Hepatology Fellowship at the University of Maryland Medical Center, where she served as Chief Fellow in her final year. During her education, she developed two specific focuses: inflammatory bowel disease (IBD) and women's health concerns.

"First, I focused my fellowship training on the care of patients with Crohn's disease and ulcerative colitis, two forms of inflammatory bowel disease (IBD). These are chronic autoimmune conditions that are often diagnosed at a young age and sometimes require long-term medication and surgery. The diagnosis of IBD can be overwhelming at first, and my goal is to help my patients determine the best treatment options for them through shared

decision making," Dr. Christian explained.

"Second, I recognize the unique challenges women face in terms of their digestive health—women are two to six times more likely to experience symptoms of irritable bowel syndrome and, during pregnancy and childbirth, can experience damage to the muscles that coordinate moving one's bowels. Only roughly 15 percent of gastroenterologists are women, so sometimes for female patients, the first step is finding a physician they feel comfortable opening up to about sensitive issues," she said.

Dr. Christian said she is delighted to be joining the Regional GI team.

"The Regional GI family has been so welcoming! I am truly impressed, on a daily basis, how everyone works together as a team to take care of our patients. The field of gastroenterology often requires a lot of coordination—obtaining lab work, advanced imaging, scheduling procedures, etc.—and we try to make this as seamless as possible for patients. The new MidAtlantic Endoscopy Center offers the people of Lancaster County a state-of-the-art endoscopy cen-

ter, while remaining focused on patient experience. The check-in and check-out processes are efficient, and we focus on maintaining patient safety and comfort during the procedure," she commented.

According to Dr. Christian, treating patients like family and encouraging healthy habits play key roles in her own patient philosophy.

"I treat all my patients the way I would want my own family members to be treated. I aim to not only focus my care on the disease at hand, but also how symptoms affect patients on a daily basis—for example, while at work or when going out to dinner with friends. Quality of life is a big focus for me during an office visit. I also make every effort to educate my patients about their condition so they can better participate in their care," she explained, adding she also encourages patients to practice a healthy lifestyle, including choosing healthy foods and encouraging daily activity.

Dr. Christian encourages a proactive approach to patient care.

"Although I have an interest in IBD, colon cancer prevention is

a pillar of practice for any gastroenterologist. Colon cancer is the third most common cancer diagnosed in men and women, and I would hope each and every member of our community is up to date on colon cancer screening," commented Dr. Christian, noting that she is also invested in Regional GI's goal to continue researching innovative quality-of-care initiatives for the community.

"Lastly, it may seem simple but, like my grandfather, my goal is to have a positive influence on people's lives. As a busy mom of two young kids myself, I know juggling tasks and getting to the doctor can sometimes be a challenge. I appreciate patients entrusting their care to me, and I hope when they walk out of my office, they've learned something and feel confident we are on track to addressing their digestive concerns," she said.

For more information about your digestive health, colon cancer screening or to schedule an appointment or screening colonoscopy, please call our office at **717-869-4600** or visit www.regionalgi.com.

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Health & Wellness

The World's Food Supply Relies On This Remote Arctic Island

Miles away, in a remote archipelago deep in the Arctic, there's a treasure vault of seeds that might just save the world one day.

No, that's not the introduction to a sci-fi novel. Located in the far reaches of the Arctic, the Svalbard Global Seed Vault is a very real thing. It houses hundreds of thousands of seeds from all around the world, including seeds for many of the world's most important food crops.

Created by conservationists, this incredible vault was established to preserve plant seeds in the event of a global crisis. Want to learn more? Read on to learn all you need to know about this incredible project.

What Is the Svalbard Global Seed Vault?

The Svalbard Global Seed Vault is a secure seed bank located on a Norwegian island in the Arctic named Spitsbergen. It sits about halfway between Norway and the North Pole.

The seed vault is home to a huge variety of plant seeds that are duplicates of seeds from gene banks around the world. It represents the largest collection of crop diversity on the entire planet.

Why Does It Exist?

The idea behind the vault: If other seeds were lost during a global crisis or even because of a mistake in a lab, there would be a spare copy held in the vault. In short, the vault is like a massive backup plan, helping to protect plant diversity and food crops around the world.

A Brief History

Who dreamed up a vault in the middle of nowhere filled with the world's most important seeds?

It began with the Nordic Gene Bank (also known as the NGB or NordGen), which began packing up plant seeds as early as 1984 in Svalbard.

However, it wasn't until 2008 when a three-part agreement between NordGen, the Norwegian government, and the Global Crop Diversity Trust resulted in the Svalbard Global Seed Vault as we know it today.

Acting in collaboration with the Consultative Group on International Agricultural Research, Cary Fowler, an American agriculturalist and former director of

the Global Crop Diversity Trust, worked hard to make this project a reality.

Interest in the project was high from the beginning. The Svalbard Global Seed Vault began receiving seeds before it even officially opened, and now it contains seeds from about one-third of the world's most vital food crops. At the time of this writing, the seed bank has received over a million samples.

After withdrawals, the vault currently contains close to 1 million samples and has the capacity to house as many as 4.5 million samples. Currently, the collection of samples represents over 13,000 years of agriculture.

Who Is Responsible For It?

The Norwegian Ministry for Agriculture and Food, the Global Crop Diversity Trust, and NordGen are responsible for the Vault. Funding for the Global Crop Diversity Trust is supplied from governments and foundations around the world, including the Bill and Melinda Gates Foundation.



Svalbard Global Seed Vault

How Does It Work?

The seeds are secured in an official way. First, they're sealed into three-ply foil parcels then put in plastic totes and shelved in temperature-controlled storage rooms that preserve their viability and life span.

Who has access to the seeds?

Not just anyone: For regular requests, researchers and breeders are to go to the original gene banks, not the seed vault. The vault is like a "break in case of emergency" reserve.

While the facility is owned by Norway, it operates like a bank

with safety deposit boxes. Each donating gene bank owns its donated seeds and retains ownership of them. Donors are documented through a detailed database.

The World's Food Safety Net

The Global Seed Vault is an important part of our global push for food safety and sustainability. We owe a lot to these researchers and their hard work, and over time, it's likely that we'll end up relying on this system to produce many of the foods we take for granted today.

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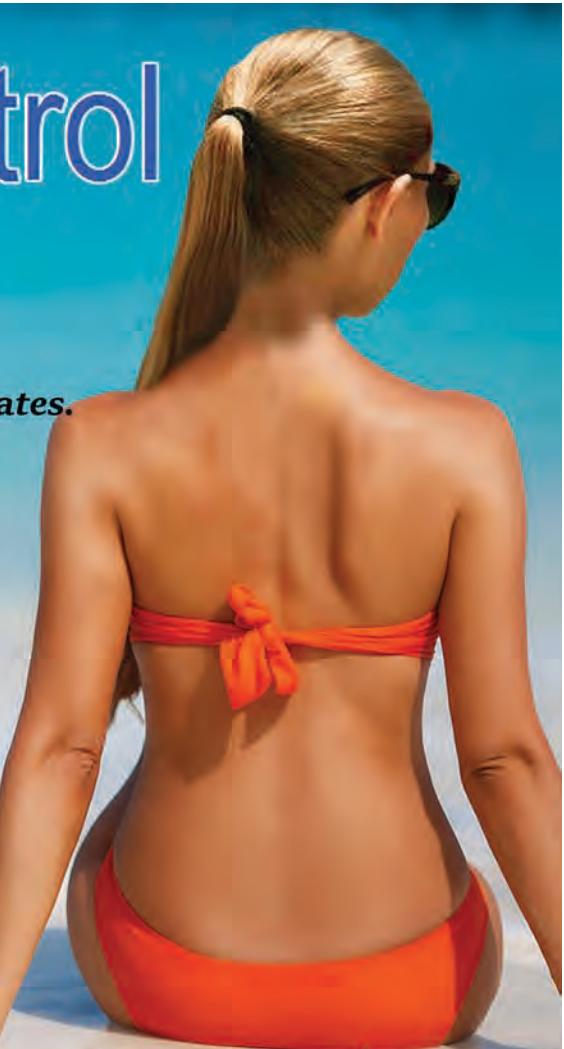
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For Women, Outdoor Power Equipment Makes Yard Care Easy



Lawn and landscape care is not just for the boys' club anymore. A fifth of all home buyers are single women, and more than half of married women are responsible for lawn and garden work. So, it's no surprise that women are increasingly using outdoor power equipment such as lawn mowers, chain saws, string trimmers, snow throwers, portable generators and more to get big jobs done with ease—not just at home but also in the professional lawn, landscape and tree care fields. And, in response, outdoor power equipment manufacturers have stepped up by light-weighting and balancing equipment design and ergonomics.

"Truth is, no matter who you are, your shape, size, age or sex, there is a product for every person and every job. The key is to know what you need," said Kris Kiser, president and CEO of the Outdoor Power

Equipment Institute (OPEI). "First, know the job and the landscape. Is this for home use or a job site? What is the size of the property? Do you want to ride a lawn mower, or do you want to walk? Do you need to navigate hills or slopes? Do you need a string trimmer for weeds or a leaf blower to remove light snow and leaves? When looking at pole pruners or chain saws, what kind of trees?"

He recommends researching the products available to understand the benefits of each. Regardless of power source, whether the equipment be gasoline-powered, battery/electric or hybrid, advantages exist for each.

Manufacturing developments are also helping facilitate more women into the workforce. "We're seeing more women entering the commercial lawn, landscape and tree field, as they make good use of advanced gasoline

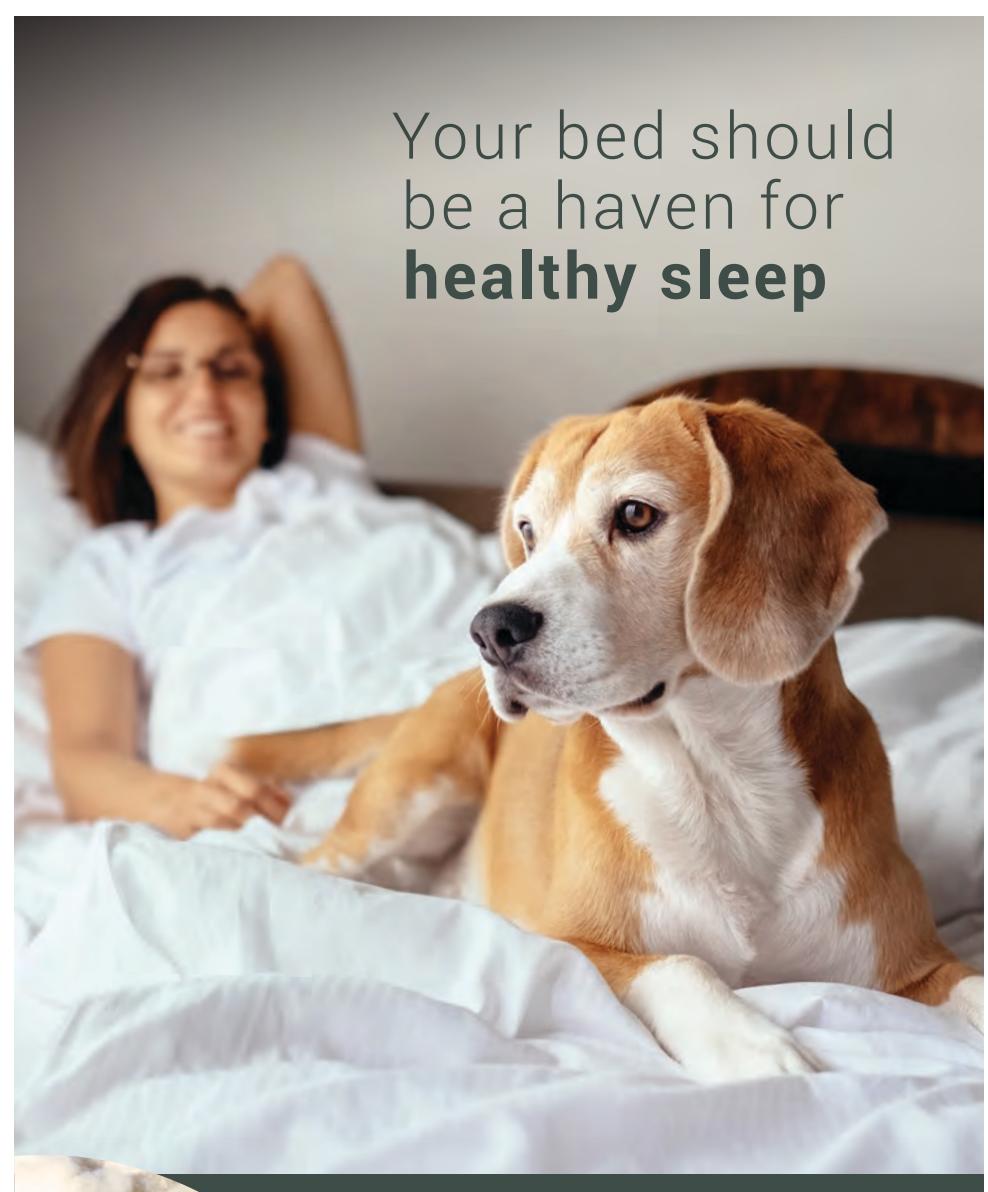
products, battery/electric and hybrids today," said Kiser.

Case in point, for the first time at the outdoor power equipment industry's annual trade show this year, there will be arborist entry-level training put on by the Women's Tree Climbing Workshop (WTCW). A 50-foot tree will be erected in Freedom Hall of the Kentucky Exposition Center for the live training and demonstrations during GIE+EXPO, held in Louisville, Kentucky, in October.

"Nowadays it's not about if there will be equipment you can handle; it will all come down to what you need. Whether old, young, man or woman, there is an outdoor power equipment option for you," Kiser said.

For more information about OPEI, go to www.opei.org. For more information about GIE+EXPO, go to www.gie-expo.com.

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Health & Wellness

Investing in You at Lancaster's Spa la Vie



Danielle Todd

By Susan C. Beam

Since the fall of 2015, Lancaster's Spa la Vie has been delighting clients with their singular and unique approach to total body wellness and their commitment to offering a menu of exciting and cutting-edge self-care options. With the help of their dedicated and knowledgeable staff, clients are secure in knowing that

they will leave not only looking great, but feeling even better.

"We believe that wellness and self-care are essential to being the best you," said owner/founder Danielle Todd. "For each client, our goal is to achieve desired results and empower personal transformation—an internal transformation as well as external. Looking good and feeling good should go hand in hand."

Located at 3031 Columbia Ave., Spa la Vie offers five different treatment rooms in a relaxing and laid-back spa designed to help clients escape from the stresses of everyday life with one of their signature self-care experiences. This fall, the experienced and knowledgeable Spa la Vie therapists are delighted to debut several new and exciting options for clients.

One such option is cupping, which is an ancient form of alternative medicine in which a trained therapist places cups on a client's skin to create a mild suc-

tion designed for benefits such as improved pain management, decreased inflammation, increased blood flow, and general wellness and relaxation with deep tissue massage. Cupping enthusiasts have reported improvement in chronic-pain issues due to increased circulation, which helps in releasing muscular tension.

Additionally, for those looking to refresh their glow, Spa la Vie's expertly trained aestheticians can create a customized skin care plan designed to handle individual skin needs, with a holistic approach to achieve radiant skin from the inside out. According to Todd, Spa la Vie will be debuting two new, special facials this fall to maximize skin benefits heading into the winter season.

"We are also offering our Hydro-Glow Facial on special for \$99 dollars, regularly \$150 dollars, which promotes deep cleansing, exfoliation, extractions, hydration and an oxygen infusion," said Todd.

Or, if it's relaxation and body improvement you're seeking, Spa la Vie offers an array of therapeutic massage and body treatments, including their brand-new CBD facial and massage. CBD oil has anti-inflammatory and antioxidant benefits for skin, allowing it to be useful for minimizing breakouts and fighting aging effects, as well as heightening a sense of relaxation and well-being.

"We have amazing massage therapists, and our offerings range from soothing and stress-relieving massage techniques to approaches designed to relieve tension and offer chronic pain relief," explained Todd.

As part of their commitment to total body wellness, Spa la Vie also features the FIT Bodywrap system for relaxation, weight loss, skin rejuvenation, and pain relief, health coaching for increased energy and vitality and a schedule of

yoga classes for all levels in their newly expanded studio.

"With our busy lives, we tend to lose focus on ourselves and our bodies," Todd said, noting that stress, repetitive movement, or even a sedentary lifestyle can be tough on our muscles and joints.

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

If you're ready to make an investment in yourself and your well-being, contact Spa la Vie at **717-295-4523**, or visit them at www.spalavielancaster.com or on Facebook at Spa la Vie.

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Are Your Prescription Drugs Killing You?

Prescription drugs (taken as prescribed) are the **third leading cause of death** in America ... behind heart disease and cancer, according to Peter Gotzsche, author of "Deadly Medicines and Organized Crime, How Big Pharma has Corrupted Healthcare". What Gotzsche discovered from various studies is that around 100,000 people die each year in the U.S. because of drugs **they take correctly**. Another 100,000 die because of errors such as too-high a dose or use of a drug despite contra-indications (reasons not to prescribe this medicine). That's **eight times more** than die from overdosing on pain prescriptions and heroin. Another way to look at it is ... 1 full jumbo jet crashing **every-day** ... 365 days a year. According to the U.S. Department of Health and Human Services, prescription drugs (taken as prescribed) were responsible for more than 700,000 emergency room visits and 2,000,000 hospital admissions in 2018. The interesting thing is ... ALL of these statistics are **NOT NECESSARY** thanks to a **medical breakthrough**, called "pharmacogenomics" (how our genomes respond to various drugs).



PROBLEM #1: We all metabolize medications differently, based on the DNA we inherited from our ancestors. Some **too rapidly**... some **too slowly** ... some **not at all** ... causing a drug to build up in our bodies ... placing us at risk of **toxicity**.

PROBLEM #2: Most doctors were trained in medical school to do "**one-size-fits-all**" prescribing, also called, "**trial and error prescribing**". After writing a prescription they say, "Try this drug for a while and if it doesn't work or causes you problems, come back in and we'll try another drug until we find one that works." (unscientific, unproven and dangerous).

THE SOLUTION #1: With a simple DNA cheek swab, anyone can know (with 99.9 percent certainty) which drugs are **SAFE** for them to take and which drugs can **HARM** them... **BEFORE** they even take them. The test is called "pharmacogenomics" (PGx for short); it is covered by most insurance plans (including Medicare) and has been available to the general public now for quite a few years. By looking at a person's genes (DNA), a pharmacogenomic test compares the enzymes your liver uses to break down and process your meds to more than 270 different medications to see which ones your genes metabolize normally (safe) and which ones you don't (dangerous).

Results are published in a 24+ page, easy-to-read, COLOR report that lists these 270+ drugs into one of 3 categories.

1. Drugs listed in your **GREEN column** are metabolized normally and **SAFE** for you to take.
2. Drugs listed in your **YELLOW column** do not get metabolized normally by your enzymes and need to be changed by your doctor.
3. Drugs listed in your **RED column** are **DANGEROUS** for you and should be avoided.

Personal story: Following the insertion of three stents around his heart (to prevent a heart attack), Dave's cardiologist prescribed **plavix** to keep blood clots from forming in his stents. Unfortunately, because of faulty genes from his parents, David's faulty liver enzyme did not metabolize Plavix normally, which resulted in a blood-clot-induced heart attack just 2 days after returning home from the hospital. Dave's heart attack could have been avoided with a simple cheek swab had his cardiologist ordered a **pharmacogenomic** test before his surgery. He would have known in **advance** that Dave's CYP2D19 enzyme would not metabolize Plavix, would place Dave's life in danger and he could have prescribed a different (safe) drug. With the advancement of pharmacogenomic research (PGx), doctors can now treat with **proven science**. From a simple cheek swab, your doctor will know precisely (with 99.9 percent accuracy) which drugs your liver will metabolize **poorly** ... **intermediately** ... **normally** ... or **ultra-rapidly**, **BEFORE** you even take them. Learn from Dave's doctor's mistake. Before taking ANY medications, make sure your unique DNA is compatible with the drugs your doctor is prescribing by getting your own **PGx report**. (Before any surgery, INSIST on a PGx test.)

PROBLEM #3: Even though the FDA has added genetic dosing instructions to just under 300 drugs and even **requires PGx testing** before prescribing **81 drugs**, the **majority** of physicians are still NOT doing PGx testing on their patients (many consider it an inconvenience).

SOLUTION #2: Because physicians are not offering this life saving test that Medicare pays for, PGx testing has recently become available to the consumer through independent, HIPAA-certified representatives who work with licensed, board-certified physicians. The Center for Medicare and Medicaid Services has strict guidelines each certified DNA technician must follow. For more information or to see a SAMPLE PGx REPORT, visit www.RightDrugRightDose.Life or call Richelle Brubaker at 717-380-0350. Looking for an interesting speaker at your next event?

Richelle is anxious to share this lifesaving information with your group.



Richelle Brubaker
717-380-0350
richelle@email.com
www.RightDrugRightDose.Life



Aileen Stevens: Saving Lives, One Horse at a Time

By Susan C. Beam

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

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

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

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

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

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

"My daughter was taking riding lessons at a local barn where I was able to start running the nonprofit rescue. To support the project, I started donating all

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

Since her initial decision, Stevens has saved over 150 horses from slaughter with her nonprofit, Herd of Hope Horse Rescue. The horses are housed at Our Happy Place Equestrian Center, where they are rehabilitated.

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

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

Some horses will remain with Herd of Hope Horse Rescue for life as "sanctuary horses." **Fresco and Carlton are two affectionate horses looking for monthly sponsors to cover their care as they continue receiving specialized help.**

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

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

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

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

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



Herd of Hope Horse Rescue



Fund-Raising

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

herdofhopehorserescue.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

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Saving Lives

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

Rockin' Around the Christmas Tree with Inshanti Pure Essential Oils



Debra Stoltzfus

By Susan C. Beam

Looking to reenergize your life, improve your physical and emotional health, and invest in your quality of life? For the past 16 years, expert essential oil chemist Debra Stoltzfus has mastered and refined dual passions of harnessing the time-tested, beneficial power of high-grade essential oils and oil blends while also educating her clients on properly and safely maximizing their value.

"Working with the best oils, creating perfect blends—this is not only my passion, but my art form. Each product is the final result of fact-based science and education on chemical composition, including the properties boosting the lymphatic system for maximum physical benefits, to the components providing emotional support to the overall aromatic experience," said Stoltzfus, who founded her private practice, formerly Inshanti Wellness Spa and now Inshanti Pure Essential Oils, located at 48 Slaymaker Hill Road, Kinzers, in 2004.

Raised in Lancaster County, Stoltzfus began working in the wellness industry when she was 18, amassing a considerable education in fitness, anatomy and physiology, and cosmetology. After being introduced to the benefits of essential oils, she studied under a number of master chemists and achieved a multitude of advanced certifications while perfecting her craft.

"I love learning, and I especially like working with oils because this is an exact science based on facts, not theory. This is a synergistic and holistic science where chemical components combine for maximum benefit," she commented, adding that she crafted the memorable name from the word "In" and the Indian word "Shanti," meaning "perfect peace," to wish her clients the experience of being "in perfect peace."

When considering the science behind her products, Stoltzfus adheres to an exact regimen to ensure the highest quality, beginning with the plant itself. Trained in understanding how climate and environment can affect chemical composition, Stoltzfus maintains relationships with farms across the world, ensuring that her oils are not only of the purest quality, but have the proper chemical composition, ensured through strict testing.

"To ensure purity, every batch of essential oils that I receive is first

tested through gas chromatography mass spectrometry (GC/MS). The GC/MS report of the oil's properties also allows me to blend them in precise proportions, assuring confidence in what I and my clients are using," she explained, noting that commonly, many essential oils and products on the market are adulterated in some way, which affects the purity of the oil itself.

"For me, educating clients on the benefits of their products and proper usage, as well as ensuring confidence in quality of their oils, is extremely important," said Stoltzfus.

Now, just in time for the holidays, Stoltzfus and her knowledgeable staff will be hosting a special "Rockin' Around the Christmas Tree" Open House on Thursday, November 21, 10 a.m.–5 p.m., Friday, November 22, 10 a.m.–9 p.m., and Saturday, November 23, 10 a.m.–5 p.m.

"Our Open House will be featuring unique and unusual gifts that

you won't be able to find anywhere else, including essential oils and oil blends, artisan soaps and body butter bars, five unique scents of essential oil perfumes, and handmade jewelry and alpaca yarn items. Friday evening will be the largest event, with refreshments and a string quartet playing for the evening to welcome the season," said Stoltzfus.

Unique finds include Viral D™ Nasal Oil, a powerhouse blend of oils designed to break up mucus and fight off seasonal ailments; exceptional, high-quality personal products; and a number of all-natural kits perfect for managing cold and flu season. For furry friends, Stoltzfus has created two all-natural, safe pet products – Paw Prints, for dog paw protection, and Bow Wow Boo Boo Balm for minor injuries and insect bites.

For more information, additional educational resources, or ordering online, visit Inshanti Pure Essential Oils at inshanti.com.

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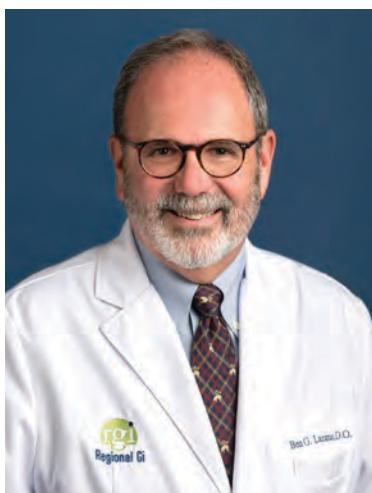
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Saturday, Nov. 23 • 10 AM–5 PM

In the Spotlight

Dr. Ben G. Lazarus



Dr. Ben G. Lazarus

According to Dr. Lazarus, during his formative years, he was fortunate to supplement and expand his interest in the medical field by being involved with local hospitals and extracurricular, science-based activities.

"I spent thousands of volunteer hours working in hospitals, beginning at age 12," he explained, adding, "In high school, I won the Pennsylvania Junior Academy of Science Chemistry Competition and was chosen to attend the National Youth Science Camp as one of two Pennsylvania representatives."

After graduating with his Bachelor of Science degree in biology from the University of Pittsburgh, Dr. Lazarus earned his DO at Philadelphia College of Osteopathic Medicine, where during his second year of medical school he became interested in the specialty field of gastroenterology.

"My focus is in general gastroenterology, specifically irritable bowel syndrome and reflux esophagitis, as well as general endoscopic practice," he explained, noting that during his career, he participated in many pharmaceutical research trials, specifically for irritable bowel syndrome, diarrhea and constipation, but felt his interests drawn to working directly with patients.

After medical school, he completed his Residency and Gastroenterology Fellowship at the University of Medicine and Dentistry of New Jersey—Kennedy Memorial Hospital, and finished with a Visiting Fellowship at the Graduate Hospital of the University of Pennsylvania and St. Christopher's Hospital for Children in 1984. Upon finishing his education, he returned to the Lancaster area.

"Having moved to Lancaster at age 13 and become part of the Lancaster community, I was drawn back to the community after I finished my training. I began in 1984 as a solo practitioner and was joined shortly after by two doctors," he explained.

"In 1993 our group merged with another GI group from Lancaster. There were seven physicians, and the number eventually grew to 15 physicians by 2017. At that point, we merged with Lancaster GI to become Regional GI. The size of our practice allows us to provide university-level care throughout all the hospitals in Lancaster County," continued Dr. Lazarus.

For Dr. Lazarus, creating relationships is central to effective patient care.

"My patient philosophy is first to be a good listener. It's im-

portant for me to develop a relationship and a partnership with my patients in order to help direct their care. Patients need to feel empowered in their own treatment and care. We are lucky to live in Lancaster County, a caring medical community with great depth," he said.

According to Dr. Lazarus, he plans to continue contributing high-quality medical care until retirement enters the picture at some point in the future. When not serving the community, he enjoys spending time with family, including a recently arrived grandchild; traveling, especially to the Jersey Shore; or relaxing by enjoying film, theater and music.

Lancaster County Women's Expo

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9 a.m. – 2 p.m.

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Women's Expo

Oct. 12, 2019 9 a.m. – 2 p.m.
Spooky Nook Sports
2913 Spooky Nook Road, Manheim

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Professional Services

Four Things Women Need to Know about Social Security

1. HOW DOES SOCIAL SECURITY PROTECT YOU AND YOUR FAMILY

When you work and pay Social Security taxes, you're paying for three types of benefits: retirement, disability, and survivor benefits.

Retirement Benefits

According to the Social Security Administration, because women are less often covered by retirement plans and live longer on average than men, they are typically more dependent on Social Security retirement benefits.*

Disability Benefits

If you suffer a serious illness or injury preventing you from earning a living and qualify for Social Security on your earnings record, you may be able to get monthly disability benefits. You must meet certain requirements. If you're receiving disability benefits, certain family members may also be able to collect benefits.

Survivor Benefits

If you're qualified for Social Security at your death, your

surviving spouse (or ex-spouse), unmarried dependent children, or dependent parents may be eligible for benefits. You also have survivor protection if married and your covered spouse dies and you're at least age 60 (50 if disabled), or at any age if caring for your covered child younger than 16 or disabled.

2. HOW DO YOU QUALIFY?

When you work in a job where you pay Social Security taxes or self-employment taxes, you earn credits (up to four per year, depending on your earnings) enabling you to qualify. In 2019, you earn one credit for each \$1,360 of wages or self-employment income.

- For retirement benefits, you generally need to have earned at least 40 credits (10 years of work). You may qualify for spousal benefits based on your spouse's work history if you haven't worked long enough to qualify, or if the spousal benefit is greater than the benefit you've earned on your own work record.
- For disability benefits (if



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a higher payout by delaying retirement past your full retirement age, up to age 70.

If married and qualify for spousal retirement benefits based on your spouse's earnings record, your benefit at full retirement age will generally be equal to 50% of his benefit at full retirement age. If eligible on both your record and your spouse's, you'll generally receive the higher benefit amount.

One way to estimate your benefit is to use the Retirement Estimator available on the SSA website.

4. WHEN SHOULD YOU BEGIN RECEIVING RETIREMENT BENEFITS?

There's no "right" answer. It's an individual decision based on many factors.

For more information, visit the Social Security Administration website at ssa.gov, call (800) 772.1213 or call or visit your local Social Security office.

* Social Security Administration Publication — What Every Woman Should Know, October 2019

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Healing with Words

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:
Oct. 22–Nov. 19 • 6:30–8:30 p.m.

Women's Memoir Writing Workshop:
"Exploring Our Life Stories"
Monday Evenings, 5-week series:
Nov. 4–Dec. 2 • 6:30–8:30 p.m.

Women's Fiction Writing Workshop:
Thursday evenings, 5-week series:
Oct. 24, (no class Oct. 31),
Nov. 7, Nov. 14, Nov. 21,
Dec. 4 (Wednesday) • 6:30–8:30 p.m.

Children Fall Workshop Series:
"Writing Made Wonderful"
Sunday afternoons, 4-week series:
Sept. 22, Oct. 27, Nov. 24, Dec. 15
2–4 p.m.

Teen Fall Workshop Series:
"Writing Made Wonderful"
Sunday afternoons, 4-week series:
Sept. 15, Oct. 20, Nov. 17, Dec. 8
2–4 p.m.

All classes above are held at WFTW 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:
Sept. 25–Nov. 20 (no class Nov. 13)
6:30–8:30 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.



Write from the Heart

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Professional Services



Regan Park

By Susan C. Beam

Since 1979, Lancaster School of Cosmetology & Therapeutic Bodywork has provided thousands of students with countless opportunities to achieve their dreams of working within the cosmetology, esthetics, nail technology and massage fields while also simultaneously inviting the Lancaster community in for luxury and pampering.

"Forty years is amazing. This school is still a family-owned, locally-owned school, and getting to 40 years is saying a lot. Our programs continue to expand—certainly, things have changed in the field, and we've always maintained the latest and greatest resources for our students," said President Debbie Dunn.

Located at 50 Ranck Avenue, the 10,000-square-foot building hosts a variety of student programs and laboratories, including options in cosmetology, esthetics, massage therapy, nail technology, and teacher training. Eleven instructors and a handful of professional staff are on hand to guide students through their programs and create an atmosphere of education, professionalism, and opportunity.

Longtime instructor Regan Park, who is both a licensed cosmetologist and cosmetology teacher who has been with the school for over 25 years, was celebrated this July as a Teacher of the Year by the Pennsylvania Association of Private School Administrators (PAPSA)—an accolade which she says she was "honored" to receive. According to Park, being a part of Lancaster School of Cosmetology & Therapeutic is a tremendous joy.

"I am super excited to be with the school to celebrate our 40th anniversary. I have loved the school for the 25 years I have had employment there, and have enjoyed watching it grow and

Lancaster School of Cosmetology & Therapeutic Bodywork Celebrates 40 Years

change with the times. I love that our students graduate with an awesome education provided by our remarkable staff," she commented.

Park actually began her own journey in the field with the school itself.

"I obtained my cosmetology license from Lancaster School of Cosmetology as well as my instructor's license. I worked in a salon and taught at the beginning of my career and then chose to dedicate my time to teaching and the role of Director of Education. At this point in my career, I love to teach our upcoming instructors—the teacher training program—how to run a successful classroom," Park explained.

For Park, one of the greatest joys is seeing how enthusiastic students are as they grow in their confidence and ability within a supportive community.

"My favorite part about working with our students is watching them grow as cosmetologists. A successful student is so rewarding. We are not only teaching a skill, but also communication. Communication is the key to success in our career," Park commented. "Student success is so rewarding. I enjoy watching and helping all of the different personalities that can enter a classroom learn and grow from each other. It is pretty cool to see students that may have limited things in common come together in a classroom successfully."

Park says the school also fosters a sense of community spirit for the Lancaster area.

"We pride ourselves on giving back to the community by doing events for local businesses, retirement communities, and other organizations. Offering services to clients that come into our student salons—cosmetology, massage therapy, nail technology, and esthetics—allows our students to practice for their upcoming career and also interact with the Lancaster community," she said.

In keeping with the sense of community spirit, the school is delighted to offer some extra special opportunities this fall as part of their celebration of 40 years

of "Where Beauty and Wellness Meet." Special events include October 4 and 24, where guests can spin a prize wheel to win discounts and prizes, or on October 29's "Ducky Discounts," where guests can pick a duck for a prize. Also, on October 3 and 15, the school is running their "40 years old, 40 percent off" days for clients.

Additionally, they are hosting a number of events to benefit the community. On Halloween, they will be raffling off a gift basket, valued at \$400, with proceeds to benefit domestic/sexual violence victims. Likewise, on Wednesdays in October, donate to domestic/sexual violence victims and receive a 50-percent-off coupon, or stop by on any Satur-

day in October, bring in an unexpired food donation, and receive a 50-percent-off coupon.

For more information on Lancaster School of Cosmetology & Therapeutic Bodywork, or for a menu of their programs and services, visit lancasterschoolofcosmetology.com.

October 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basket Raffle – buy tickets to win a gift basket valued at \$400 Proceeds to benefit Domestic/Sexual Violence Victims	You do not have to be present to win the basket!	1 Free nail art with manicures	2 Donate to help domestic/sexual violence victims & receive 50% off	3 40 years old, get 40% off	4 Spin the wheel to win services discounts or prizes (popcorn day)	5 Bring in an unexpired food donation and receive 50% off
6	7	8 Free manicures or pedicures to veterans	9 Donate to help domestic/sexual violence victims & receive 50% off	10 Bring a friend/pizza day	11 40 years old, get 40% off	12 Bring in an unexpired food donation and receive 50% off
13	14	15 40 years old, get 40% off	16 Donate to help domestic/sexual violence victims & receive 50% off	17 Free haircuts to veterans	18 Cotton Candy Day	19 Bring in an unexpired food donation and receive 50% off
20	21	22 Hot Dog Day	23 Donate to help domestic/sexual violence victims & receive 50% off	24 Spin the wheel to win services discounts or prizes (popcorn day)	25 Future Discount Days (Receive a discount for a future visit)	26 Bring in an unexpired food donation and receive 50% off
27	28	29 Ducky Discounts (pick a duck, and try for a discount or prize)	30 Donate to help domestic/sexual violence victims & receive 50% off	31 Halloween Costume Contest Day and/or Dress Down Day Basket winner drawn	Lancaster School of Cosmetology & Therapeutic Bodywork 50 Ranck Avenue	
Lancaster School of Cosmetology & Therapeutic Bodywork 50 Ranck Avenue	Basket Raffle – buy tickets to win a gift basket valued at \$400 Proceeds to benefit Domestic/Sexual Violence Victims	Lancaster School of Cosmetology & Therapeutic Bodywork 50 Ranck Avenue		You do not have to be present to win the basket!	Basket Raffle – buy tickets to win a gift basket valued at \$400 Proceeds to benefit Domestic/Sexual Violence Victims	

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Health & Wellness

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. and the fourth Friday of every month until 9 p.m. She has amazing products for both people and pets. You can also visit their website: www.finneganfarmsllc.com. They are also on Facebook and Instagram at [Finneganfarmsllc](#).



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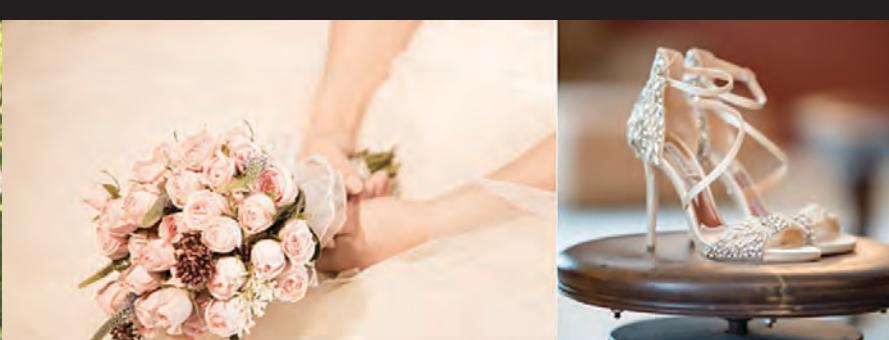
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October is National Domestic Violence Awareness Month

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other. 1 in 4 men are victims of some form of physical violence by an intimate partner.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women who were

murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people who were killed fighting in the war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their self-esteem is totally destroyed, and they are made to feel they will never be able to find another person to be with.
- The cycle of abuse, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.
- It's dangerous to leave. Women are 70 times more likely to be killed in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost 5 percent of male homicide vic-

tims each year are killed by an intimate partner.

- They feel personally responsible for their partner, or their own behavior. They are made to feel like everything that goes wrong is their fault.
- They share a life. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

HOW TO OBSERVE

Use #DomesticViolenceAwareness to post on social media. Sometimes, people don't know if they are really in an abusive relationship because they're used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you're in an abusive relationship that you need to get out of.

- Your partner has hit you, beat you, or strangled you in the past.
- Your partner is possessive. They check up on you constantly wondering where you are; they get mad at you for hanging out

with certain people if you don't do what they say.

- Your partner is jealous. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
- Your partner puts you down. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
- Your partner threatens you or your family.
- Your partner physically and sexually abuses you. If they EVER push, shove, or hit you, or make you have sex with them when you don't want to, they are abusing you (even if it doesn't happen all the time.)

HISTORY

Domestic Violence Awareness Month evolved from the "Day of Unity" held in October 1981



and conceived by the National Coalition Against Domestic Violence. The "Day of Unity" soon evolved into a week, and in October of 1987, the first National Domestic Violence Awareness Month was observed. In 1989 Congress passed Public Law 101-112, officially designating October of that year as National Domestic Violence Awareness Month. Such legislation has been passed each year since.

As this month comes to an end, the important discussion it brings to the forefront about domestic violence's horrific repercussions should not.

If you are experiencing domestic abuse, please click here for help. If you are in danger, call 911.

Ten Tips for Picking Up the Pieces When Life Goes Off the Rails

By Vella Mbenna

Sometimes life can veer wildly off track and leave you reeling. Relationships end, jobs disappear, people let you down, health crises arise, and people die. When the worst happens, it feels like the end of the world, but it rarely is, says Vella Mbenna. After the proverbial smoke clears, what you do next makes all the difference. Keep reading to learn Mbenna's advice for choosing progress over paralysis and bouncing when life throws you a curveball.

Take time to deal with the pain (but not too much time). It's okay to grieve or process whatever has happened—whether you've gotten divorced, lost your job, or experienced another setback—but keep this period as brief as possible, and then get on with your life. If you're not careful, this could become your new normal and prevent you from making progress.

Get help if you need it. If you're seriously stuck or have fallen into depression, you'll probably know it. At that point, seek professional

help. A good therapist can help you process any grief you're struggling with and help you move forward in a healthy way.

Accept social support. Your social ties are important when you've had a crisis. So be sure to surround yourself with people who love you. Resist the urge to shut everyone out and cope all by yourself; even if you don't feel like you want the support and attention during this time, you'll ultimately be glad to have people who care checking in on you. But remember, this isn't a time to let just anybody in. Avoid toxic "frenemies" and anyone you feel doesn't have your best interests at heart.

Stop the negative self-talk. "No matter how upset you feel, silence your inner critic and stop the negative self-talk," says Mbenna. "Beating yourself up solves nothing and just makes you feel worse. So resist the urge to criticize, blame, or berate yourself. When you catch yourself engaging in negative self-talk, replace the thought by acknowledging something good about yourself."

Commit to self-care. After you've gone through a crisis, it's more important than ever to practice nurturing habits. First, make sure you're getting plenty of rest, lots of exercise, and eating enough healthy foods. Don't forget to treat yourself from time to time as well. Schedule a massage or facial, buy yourself a new book, or go out to dinner and a movie. A small splurge now and then will give you the little bolt of pleasure you need to sustain you during tough times.

Throw yourself into a project. One of the best ways to regain a sense of normalcy after a trauma is to get engaged in something you care about. So throw yourself into a project you feel passionate about. It will be a much welcome distraction, and it's a great way to get your creative juices flowing. Consider starting a blog, learning a new professional skill, taking up a new hobby, or joining a local choir or service league.

Practice being fearless. After enduring a trauma, the world can seem like a very frightening place. But even when you

feel afraid, it is important to do things that scare you (within reason). Speak up in meetings, go to a networking event where you won't know anyone, or volunteer to lead a project at work. Challenging yourself to step outside your comfort zone stretches your confidence and makes you a stronger person.

Find faith in something. Mbenna's strong faith in God helped her survive and navigate job and money instability, domestic violence, and several work challenges during her 26-year career with the Foreign Service. Through it all, she prayed constantly, asking God to guide and comfort her through her uncertainty and fear.

"My prayers have always sustained me," says Mbenna. "Even when times have been so hard that I haven't known what to ask for, I just ask God to help me and He always has."

Count your blessings. Even if it doesn't seem like it, you probably still have a lot to feel grateful for. Find positive things in your life to focus on, like your home, your friends, or your children.

Focusing on your blessings can help you put what you're going through into perspective.

Plan a getaway. There's nothing wrong with taking a temporary break after a major life disruption. So, plan a vacation where you can rest, relax, and reset. It's a great way to separate yourself from reality and remember what it's like to have fun. And if you can't afford a traditional vacation, set aside a little money for an overnight getaway, or visit a friend or relative for a few days for a change of scenery. You'll come back feeling revived and ready to get back on track.

"You can't plan for a personal crisis, but when one shows up, you can heal from it in a healthy way," concludes Mbenna. "New beginnings can be beautiful things, and once you've dealt with whatever storm just blew through your life, there's nothing stopping you from picking up the pieces, getting back on track, and pursuing your ambitions and dreams."

For more information, please visit vellambenna.com.

Community

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.

Give for the Animals!



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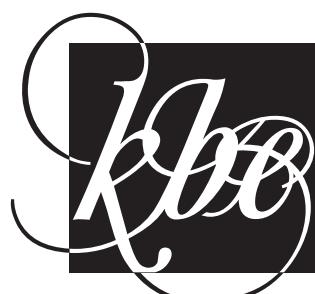
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Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential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

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

Seeking Volunteers

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

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

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

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Helping Seniors Make Their Move



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

by Robin Archibald

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

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

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

"Over the course of the move, we're there frequently, helping clients make decisions and facilitating the move in whatever ways the client needs," says Rocky. If her clients can't sleep because a worry arises, they can call Rocky late in the evening, any day of the week. "I'm always awake doing paperwork, so they can call and I can take that problem away," she assures. Rocky advises active adults and seniors to start early on the details of downsizing from a family home to a smaller residence. "Once you know you're going to move, you can start. It can take two years, and a slow approach is less stressful,"

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

The first step clients take in the process of moving is to discuss their individual needs with Rocky so she can arrange to meet those needs. Some clients have physical limitations and need help organizing and packing. Others need help deciding how to downsize their furnishings to fit the space in their new home. Some need Rocky's knowledge of adult housing to help them find an enjoyable new home. Still others need Rocky's expertise as a realtor working with seniors for over 34 years to help them prepare their house for sale and get the best possible price. One service clients particularly love is how they can live in their new home immediately because their possessions have been unpacked and placed in closets and cabinets, and their furniture has been arranged. "When they come, it's all ready to start living," says Rocky.

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

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

Need a Speaker for Your Group?

Let Rocky Share Her 34 Years of Downsizing Experience.

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See our ad page 31.

Make Sure You're Getting These 8 Nutrients to Fight Depression

By Joy Stephenson-Laws

Various credible sources, including Harvard Health, state women are about twice as likely as men to develop major depression. A woman's biological or hormonal makeup may be partly to blame. There are certain periods during a woman's life when she is more susceptible to depression, such as before her period or after pregnancy.

Premenstrual Dysphoric Disorder (PMDD)

This disorder may occur a week or two before a woman's period begins and can consist of disabling symptoms such as irritability, anger, depressed mood, sadness, suicidal thoughts, appetite changes, bloating, breast tenderness, and joint or muscle pain.

Perinatal Depression

Perinatal depression is depression during or after pregnancy. It is much more serious than the "baby blues." The feelings of extreme sadness, anxiety, and exhaustion that accompany perinatal depression may make it difficult to complete daily care activities, the National Institutes of Health (NIH) reports. It is estimated to affect one in seven women.

Perimenopausal Depression

Perimenopause (the transition into menopause) is a normal phase in a woman's life that can sometimes be challenging. A woman going through perimenopause might experience abnormal periods, problems sleeping, mood swings, and hot flashes, according to the NIH. Perimenopausal depression may be caused by changes in hormone levels (e.g., estrogen).

There is nothing normal about depression. If women have symptoms of depression, it needs to be taken seriously and help should be sought. Women should also take proactive steps to reduce the likelihood of depression...and nutrition plays a key role in preventing and properly managing it, according to numerous credible studies. Many of the following nutrients can be obtained through a proper diet and/or supplementation (with medical supervision).

Magnesium

Several studies have shown an improvement in the severity of symptoms of depression when 125–300 mg of magnesium is consumed with each meal and at bedtime. Spinach, pumpkin seeds, yogurt, kefir, almonds, black beans, avo-

cado, figs, dark chocolate, and bananas are good sources.

Chromium

One study showed that 70 percent of those who took 600 mcg of chromium picolinate had improvement in their depressive symptoms. Foods high in chromium include broccoli, free-range eggs, sweet potatoes, corn, oats, and grass-fed beef.

Iron

Decreased levels of iron can result in apathy, depression, and fatigue. Iron is also important for oxygenation of the brain and necessary for all its functions. If a woman is depressed, she should check her iron levels. Keep in mind, many women tend to have a higher chance of iron deficiency due to losing blood during their menstrual cycles. Iron-rich foods include red meat, pork, poultry, seafoods, beans, spinach (and other leafy greens), peas, and iron-fortified cereals.

Selenium

Depression may be the result of oxidative stress, which is why selenium (an antioxidant) may be helpful. Numerous studies done on different populations and age groups suffering from depression

showed improvement in mood and anxiety when given selenium. Excellent sources include Brazil nuts, yellowfin tuna, halibut, sardines, and chicken.

Zinc

This trace element is involved in over 300 reactions in the body and is abundant in the brain. Zinc levels are generally low in those with major depression. Zinc supplementation along with antidepressant therapy has been studied and has shown benefits. Lamb, pumpkin seeds, grass-fed beef, mushrooms, chickpeas, spinach, and chicken will help give you the zinc you need.

Copper

Copper is a component of the enzymes that metabolize the brain chemicals that help you respond to stress, feel happy, and be alert. Several studies have shown an association between high levels of copper and lower rates of depression. Copper-rich foods include sunflower seeds, lentils, almonds, dark chocolate, beef liver, and asparagus.

B Vitamins

Vitamin deficiencies, including eight B vitamins, are reported to

have a negative effect on the brain. There is a wide range of foods containing B vitamins. Vegans and vegetarians need to be especially proactive in getting enough B12 in their diets (which is mainly found in animal foods).

Vitamin C

Various studies have suggested that depression may be a consequence of inadequate levels of vitamin C. It can usually be found in a variety of fruits and vegetables, such as oranges, watermelon, green and red peppers, grapefruit, tomatoes, spinach, papaya, brussels sprouts, and cabbage.

Finally, it is also important to get a better idea of your nutritional status by taking a comprehensive nutritional test, talking with your healthcare provider about the results, and making changes in your dietary regimen.

Joy Stephenson-Laws, JD, is the founder of Proactive Health Labs (www.phlabs.org), a national nonprofit health information company; the founding and managing partner of one of the nation's leading healthcare law firms, Stephenson Acquisto & Colman (www.sacfirm.com); and is an author (*Minerals—The Forgotten Nutrient: Your Secret Weapon for Getting and Staying Healthy*, available through Amazon, iTunes, and bookstores). She is based in California.

The Salon des Refuses

French for "Exhibition of Rejects," the Salon des Refuses refers to an art exhibition held in Paris in 1863 to show paintings by French Artists that had been rejected by the selection committee of the "Paris Salon," the official annual showcase of French art.

In 1993, a group of art graduates from Millersville University (MU) decided to have an Alumni Art Exhibition for their 25th anniversary. Millersville was more than happy to accommodate their request. They had an elaborate artist reception on Family Day during Homecoming Weekend, and a monthlong exhibit in Ganser Gallery.

In early 2016 the group sent a letter to MU stating that 2019 would be the 50th anniversary of their graduation. They expressed their desire to have another art exhibit in one of the galleries at MU for those who had continued to produce exhibition artwork. A few weeks went by without reply. They then contacted the art department secretary. She informed them that their request had been passed along to the appropriate gallery directors. A few more weeks passed without a response. They again contacted the art department secretary, and she informed them



that the gallery director's meeting had taken place but no final list of exhibits for 2019 had been completed. A few more weeks went by without any counterreply to their request, so once again they contacted the art department. This time they were told that the list of exhibits had been completed and they were not included in the 2019 schedule.

Their artwork was never reviewed or juried. They received no explanation from any art department member regarding their request for exhibit. At this point they took this to mean they were "Rejected to Exhibit." They were given no choice but to have their own 50-Year An-

niversary Alumni Art Exhibition. States the group: "Like the French Artists, we rebel against MU's decision to reject us with our own 'Salon des Refuses Exhibition.'"

Come to Mulberry Art Studios to see the masterful artwork of these "rejected" artists. Paintings, mixed media pieces, and sculptures will be on display from artists Robert Bitts, Bill Christensen, Scott Spanbler, Frederick D. Swarr, Ken Vieth, and Lynne Yancha. The exhibit runs throughout the month of September at Mulberry Art Studios at 19-21 North Mulberry Street. Parking is free in their private lot.

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This handsome stray is in need of a good home! He was found on Manheim Pike in Lancaster. He has an identification chip with contact info that is no longer in service.

After a visit to the vet, this approximately 10 month old, playful, affectionate fellow we call "Finn," is neutered and has the paperwork to show he is up to date on tests and vaccinations.

For more information call or text Lucy at (253) 441-9867.

Professional Services



Melissa A. Zillhardt
Pennsylvania Bar Exam Candidate
(results expected Oct. 2019)

It's not every day that most of us think about who would make medical decisions for us if we were not able to speak or communicate our wishes. However, this exact situation can come up at the drop of a hat—you are in a car accident, have a stroke or heart attack. For many people, the inability to communicate their wishes happens due to degenerative diseases such as Alzheimer's.

While many of us have preferences regarding medical intervention and end of life care, it is important to relay these wishes to loved ones. One of the most practical ways to accomplish this is by creating a health care power of attorney and living will. This document can save time and avoid confrontation when it comes to your medical care. A health care power of attorney and living will is a combined document that names a person to make medical decisions for you should you lack the capacity to communicate with your doctor. It also lays out your preferences related to end of life decisions. Choosing the right agent is key. Consideration should be given to naming multiple agents so one is readily available when decisions need to be made immediately. An agent must not only know your desires, but

also have a general familiarity with your health (i.e. allergies to medication, previous surgeries, medical history, etc.)

While a health care power of attorney primarily protects your wishes, it also protects the peace of mind of your family members and friends. Picture your child, spouse, parent or friend being asked whether to keep you on a ventilator or place you on a feeding tube. Family members often argue over these decisions and can feel isolated or guilty for making certain decisions. It is best to let loved ones know your wishes ahead of time so that they can have peace of mind knowing that they did what you would have wanted.

Finally, health care power of attorney and living will documents are flexible. Not only can you outline what types of treatment you want or do not want, but you can also direct whether

you want to be kept alive as long as possible, whether the instructions outlined in the document are stringent and must be followed or whether they are mere guidance for your agent. You can also insert specific clauses which outline your values or beliefs. For example, the Catholic Bishops of Pennsylvania and the Pennsylvania Catholic Conference list a health care power of attorney and living will form on their website containing language that relays the Catholic viewpoint regarding end of life care.

It is important to communicate with your loved ones regarding health care decisions at any age. Creating a health care power of attorney and living will is a simple and effective way to preserve your values and wishes and provide guidance to your loved ones in what is bound to be a difficult time.



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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 hoarders risk being evacuated, having their homes condemned, or having children and pets removed from their care owing 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.

"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.

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.



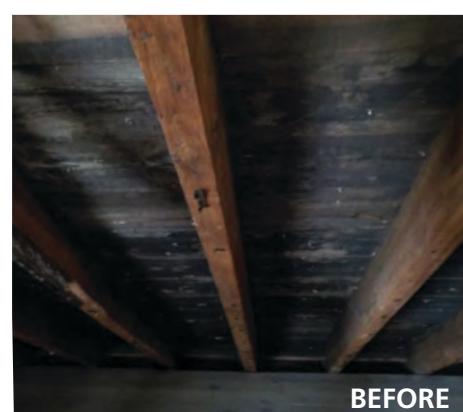
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before we estimate.*

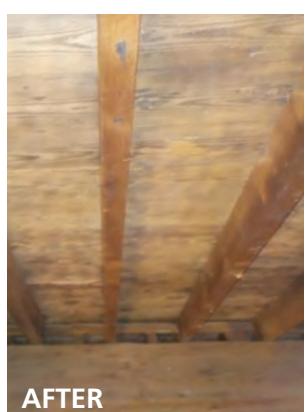


717.989.5763
www.dceager.com

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.



BEFORE



AFTER

Professional Services

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



A. L. Segro

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

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

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

New Products

Meet Mature Hands

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

If You Have Knowledge, You Have Power

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

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

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

Dedicated to your beautiful hair,

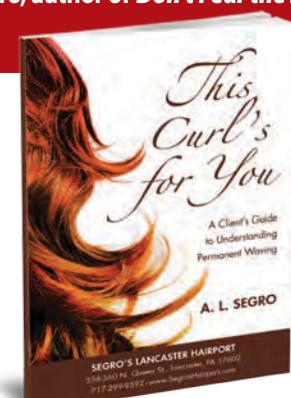
A. L. Segro

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

THIS CURL'S FOR YOU

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

Get the answers now in this No-Cost Book!



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

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

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

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

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

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

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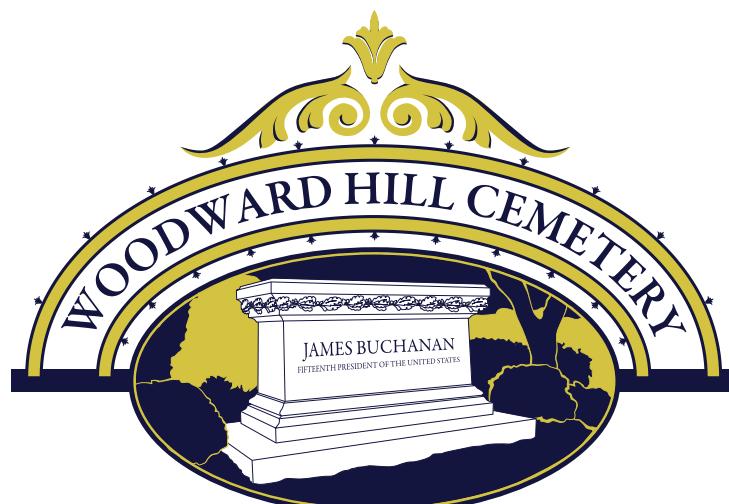
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For more than 150 years, Woodward Hill Cemetery has been one of Lancaster's most significant historic sites. As the final resting place of numerous prominent citizens including President James Buchanan, with a layout reflecting Victorian ideals of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

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

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

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Professional Services

Heritage Design Interiors Holiday Open House, Nov. 7–17



Anita C. Yoder
Interior Designer & President
Heritage Design Interiors Inc.

Heritage Design Interiors specializes in window treatments and décor for your home or workplace. We strive to provide designs and solutions that best reflect your needs and lifestyle. By listening to your desires, style, taste, and ideas, we will coordinate them into a look that is both beautiful and functional for you.

Year after year, our clients return to us because we listen to their ideas and then offer finishes and furnishings that best complement their space. They have come to trust our experienced designers to help them design and coordinate custom window treatments that enhances their home.

Specializing in window treatments, Heritage Design Interiors will take care of all of the details. Since there are so many window treatment options today, we will help you coordinate the best product for your decorating style and function needs.

From selecting the colors, patterns, and designs to professional measuring and installation,



we take the worry and frustration out of window treatments.

Heritage Design Interiors has been a Hunter Douglas dealer since 1990. We offer 100% exclusively the highest quality blinds, shades and shutters available. All Hunter Douglas products are custom made specifically for your windows and manufactured here in the U.S. under the highest quality standards.

Stop by and check out the working displays of blinds, shades, and shutters. You can try out the different control systems, such as cordless lift, motorization, and ultraglide. With so many options and choices, it can be overwhelming. We can help guide you to the window treatments that most efficiently meet your needs and your budget.

Heritage Design Interiors also offers custom window fashions, such as panels, draperies, swags, cornices, and valances, along with custom bedding, pillows, and window seats. You will be able to choose fabrics from our many fabric books that will complement your style of decorating.

Whether you have a single window or a whole house to do, small or large budget, we have the experience, knowledge, and expertise to guide you through the process. The end result will be something that you will take pleasure in for years to come.

Don't miss the Holiday Open House, November 7–17. Check out Heritage Design Interiors' website for more details.

Now is the perfect time to start decorating your home so you are ready for the upcoming holiday events, parties and dinners. Stop by or give us a call.

Visit our website at www.heritagedesigninteriors.com. Join Heritage Design Interiors on Facebook for upcoming events, specials, and decorating ideas.

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Holiday Open House

November 7–17, 2019

Special Hours: Friday 9am–8pm | Saturday 9am–5pm | Sunday 12pm–4pm

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