

Happy Holidays! 'Tis the Season to Share your Blessings

(See Pages 15-20)



Jocelyn Behr, Medical Aesthetician,
LG Health Physicians,
Plastic & Cosmetic Surgery
Skin Care Tips to Help Stop the Clock
on Aging, p. 5



Dr. James Kelly
Regional Medical Director,
Penn Medicine LG Health
Addressing Common
Flu Shot Myths, p. 7



In Memoriam
Stephanie (Webber) Brewer
"A Life Well Lived," p. 23



Blue Christmas: A Service of Remembrance,
DeBord Snyder & First Presbyterian Church
of Lancaster, Dec. 6, p. 9

Create a Warm Inviting Home for the Holidays...
Heritage Design Interiors 20% Coupon, p. 27

Bright Lights at Brethren Village
Drive-Through Light Display, p. 13

Colorful Creations by Christina
Opens in Strasburg, Pa.
Featuring Holiday Home Décor, p. 26

UPMC Announces
New Veterans Care Services, p. 24

Holiday Shopping is Easy with Great Packages
from Lancaster School of Cosmetology, p. 22

Get 50% Off—Bring a Friend and
Write for a Night, Dec. 10, p. 22

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The Woman's Journal

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November–January 15, 2021

CELEBRATE THE *Sweet* TIMES



Chef John Moeller &
Family Welcome You!

THE
Greenfield
RESTAURANT
& BAR

See page 3 for more information.

Health & Wellness



What's New in Facial and/or Scar Resurfacing?



William A. Carter, MD

In a word, supercharging. OK, so how can a face be supercharged after a laser resurfacing treatment? By making it heal better. And how is that done, you may ask? By increasing the effectiveness and completeness of the recovery process. This can be done by external influencers like extra vitamin C ingestion, ZO's Growth Factor Serum, and optimized nutrition and sleep. But you know what really works extremely well?

Platelet-Rich Plasma (PRP) and Sculptra are the answers. And these can be applied topically whenever holes are made in the skin. At our office we make holes in skin frequently to achieve fa-

vorable changes in skin texture and tone. Texture is the surface smoothness of the skin, and tone is the evenness of the coloration of the complexion. Acne scars, for example, are one way that the texture of skin can be adversely affected. Brownish discolorations and visible surface veins are examples of abnormalities of skin tone. Both skin texture and tone can be improved by making holes in the skin, however they are made.

The most common way that we make skin holes at Medical Cosmetics is by a series of micro-needling treatments. We use a Skin Pen. This device is the only FDA-cleared micro-needler available. It does a great job. Vicki, our outstanding esthetician, makes more holes this way than I do. But sometimes she lets me share in this enjoyment! I draw the patient's blood for the PRP we use to "supercharge" the benefit from making all those holes in the skin. The alpha granules stored in all of our blood's platelets contain more than a dozen powerful growth and repair factors. Once platelets are allowed to penetrate into the skin holes we have made, their released

growth factors tremendously enhance the healing that occurs! Topical Sculptra (poly-L-lactic acid) also enhances recovery from the hole-making process. Sculptra works not by the release of growth factors, but by recruiting fibroblasts to the location of the PLLA molecules. Fibroblasts manufacture collagen. And extra collagen in our skin is a great thing!

So how else can holes be made in the skin? And why would anyone want to make holes any other way other than by microneedling? The answer is the use of a fractionated "ablative" laser. The light from an ablative laser is converted from single-wavelength light into heat when it encounters the very first cell that it strikes. The type of ablative fractionated laser that we have is Cynosure's SmartSkin Plus CO₂ laser. The huge advantage that fractionated lasers have over microneedling is that not only do they improve skin texture and tone, but they also improve skin tightness! And who doesn't want tighter skin? Right? People often tell me that I appear younger than my chronological age (a sore subject for me since my early Novem-

ber birthday!). The greatest reason for this is 12–15 fractionated CO₂ laser treatments over the past 20 years. And all of those laser treatments were done without the benefit of topical PRP and/or Sculptra. I cannot wait for my next CO₂, at which time I will also paint myself with my own PRP followed by Sculptra! I've used this recipe on two of my patients recently, and the results have been phenomenal. For completeness, let me mention that we also do a "nonablative" (nonsurface hole-making) laser resurfacing treatment that will improve skin texture, tone, and tightness. It will take 3–4 of these treatments to equal the benefit of one CO₂ ablative laser resurfacing treatment, and the downtime is just one day instead of 4–7 days. Cost for four nonablatives will equal that of one ablative laser treatment. Since the non-ablative laser treatment does not make holes in the skin's surface, neither PRP nor Sculptra can be applied topically after the treatment to supercharge the healing process. A thought just occurred to me...could a person have a nonablative fractionated laser treatment followed by micro-

needling and then apply PRP and/or Sculptra on top? I don't see why not. The recovery would be faster, but my guess is that the tightness would not be quite as impressive. Someone will request this combination sometime, I just know it. Then we will see, won't we?

It's time to think about getting your face spruced up in the simultaneous categories of texture, tone, and tightness. So why not go ahead and schedule to PUT ON A HAPPY FACE?



Vicki Vellios Briner, LE

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

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

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

Vicki provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks, and Scars)
- SkinPen Microneedling
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Health & Wellness



Tastes of the Season at The Greenfield Restaurant & Bar



Chef John Moeller

By Susan C. Beam

During the holidays, some of the best gifts can't be wrapped—like making memories with family and friends. At Lancaster's The Greenfield Restaurant & Bar, make memories with loved ones by enjoying an evening complete with unique and distinctive flavors of the season, expertly crafted from local ingredients by the distinguished Chef John Moeller, and paired with wines from an award-winning wine list.

For Chef John Moeller, a Lancaster native and former Acting White House Chef who purchased The Greenfield in 2018, food is more than just sustenance: It is a feast for the body as well as all the senses, and an opportunity for people to sit down, break bread together and reconnect.

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

This winter season, Chef Moeller said he is experimenting to create new and unusual pairings to tantalize the palate through his trademark use of "fresh from the garden" ingredients enhanced by thoughtful and intentional use of exotic spices.

"One such dish that we'll be debuting is a confit duck salad, which is a classic preparation of a duck leg and thigh slow-cooked in its own fat and finished with a final sauté, paired with seasonal vegetables," he commented, adding that surprise updates will be available on the restaurant's Facebook page.

Through the current pandemic situation, The Greenfield Res-

In an ever-changing world, we offer you:

CONSISTENT CUISINE

UNWAVERING SERVICE

COMFORTING ATMOSPHERE

A close-up photograph of a plated meal. The main dish is a piece of fish, possibly halibut or cod, with a golden-brown sear. It is served over a bed of green lentils and leafy greens, with small cubes of orange root vegetable. A drizzle of orange sauce and a garnish of microgreens complete the presentation.

Some things never change.



595 Greenfield Road, Lancaster PA 17602 | 717-393-0668 | www.thegreenfieldrestaurant.com

Tuesday - Saturday Lunch & Dinner | Sunday Brunch | Catering | Events



taurant & Bar has reenvisioned several aspects of the indoor dining experience in order to maximize safety for patrons. Indoor seating remains within state-set guidelines, staff wears masks or face shields, and patrons are requested to wear masks upon entering and exiting the building, and when using the restrooms.

"We remain committed to always provide our patrons with a memorable dining experience,

where they can enjoy good food and good conversation with loved ones and feel assured of their safety and well-being," said Chef Moeller.

According to Chef Moeller, many patrons of The Greenfield Restaurant have also appreciated their beautifully designed patio dining space, which offers heated al fresco-style dining, weather-contingent. Takeout and catering are also available for those looking

to enjoy a meal at home, or those planning special occasions.

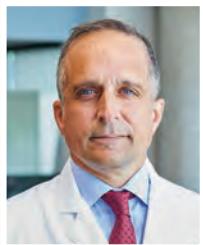
While brunch and lunch hours remain the same, with lunch served Tuesday-Saturday, 11:00 a.m. through 2:00 p.m., and Sunday brunch served 9 a.m. through 2 p.m., dinner hours now include Tuesday through Thursday, 4:30 p.m. through 9:00 p.m., and Friday and Saturday, from 4:30 p.m. through 9:00 p.m. On Friday and Saturday evenings, The Green-

field Restaurant is continuing their tradition of live piano music while you dine.

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

Health & Wellness

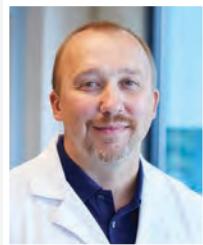
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Perry J. Argires, MD, FACS
Brain and Spine Surgery



Louis A. Marotti, MD, PhD,
FAANS, FACS
Brain and Spine Surgery
**Voted Best Surgeon
(1st Place)**



Steven Falowski, MD, FACS
Internationally Recognized for
Brain and Spine Surgery

NEUROSURGERY

Our award-winning Neurosurgical team was founded by Dr. Perry Argires and Dr. Lou Marotti. Both have been consistently voted the Best of Lancaster County. In addition, Dr. Steven Falowski has been elected to the board of directors of the International Neuromodulation Society (INS).



Jack Smith, MD
Pain Medicine

PAIN MANAGEMENT

For Dr. Smith, considering each patient on an individual level and creating a customized plan of care is key to his patient philosophy. "My approach is: listen to the patient first, and then consider all options, keeping in mind the final goal of them living happier, more fulfilled lives." he said.



Esther DiGiacomo,
MMSc, PA-C
Physician Assistant
**Voted Among the Best
Physician Assistants**



Adam Truax, PA-C
Physician Assistant
**Voted Among the Best
Physician Assistants**

PHYSICIAN ASSISTANTS

Our certified team of PAs have proven experience working alongside the very best in Neurosurgical care. Acknowledged for their superb patient services skills, they have been voted Among the Best in what they do as well.



Jarod B. John, MD
Neurologist

NEUROLOGY

Dr. John has expertise with Multiple Sclerosis, Movement Disorder, Seizure Disorder, Headache Disorder, Concussion, Neuromuscular Disease, Neuropathy, Dementia, Stroke, General Neurology, EMG, and EEG.



Brendan Garrett,
MHS, PA-C
Physician Assistant

ARGIRES MAROTTI
NEUROSURGICAL ASSOCIATES OF LANCASTER



Aiden Soroko, DPT
Physical Therapist,
Clinic Manager



Keith Thomsen, PTA
Physical Therapy Assistant

PHYSICAL THERAPY

Please welcome Aiden and Keith, new to the Argires Marotti family. They are joining us from Physical Therapy and Rehabilitation at Lancaster General Health.

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Skin Care Tips to Help Stop the Clock on Aging



Jocelyn Behr
Medical aesthetician
LG Health Physicians
Plastic & Cosmetic Surgery

Whether you've been battling wrinkles for years, are just starting to notice a few crow's feet, or are trying to make a preemptive strike against aging, there are simple steps you can take to keep your skin healthier and younger looking.

Protect Your Skin from the Sun
The sun is the #1 cause of wrinkles. Ultraviolet (UV) light causes skin to age by breaking down the collagen and elastin that provide support and elasticity. Tanned skin is damaged skin.

So, try to limit your time in the sun as much as possible. Use a broad-spectrum sunscreen—and apply it generously—every day. Even in the winter and on cloudy days, 80 percent of the sun's harmful rays can reach your skin. Be sure to choose a sunscreen that contains zinc (10-14%). It's the most important ingredient in any sunscreen.

Moisturize

Don't overlook the obvious. A simple moisturizer makes lines and creases far less noticeable. Try one with sunscreen for one-stop benefits.

Include More Fruits

and Veggies in Your Diet

The vitamins (particularly vitamin C), minerals and antioxidants in fruits and vegetables help skin look more radiant and protect against some effects of photoaging, or premature skin aging from repeated exposure to UV radiation. Try



Reveal your smooth and glowing skin!

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Plastics & Cosmetic Surgery



Penn Medicine
Lancaster General Health Physicians

to take advantage of fresh produce year-round.

Get Enough Sleep

Recent studies are finding an even greater connection between a good night's sleep and the appearance of your skin. Sleep allows your body to repair damage from the day. Aim for 7 to 9 hours every night.

And while you're catching your z's, try doing so on your back to avoid sleep lines. Over the years, sleeping with your

face in the pillow can wrinkle your skin. You may also want to consider a pillow designed to prevent wrinkling.

Don't Squint

Wear proper eyewear both in and out of the sun. Pricey sunglasses don't guarantee better protection. Look for a pair that says it blocks 99 or 100 percent of UVB and UVA rays.

De-Stress

Research shows that stress has a huge impact on all areas of

your health, including skin health. Help avoid wrinkles by making stress relief part of your daily routine. Swimming, jogging, long baths, reading, backyard games, yoga, walking, your dog, meditation... whatever works for you. Consider putting down your phone and taking a break from social media.

Don't Smoke

In addition to all of its other harmful health effects, smok-

ing has been shown to break down the skin's collagen. That's why smokers' skin tends to be thinner with more lines, and deep grooves around the lips. If you smoke, try to quit. Many helpful resources are available at smokefree.gov.

Look Good, Feel Good

Start making some positive changes today. When your skin looks good, you just naturally feel good. Learn more at LGHealth.org/LoveYourSkin.



Health & Wellness



Get the help you need from our **pulmonary and sleep specialists**

If you are suffering from pulmonary disease, sleep-related disorders, or critical illnesses, you deserve personalized treatment plans by our board-certified medical professionals. At Lancaster Pulmonary and Sleep Associates, you are our top priority. We specialize in treating illnesses including:

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UPMC LIFE
CHANGING
MEDICINE



Addressing Common Flu Shot Myths



Dr. James Kelly

With winter and flu season approaching, we are holding our flu clinics at Family Medicine Lincoln and offering flu vaccine to all patients when in the office. The CDC recommends a flu vaccine for all adults and children over 6 months of age. With the possibility of a bad flu season overwhelming our healthcare resources on top of the ongoing COVID-19 pandemic, our goal at Lancaster General Health is to vaccinate 90 percent of the Lancaster County population this fall. As I discuss flu vaccination with patients daily, I hear plenty of reasons to decline the vaccine. I thus thought it would be useful to address the most common arguments I hear for not receiving a flu vaccine.

1. "The flu shot makes me sick." This is by far the most

common concern I hear from patients. Fortunately, it is also the easiest argument to dispute. Outside from a little achiness, maybe a low-grade fever, a sore arm, and a little fatigue (all of which resolve within 48 hours), it is not possible to catch the flu from the vaccine. The vaccine contains killed virus (or with the nasal vaccine, weakened virus) that will not cause an actual influenza illness. Explanations for becoming ill immediately after the vaccine include catching another cold virus or catching the actual flu (it takes approximately two weeks after vaccination for the shot to become active) after receiving the vaccine. Once again, it is medically impossible for the flu shot to cause influenza illness, and receiving the vaccine will not increase your chance of catching influenza or COVID-19.

2. "The shot does not work. I received the vaccine last year and came down with the flu anyway." The 2019–2020 influenza vaccine in the U.S. was 45-percent effective in preventing influenza infection (55-percent effective in children 6 months to 17 years of age). Most 2020 vaccines contain four strains of influ-

enza; however, it is possible to catch a strain of influenza not included in the yearly vaccine. In this situation, your flu illness will be much less severe (both symptoms and duration) than if you had not received the vaccine. We finally have evidence emerging regarding high-dose flu vaccine in adults over 65. High-dose flu vaccine contains four times the amount of antigen as a standard vaccine, induces a greater antibody response, and in one study was 24 percent more effective in preventing influenza illness.

3. "Flu is a minor illness; it is not worth getting a vaccine for something my body can fight off by itself." As with COVID-19 risk, I advise young, healthy patients to think of others as well as themselves. Receiving a flu shot can protect you, but also protects spreading the flu to your infant, grandmother, or any other family member who may not have a strong enough immune system to fight the virus. Each year we see healthy, young adults and children—flu still leads to over 200,000 hospitalizations and 50,000 deaths each year in the U.S.—hospitalized due to severe influ-

enza illness. Even in years when the circulating strain does not match the vaccine, receiving your flu shot will reduce your risk of a serious complication or death from influenza.

4. "The flu shot contains thimerosal, a preservative that has been linked with autism and developmental delays in children." The small amount of thimerosal in flu vaccine has proven safe in trials on thousands of patients, and parents can be reassured regarding the safety of the flu vaccine. Additionally, flu vaccine at Lancaster General Health is preservative free and does not contain thimerosal.
5. "I have an egg allergy, thus I cannot receive the flu vaccine." We now have close to 30 studies on thousands of patients with a history of egg allergy receiving an inactivated influenza vaccine. For patients with egg allergy, we recommend vaccination at your primary provider's office to monitor symptoms after receiving the vaccine. There is also a recombinant vaccine available for use that is not prepared using eggs.
6. "I received the vaccine or had the flu last year, thus I should be safe to skip the



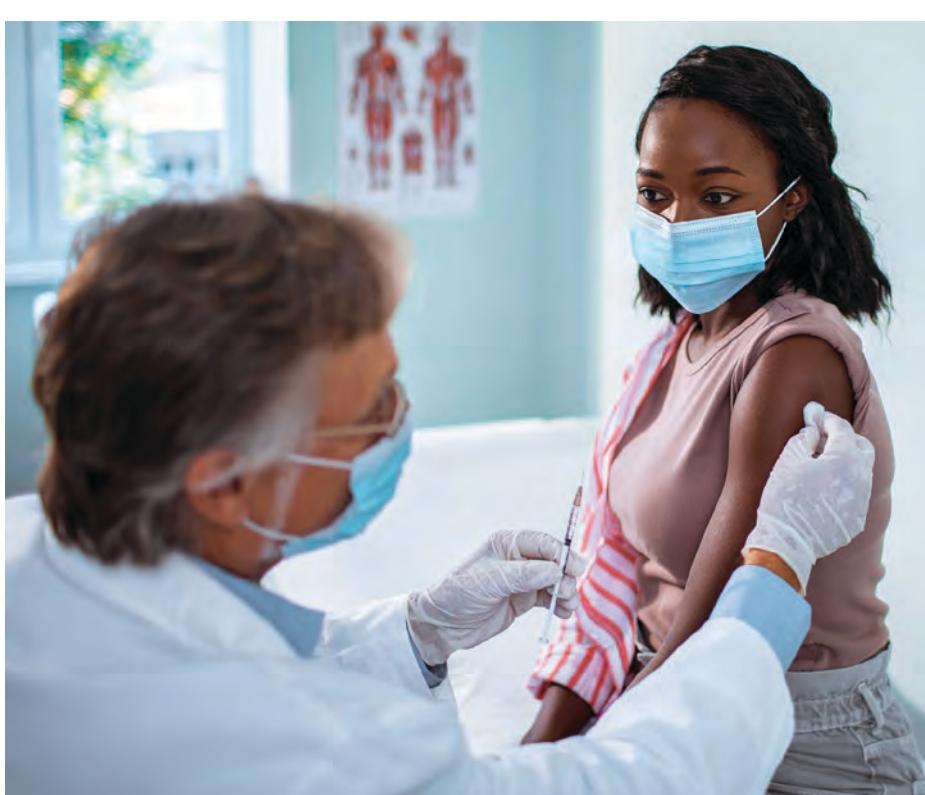
vaccine this year." There is a new flu vaccine produced yearly based on CDC expectations regarding which strains of flu virus will be circulating in the U.S. In addition, as we have seen with COVID-19, antibody levels decline with time, so you will need to "boost" your flu immunity each year. The previous year's vaccine or illness will not protect you for the upcoming flu season.

It is never too late to receive your flu vaccine. The 2020 vaccine is in good supply and everyone over 6 months of age should be vaccinated. As flu season may not peak until March or April, at Family Medicine Lincoln we will vaccinate patients well into February. I thus encourage everyone to receive their flu vaccine this year!

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

*Doctors and Patients—
Preserving the Relationship*

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Lancaster, PA 17605-0963
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James M. Kelly, MD, is a Regional Medical Director for Penn Medicine Lancaster General Health Physicians and has practiced at Family Medicine Lincoln in Ephrata, Pa., for the past 14 years. His interests lie in management of type 1 and type 2 diabetes, serving additionally as Medical Director for Keystone Diabetic Kids Camp in Millville, Pa. He also enjoys his time as team physician for Ephrata High School. Dr. Kelly is a past president of Lancaster City & County Medical Society.

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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,

After spending most of 2020 under quarantine, it's wonderful to welcome the joyful holiday season, starting with Thanksgiving! We can happily focus on family and friends to share the blessings of this wonderful time of year.

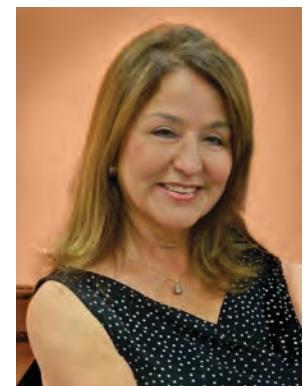
We at Lancaster County Woman have much to be thankful for. We're blessed to have amazing, loyal customers who've kept us going during this most unusual year. To all our readers and contributors who have generously encouraged and supported our efforts throughout this entire year, thank you! We are truly blessed.

In this same spirit, we invite you to "share your blessings." As we've done in past years, we have highlighted some local community organizations who could use your support. They're

listed on pages 15 through 20. Without these wonderful people and organizations, Lancaster County would not be what it is today.

Among the many beautiful holiday exhibits and activities throughout the county, you'll not want to miss taking your family for a drive through the "Bright Lights at Brethren Village." This beautiful display of lights will be on exhibit from Dec. 5 through the end of the year.

And for those who want to step out for a palate-pleasing meal this holiday season, be sure to book a table at The Greenfield Restaurant, where Chef John Moeller and his family are waiting to welcome you and your family. The restaurant is beautifully decorated, the meals are exquisite, and the service is outstanding — you will not be disappointed! Book early to ensure your spot.



LCW Managing Editor
JoAnn Notargiacomo

While enjoying the holidays, remember to pray for our servicemen and servicewomen everywhere. Many are not with their families for the holidays; they and their families need our support and prayers.

Thank you for being the best part of our business. We love you and wish you the best in 2021!

With blessings and appreciation,
JoAnn Notargiacomo
Managing Editor

Congratulations

to the 3rd Winner of the
Lancaster County Woman

Lancaster County Woman
GETAWAY GIVEAWAY!

a Weekend Vacation
at Bethany Beach,
Delaware!



Eugenia Ziegler

Eugenia likes to travel, bike, hike the rail trails. She enjoys water aerobics at Pleasant View in Manheim.

Eugenia and Ron lost their full time jobs due to COVID-19. They have a craft business called **MeMe & Zig**.

She has four grandchildren. Winning this vacation gives them the opportunity to hunt for seashells with the grandchildren.



Acknowledging Grief During the Holidays, Amidst a Pandemic

DeBord Snyder Funeral Home & Crematory has been providing compassionate care and offering meaningful services in the community for four generations.

Jeremy R. DeBord, the fourth-generation funeral director and owner, is proud to work for his family-owned business and to be a part of an over 80-year legacy serving the community. "Our goal has always been to serve our friends and neighbors by offering dignity, respect, and guidance during a difficult time, and to personally assist through the grieving and healing processes by creating remembrances which are both meaningful and unique to your loved one—services which celebrate and reflect their lives," explained DeBord.

DeBord Snyder Funeral Home & Crematory, along with First Presbyterian Church of Lancaster, have joined efforts and created a program offering

comfort and healing around the holiday season, particularly for those who have experienced a loss within the year.

The idea to hold a service in this capacity originated when Jordan Lenick, licensed funeral director, implemented the program in 2017.

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

For some families, returning year after year to attend this program has now become a

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

DeBord Snyder Funeral Home & Crematory, along with the First Presbyterian Church of Lancaster, is proud to hold their annual Blue Christmas: A Service of Remembrance, although it may look a little different this year.

The funeral home and church staff, together, decided that coming together safely, while observing social distancing and CDC guidelines, was something they were prepared and

ready to do to continue serving the community during this difficult time. Masks will be required for all attendees, as well as an RSVP, due to limited seating. The Blue Christmas Service of Remembrance will be held Sunday, December 6, 2020, at 2:00 p.m. at First Presbyterian Church, 140 E. Orange Street.

In keeping up with modern technology, they will also be offering a live stream of the service for those unable to attend in person. These capabilities are just one of the many ways the trained staff at DeBord Snyder Funeral Home & Crematory have helped families in the community stay connected to their family and friends through the challenges of a global pandemic.

"This has been a very unexpectedly difficult year. Losing a loved one is always hard, but losing someone in the midst

of not being able to gather or visit with family and friends has only magnified that loss. One of the many challenges we have faced this past year has been staying current on the guidelines put in place to keep our community safe, while still being able to serve families in an already incredibly difficult time," said Lenick.

DeBord added, "We are fortunate to be able to safely hold this meaningful service, both in person or virtual, especially in a time people may need it the most."

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

Blue Christmas: A Service of Remembrance

In Partnership with First Presbyterian Church of Lancaster

Sunday, Dec. 6 | 2:00 p.m.

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

Or via live stream:
my.gather.app/remember/blue-christmas

Across from DeBord Snyder Funeral Home.
Feel free to park in our parking lot.

To RSVP, please email info@DeBordSnyder.com
or call (717)394-4097 before Tuesday, Dec. 1.

DeBord  **Snyder**
Funeral Home & Crematory, Inc.



Health & Wellness

Choose to Live Every Day with H.O.P.E.

As of 9:42 a.m. on October 16, 2020, the Worldometer website indicated that 1,190 individuals across the world had already committed suicide that day. Within the two minutes it took me to write that brief statement, two more lives had been taken by choice. Annually, on a worldwide basis, over 850,000 people had taken their own lives in 2020 as of 9:44 a.m., Oct. 16. It seems as though every minute someone forgets the fundamental fact that each and every person matters. The importance of each person lends itself to agreement across humanity.

Interestingly, when I did research for my master's program, I studied religion. One aspect of humanity, regardless of belief, is the fundamental idea that all individuals serve a purpose. Whether atheist, agnostic, or believer, we all agree that each person matters. The question becomes... what makes any one person decide a life, his/her/their life, does not matter any longer? How can

anyone believe a human absence will go unnoticed? Suicide is not selfless; it's selfish. Understand, the choice today affects multiple lifetimes. The lifetimes of those left behind who must struggle to make sense out of the senseless, the avoidable grief, and unimaginable heartache.

Truly, warning signs exist for suicide. A simple internet search would list them. Movies, TV shows, and the like have depicted this very topic to implore the world to be kinder, more thoughtful, and compassionate to others. (Update: At 9:54 a.m., another 25 people had died by choice since 9:42 a.m.) The statistics represent real persons who have become desperate and lonely. People will reach back if you choose to keep reaching out. This does not discount those attempts to connect met with insensitivity and ignorance. For those, I will apologize in advance. Yet, I still ask that you keep reaching out. I would reach back...others will

help also. (Our toll is now at 43 as of 10:03 a.m.) It is OURS; it's our toll. Suicide is an every-person problem.

H.O.P.E. has limited resources that we are hoping to increase to facilitate the formation of grant monies to improve access to mental-health support for all individuals. The Pennsylvania Riding Club with their recent ride donated monies to H.O.P.E. specifically to help save lives. Donate money directly, or just choose H.O.P.E. Offers People Everything as your AmazonSmile organization—give passively through shopping. It will always be the people who make a difference—those who notice and the ones who seek help.

Professionals speaking out about suicide falls against a background of white noise...no one really hears them or sees them. At times, we have become the proverbial afterschool special or the Charlie Brown teacher who mutters some words to show how indistinguish-

able adults' voices can be. As long as awareness remains with the professionals only, the suicide rate will continue to increase. The world will live in secret shame as people choose to take their lives due to absolute desperation. The world is desperate now. Fact is, YOLO is false. You live every day. You only die once. Point is, suicide is a serious issue, not a veiled threat to hold another person hostage, be that a parent, a significant other, or anyone. Please think before you speak. Most importantly, choose life and remember the life you have is irreplaceable. A little over two weeks after finishing this article, the Worldometer totaled 903,327 suicides (11:27 a.m., Nov. 3). Let us not make it a million as we ring in 2021.

Help us help others by contacting HOPE, located within New Horizons Counseling Services. Donate directly or through Facebook at Hope Offers People Everything, Inc.

Amazon will donate 0.5% of your purchase.
Link your Amazon accounts through settings to AmazonSmile and donate for free!
Type "Hope Offers People Everything" in settings.

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

It's the Life in Our Years that Matter



C. Katherine DeStefano, PhD, LPC

Apparently, the United States has become shunned by the outside world for our carelessness regarding the coronavirus. I'm not sure our carelessness rests so much with the physical health aspects of COVID, but in the manner in which we have supported our elderly during this time. If I am not mistaken, nursing homes are still on lockdown and see only those individuals paid to provide their care. No checks and balances. The elderly living on their own

	March 19, 2020	July 17, 2020	Nov. 3, 2020
Nationwide	9464	3,616,747	9,579,398
Pennsylvania	157	102,361	219,469

or in other residences are left to fend for themselves as local offices tasked specifically with our history's well-being do little to facilitate our elders' health.

In March, July, and now November of 2020, data regarding the total number of cases has been provided to provide some connection to the seriousness of our situation. Our nation leads across the globe in total cases of this historic killer.

Currently, I work with someone who is 31 years my senior, which has forced me to recognize some realities in our current system. Interestingly, those providing services for others are excellent at looking back on their own experiences. We have all lived a childhood. However, we have not mastered the ability to look forward in retrospect. It's not

like our grandparents' lives are not the very information learned in our required history classes. It took only a moment to reflect on the person sitting across from me, realizing she lived during the Depression, during women's liberation. She saw a world literally in "black and white" no matter how open-minded she remains.

Any senior age 60 or older had no technology other than large machinery. Some of them only went to school until they were the age of our middle-schoolers now. I find it fascinating how we equip the world to accept change, yet we cannot equip the world to understand what was and how it impacted those before us. Ironically, providing therapeutic care has never been about a clinician's own experience. It has always been about the client, sitting with you, in that

space called the therapeutic environment. The problem lies in familiarity. Like I stated, we all lived a childhood...only those who aged into their senior years will ever in fact live them. Those providing therapy now will certainly not be providing therapy in their elder years. Unlike other groups, seniors will not sit across from those who have lived longer and know more. They have the benefit of age, and we have the benefit of understanding. We need to learn and make the mental health of our elders important. The isolation and loneliness were certainly not chosen by those quarantined for "their" safety. If we are supposed to understand the fluidity of gender, how can we not come to learn the experience of age? Age is merely a number that comes with aches and pains, both emotional and physical. As we age, we don't move as quickly and we may not think as quickly, yet we certainly have been there and done that.

Exploring new horizons with each individual as the sun sets on the past and rises on the future.

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Counseling Services, Inc

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Phone: 717-431-6615
Fax: 717-618-0498
Twitter: @theguidedparent
NewHorizonsForYou.org

Health & Wellness



Celebrating the Season at Spa la Vie



Danielle Todd

This holiday season, are you hunting for a gift for that special someone—something truly unique and luxurious? Or, are you looking to rejuvenate amid the hustle and bustle of planning and preparation? Just in time for the holiday season, Lancaster's Spa la Vie has gifts designed to pamper, revitalize and contribute to total body wellness.

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.

Or, if it's relaxation and body improvement you're seeking, Spa La Vie offers an array of therapeutic massage and body treatments.

"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.

One option is cupping, an ancient form of alternative therapy during which a therapist strategically places cups on the skin, creating suction and pulling the deep tissues up, which

promotes blood flow to the muscles, aiding in healing.

Spa La Vie also offers a customized approach to getting fabulous lashes, from lash tinting, and a procedure called "lash lift," which pumps up and darkens natural lashes, to lash extensions of varying lengths and volumes.

"If you want fuller lashes or an easier approach to your daily routine, lash extensions are a great idea for a fuller, natural-looking eye look. For our Classic Lashes treatment, we match one-to-one lashes, and we tailor the length of the lashes according to client needs. We also have Hybrid, Volume and Mega Volume lashes," said Todd, who is a Bella Lash educator and is now offering lash courses to beauty professionals.

Spa La Vie has adapted as well as possible to the new corona-

virus world, as have their clients. Here's a quick overview of changes they've incorporated:

- No walk-in appointments (by appointment only). No guests may accompany clients indoors.
- No in-store gift card sales. They must be purchased via the website.
- New or first-time guests will receive a form to fill out online. All others will receive one upon arrival.
- All guests and staff will wear a mask while inside the spa, including during service.
- Contactless temperature checks upon arrival. Clients with a temperature of 100+ degrees will have their services cancelled free of charge.
- Any service that requires the removal of a facemask

is not permitted, per the Pennsylvania State Board of Cosmetology.

- Guests are asked to text Spa La Vie upon arrival in the parking lot so they can be greeted individually at the door.

This season, give a loved one—or yourself—the gift of total body wellness. For more information and a complete wellness menu, or to purchase a gift certificate online during one of the holiday sales, call **717-295-4523**, or visit spalavielancaster.com.

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Health & Wellness

WGAL News 8 Anchor Ron Martin Retiring *News Icon Caps 37-Year Career with WGAL*



Ron Martin

WGAL 8 announced recently that longtime anchor Ron Martin will retire on November 25, 2020, after more than 37 years with the Susquehanna Valley's most-watched news station.

Martin has been a vital member of the WGAL News 8 team since 1983. He rose

through the ranks to become the station's main weeknight news anchor in 2000. Martin currently anchors WGAL News 8 at 5 p.m., the Emmy award-winning WGAL News 8 at 6 p.m., and WGAL News 8 at 11 p.m.

"It's impossible to fully describe what Ron means to WGAL," said WGAL 8 President and General Manager Justin Antoniotti. "His tireless work for nearly four decades is a lasting tribute to the commitment he's made to the people and communities we serve."

Martin led WGAL's coverage of some of the biggest stories in the history of WGAL 8, including the Hanover race riots, the September 11 terrorist attacks, and most recently the COVID-19 pandemic. This

November, WGAL News 8 will look back at the most memorable moments from Martin's career at WGAL. These news stories will air during WGAL News 8 at 5 p.m. The celebration will culminate with his final broadcast on Wednesday, November 25.

"WGAL was my dream job, and I've enjoyed every one of the 37 years I've been here," said Martin. "But as an anchorman, you work a lot of nights, and now it's time for me to spend more time with my family."

Martin is a York native who began his career in broadcast journalism as a desk assistant at NBC News in Washington, D.C. After graduating from Howard University with a Bachelor of Arts degree in communications, he returned

home to the Susquehanna Valley to work as a reporter and news announcer at WSBA radio in York. Ron joined WGAL 8 and the NewsCenter 8 team in 1983. In 1985, Ron was named weekend news anchor, and two years later was named a weeknight news anchor on WGAL.

Among the many awards he's received during his long career in broadcast journalism, Martin is a six-time Emmy Award winner. He has also been honored for his many community service contributions in the Central Pennsylvania region. Ron's efforts in this area have been recognized by scores of organizations, including the state of Pennsylvania, the cities of York and Harrisburg, the Harrisburg and York chapters of the

NAACP, the school districts of York and Harrisburg, and the Lancaster Urban League.

Ron and his wife Millie live in York and are the parents of three children. In 2002, Ron was inducted into the William Penn Senior High School Hall of Fame. In 2020, he was awarded an Honorary Doctorate from Thaddeus Stevens College.

"Ron's hometown knowledge and experience have guided viewers through countless news stories during his tenure. He is truly a giant of broadcasting in the Susquehanna Valley," said WGAL 8 News Director Eric Nazarenus. He added, "On behalf of WGAL 8 station management, thank you, Ron, for your service to the station and the community."

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THE PERFECT HOLIDAY GIFT!

ADD HOLIDAY SPARKLE WITH MAKEUP AND HAIR BY DESIGNER LONDON

An advertisement for Designer London. It features a large gold letter 'C' logo on the left, surrounded by red star-shaped confetti. The text 'Voted best of Lancaster 2020' is written in a cursive font above the word 'Happy'. Below 'Happy' is a large, bold 'Holidays!' in red. At the bottom, it says 'WISHING YOU A SEASON OF LAUGHTER AND LIGHT'. There are four small images of women's hair in different styles and colors (dark brown, blonde, reddish-brown, and curly brown) at the bottom.

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When Is the Right Time to Look into Personal Care?



Tara Marie Ober,
VP of Communications &
Resident Life

The growing population of today's seniors is more active, healthier, and will live longer than any generation in history, according to a 2019 *Forbes* magazine article, "A New Snapshot of Older Adults in the U.S."

But there are times when life brings change to active, healthy seniors, requiring them to look for support in an environment that is safe, caring, knowledgeable, and in tune with their changing lifestyle needs.

If completing routine activities of daily living (ADLs), like bathing, dressing, and personal grooming, is becoming increasingly difficult without assistance, it may be the right time to consider personal care. This doesn't mean giving up personal choices. It means choosing to live in a senior living community of trained healthcare professionals who understand the aging process and encourage independence and meaningful living.

Respect for and Attention to Individual Needs

Before a resident moves into personal care at Brethren Village, one of our highly trained professional team members performs a wellness evaluation. This ensures that the right level of care is provided from the very start. Then, we continue to reevaluate and enhance our personal-care plans on a consistent basis. Our commitment is keeping residents healthy, happy, safe, and comfortable every day.

Personal Care with a Commitment to Health, Safety, and Wellness

We ensure that our residents eat well and have access to foods rich in proper nutrients. They receive three chef-prepared meals every day. These well-balanced meals are designed in collaboration with our registered dietitian to ensure proper nutrition at all stages of life. Our licensed nurses provide round-the-clock care and pay special attention to monitoring and administering medication. And, if our residents' healthcare requirements should change, they receive priority access to the continuum of care within our CCRC (continuing care retirement community).

A healthy body and mind contribute greatly to happiness and longevity. We have designed daily activities on campus for residents to stay engaged and active at all levels. Personal care begins with respect. At Brethren Village, we believe our residents deserve to live every day with vitality and dignity without compromise. Our personal-care team is focused on enhancing the lives of residents by enabling them to be the unique individuals they are meant to be. Our team of skilled caregivers has specifically designed our personal-care programs with our residents' needs in mind every step of the way.

Nestled in the heart of Lancaster County, Brethren Village is designed as a neighborhood community with all the comforts of home. As a CCRC we offer a broad range of appropriate care levels, residential lifestyles, and activities to meet the needs of all residents. If you'd like to learn more about personal care at Brethren Village, please call us at **717.569.2657** or visit www.bv.org.



Marrying my wife is the smartest thing I ever did.

But this may be a close second.

Having a great partner in life is really important. But where you live your life is too. We found what we were looking for at Brethren Village. As

a continuing care community, we know our health care needs will always be taken care of. There were so many residential options and floor plans that we were able to choose one that was perfect for us. The campus is so close to everything and the financial options were perfectly suited to our budget. Coming here was a smart decision, but it was an easy one too.

www.BV.org

 **BrethrenVillage**
More choices. Your choices.

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Join us for *Bright Lights* at BV

From Dec. 5–31, 2020 Brethren Village will feature *Bright Lights*, our first holiday light drive-through, each evening at dusk.

The public is welcome to come in to our campus at any entrance and drive through to see the light displays and resident holiday decorations. There is no cost or map, you are welcome to take your own special tour of our holiday décor, while remaining in your vehicle.

There is no need to proceed through our security screening hut for *Bright Lights* because we ask that you do not exit your vehicle while on our campus. We appreciate your efforts to keep our residents and staff safe. We look forward to welcoming you to our campus and hope you enjoy our holiday festivities!

Health & Wellness

Worry and Women's Health

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

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

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

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

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

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

Live in the present.

Enjoy the moment.

Keep your body healthy.

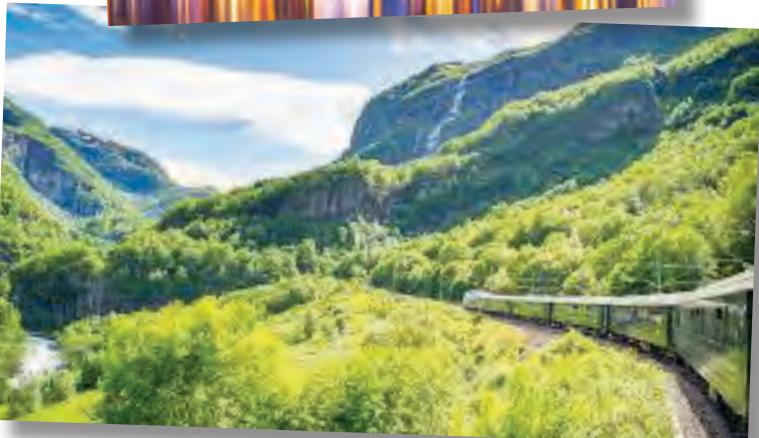
Railroad Museum Friends Schedule Norway Ramble in 2021

Join the Friends of the Railroad Museum of Pennsylvania on a customized trip to ride heritage railways, visit historic sites and experience the beauty and culture of Norway. The Riding the Rails of Norway Ramble will take place on Saturday, June 26, through Monday, July 5, 2021.

This Ramble has been rescheduled, upon request, from its original date of June 2020. First and foremost is the health and safety of Museum travelers. Any and all COVID-19-related regulations and protocols, nationally and internationally, will be observed.

Ramble highlights include rides on the Kroderbanen Steam Train, Tertitten Steam Railway, Bergen Line Train, Flåm Railway Train, Flåm Railway and Old Vossebane Steam Train. Also included are guided tours of Oslo and Bergen; a visit to the home and studio of composer Edvard Grieg; visits to the Viking Museum, Tram Museum, Technical Museum, Norwegian Folk Museum; Flåm Railway Museum, Rallar Museum and Hanseatic Museum and fjords cruises on the paddle steamer *AAS Opplandske*, *AS Flåm* and vintage ship *Stord I*.

The Riding the Rails of Norway Ramble also includes round-trip airfare from the designated airports; eight nights' hotel accommodations; services of a Norwegian guide and a travel escort; and eight breakfasts, three lunches and three dinners. Rates begin at \$5,940 per person, double occupancy. Registration is on a first-come basis, and travelers should register before January 14, 2021. The Ramble



Psychological Services, P.C.

Life Span

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

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

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

Depression/Anxiety/Panic Disorder • Grief/Bereavement
• Phobias • ADHD/ADD • Postpartum Depression
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• Anger and Stress Management • Couples Issues
• Learning Disabilities • Psychological Testing
• Bipolar Disorder • Eating Disorders

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brochure/registration form is available on the Museum's website at RRMuseumPA.org.

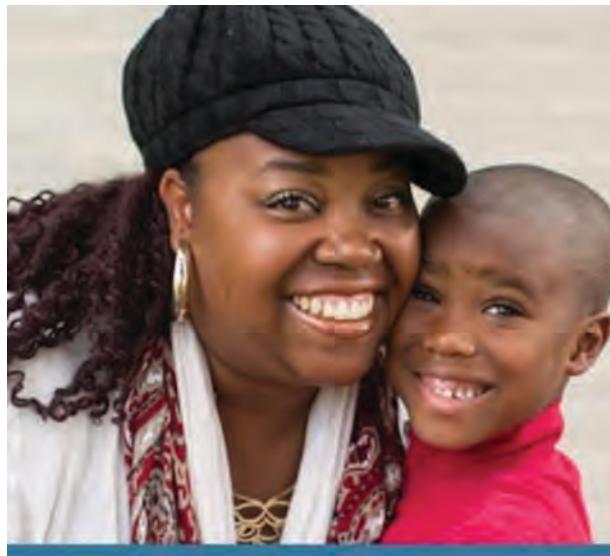
An optional Hurtigruten coastal cruise extension may be added to this Ramble. Hurtigruten is renowned for scenic Norwegian coastal exploration cruises, with multiple port calls in cities and villages on this seven-day northbound voyage across the Arctic Circle to the top of Norway at Kirkenes.

The Railroad Museum of Pennsylvania is home to a world-class collection of about 100 historic locomotives and railroad cars, a working restoration shop, an

immersive education center and programs, an extensive library and archives, special events and exhibits, and a Museum store.

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

Share Your Blessings



Overcoming homelessness
in Lancaster & Chester Counties

Good Samaritan Services
Restoring hope. Transforming lives.

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Good Samaritan Services provides shelter and housing support, but we also provide so much more! Participants in any of our programs have access to a wide array of Financial Stability and Personal Development resources. These resources help our participants build a firm foundation for their transition to independent housing, empowering them to maintain their stability and housing.

Personal Development resources are one of the prides of Good Sam. We know that individuals and families with supportive relationships are more likely to maintain stability once they move on from our services. The blessing we have at Good Sam is communities that are eager to be supportive in this way. When we are able to provide participants with supportive relationships outside our programs, as well as with relationship-building skills, we see success skyrocket.

Personal Development resources
Good Sam provides are:

PARENTING EDUCATION AND SUPPORT

We help develop participants' parenting skills and knowledge of children's developmental ages and stages. We also help families understand the impact of trauma and create skills for resilience.

ASSESSMENTS AND REFERRALS

We perform regular social/emotional/financial assessments to determine needs, level of services and appropriate referrals.

SUPPORT GROUPS & WORKSHOPS

Participants are offered opportunities to share information, learn new skills and develop peer support.

MENTORING

Volunteers join together with participants and caseworkers to provide long-term emotional and relational support, increasing participants' overall success within our programs.

Nervous About Online Counseling?



Kelly F. Dennis, MS LPC

forms and access your virtual appointment.

When you log onto your appointment, we'll review the forms you completed and answer your questions. I'll ask you some questions detailing the reasons you're seeking counseling, coping skills you may already be using, questions about your family history, schooling, social relationships, as well as situations in your life currently, such as job and/or school, and relationships.

Therapy works better when you take an active role (rather than just responding to only my questions). Therapy is really a team effort. I am trained to ask the right questions, but I'm not a mind reader, so please add information you believe might be pertinent. It's helpful to write down some things that are bothering you ahead of time when you're not feeling nervous.

Make the space as private and comfortable as possible. Once you find a setup that feels good, use it every time. Find a comfy blanket or stuffed animal (or a real one, if they won't be distracting), light a candle, and allow yourself to feel safe and comfortable.

Also, try to be open and honest with your emotions. Many clients have apologized for becoming tearful or expressing their feelings. This is not bothersome for me and helps me to better understand your situation.

Finally, try to come to therapy with realistic expectations. Working through problems takes time, effort, and commitment to the therapy process. With effort on your part and a strong therapeutic relationship, it can be a successful tool toward resolving problems. While online counseling feels different for many than in-person counseling, we are finding it to be just as effective.



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Counseling and Psychotherapy

Pennsylvania
Online Counseling

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hours by appointment
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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.



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This Holiday
Season**



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for Loved Ones**



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Photo © David Schrichte

Lancaster Symphony Orchestra's Play It Forward Program

The Play It Forward Program, developed in 2015, is the Lancaster Symphony Orchestra's seventh community outreach program. Over the 5 years this program has been in place, thousands of students have benefited.

Our children's programs have provided musical instruments to local students in need for over a decade, but those instruments require reeds, strings, cork grease, or valve oil to operate, and that is where the Play It Forward program picks up. Participating teachers send their instrument accessory wish lists to the LSO, and, through the generosity of our donors and grants, we purchase and distribute the requested materials. This program was developed when a Symphony staff member saw a School

District of Lancaster music teacher purchasing instrument accessories with her own money for her students who were unable to afford them. Our goal is to respond to every single student that needs necessary instrument supplies and to ensure who their musical education can soar.

Donations made to the Sound Discovery Community Engagement programs directly fund the Play It Forward program, as well as our six other community outreach programs. Please consider donating today to ensure these initiatives continue to grow and serve the Lancaster community for years to come.

Make a donation at
[lancastersymphony.org/
support/donate](http://lancastersymphony.org/support/donate).



L
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SYMPHONY
ORCHESTRA**



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Fund-Raising

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

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

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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.

Share Your Blessings



Rescuing Abused Cats in Delaware State Hoarding Case



Tawny Kissinger, Humane Pennsylvania's Lifesaving Programs Coordinator, with some of the cats and a staff member from Brandywine Valley SPCA.

Humane Pennsylvania has received 12 cats from a severe animal hoarding situation. On September 14, Humane Pennsylvania's Lancaster Adoption Center took in 12 abused, displaced cats from a cruelty case in Camden, Del.

The Delaware Office of Animal Welfare (OAW) seized animals in a suspected cruelty case in Delaware. After a tip from the public, OAW seized 182 cats,

one dog, and one deceased cat, all of which were living in deplorable conditions.

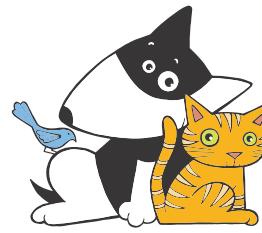
Humane Pennsylvania's Lancaster Adoption Center rescued 12 cats in need of medical care from the conditions they were forced to live in. Tawny Kissinger, Lifesaving Programs Coordinator, worked with Brandywine Valley SPCA to transport these cats to its Lancaster facility for treatment and adoption.

All of the cats required veterinary care and treatment from Humane Veterinary Hospital Lancaster. Some cats are now healthy enough to be adopted, while others will require more time with treatment and socialization.

"Rescuing these cats from such a horrific situation is never easy, but it feels good when you can provide them with a safe and healthy environment. Now we are tasked with finding them the loving homes they deserve," said Leann Quire, Director of Shelter Operations.

Humane Pennsylvania continues to help other shelter organizations locally, as well as nationally, to improve the lives of animals. It is not unusual for Humane Pennsylvania to assist with transports in cruelty and disaster cases. In 2019, Humane Pennsylvania provided disaster relief, animal welfare support, and shelter services to nine states, two U.S. territories, and Canada.

For those interested in adopting these cats, please visit humanepa.org.



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of LANCASTER COUNTY**
A Humane Pennsylvania Partner

Make a Gift and Save Lives!

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



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(717) 393-6551

Visit our website at www.humanepa.org

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

By Kylie Layman

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

- Salt and chemicals from ice melt can irritate your pet's skin and paws.** Following your winter stroll, thoroughly wash and dry any exposed areas of skin with clean water to remove any potential irritants from the belly, paw pads, and between the toes.

- Cats and other wildlife may seek shelter from the cold winter weather by crawling in to the wheel well or under the hood of your vehicle.** Your vehicle provides a warm place for the animal; however,



this can be a very dangerous location for them. Honk your horn or bang on the hood to awaken any animal and give them a chance to escape before pulling away.

- For community cats and other outdoor pets, provide adequate shelter that faces away from the wind with a covered doorway.** The shelter should be insulated, dry, and

draft-free; hay/staw and blankets are good insulators.

- Senior pets may have a particularly hard time keeping warm in cold temperatures and may not be able to manage cold-weather hazards, such as ice, with the same agility as younger pets.** Keep them warmer by having them wear a dog coat or sweater, and try putting dog booties on

their paws to give them extra grip in slippery conditions.

- Many common household products are poisonous to your pets.** Spills and leaks from vehicles can be especially dangerous. Coolant and antifreeze, for example, have a sweet taste that can attract your pet. However, these products can be deadly if ingested.

Did you know...

- We go through 10,000lbs of cat litter a year?** While some of that litter is donated, we purchase at least 6,000lbs of litter throughout the year. Your donation helps us provide necessary care for our homeless cats.

- Our dogs get daily doses of peanut butter and treats?** That means we go through 50+ large jars of peanut butter a year! Your donation helps the homeless dogs in our care feel loved and special during their time here.

- We have fenced in areas that our shelter dogs are allowed to run around and play outside in safely?** Your donation helps make sure that those areas stay secure and safe for our dogs to enjoy outside play time.

- Our volunteers collectively sacrifice over 7,000 hours of their time in a year.** They are an integral part in making sure our animals are well taken care of and feel loved. Our volunteers also make it possible for more of our monetary resources to be put into saving animals lives.

- We adopted over 1,500 animals last year!** Thank you to everyone who chose to save the life of a cat, dog or critter. We are so thankful you chose to open your home and hearts to a new family member. Your donation gives us the ability to vaccinate, spay/neuter and microchip all the animals in our care, getting them ready for their fur-ever homes.

Share Your Blessings

Domestic Violence Services Holiday Wishlist

The holiday season can be a difficult time for domestic violence victims who may be in the Safe House or else struggling outside to build a new life. Each year, DVS receives many gifts for children and teens, but not so many for their parents.

We're hoping our generous donors will remember the victims and survivors as well this year. Below are some suggestions.

GIFT CARDS	SELF CARE
Target • Walmart • Weis • Giant • Wegmans • Visa Gift Cards • Gift Cards for Downtown Restaurants and businesses	Curling irons • Hair dryers • Nail polish • Beauty gift baskets (ethnic and non) • Personal Care and pampering items for all skin types • Mani/Pedi sets
PERSONAL AND COMFORT	MISCELLANEOUS
Robes (sm-plus sizes) • Sleep pants and tops (sm-plus sizes) • Slippers (sm-xl) Socks (women's 8-10) • Underwear (sm-sizes) • Sports bras (sm-plus sizes)	Compact • Umbrellas • Datebooks • Journals • Adult Mandalas & coloring pencils
ELECTRONICS	
Tablets • iPads • Headphones	

Domestic Violence Services
Community Action Partnership

You Are Not Alone.
24/7 Hotline: 717-299-1249
Text: SAFE to 61222



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

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

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



CVCCS CONESTOGA VALLEY CHRISTIAN COMMUNITY SERVICES

Conestoga Valley Christian Community Services (CVCCS) was born out of the caring hearts of neighbors and churches in the Conestoga Valley.

We have seen a growing number of families and individuals in our community struggling to adequately feed, clothe, and house themselves. Some of these families have lost their homes and are now staying in motels or have just found themselves lacking the funds or work hours to pay their bills. We not only work with families and individuals through our programs, but we also direct them to other established social service agencies that can help find permanent housing, financial assistance, and job training.

CVCCS is located on Gehman Lane and offers:

- CVCCS food bank—serving CV residents and church attendees in the district
- CVCCS clothing bank—serving all of Lancaster County
- Summer lunch program • Weekend blessings
- Rooted children's mentoring after school mentoring program
- Thanksgiving and Christmas holiday meal box giveaways
- Back on Track financial coaching and assistance

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

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

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Hungry Children Need Your Help to Succeed in School

With Your Support We Can Help Children Succeed in School

Central Pennsylvania Food Bank 3908 Corey Road Harrisburg, PA 17109 717.564.1700	Williamsport Branch 3301 Wahoo Drive Williamsport, PA 17701 570.321.8023
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Share Your Blessings



YWCA IS ON A MISSION

Moving beyond belief toward respect and accountability!

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

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

ywcalancaster.org

Our buying power allows us to purchase food items at much lower cost than the average consumer. For example, a \$10 donation buys 55 pounds of food.



What your \$10 gift buys at the store.



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



812 North Queen Street,
Lancaster, PA 17603
717-291-2261
lancasterfoodhub.org

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

Make checks payable to the Lancaster County Food Hub or donate online at www.lancasterfoodhub.org.



Education Housing Support Services
Breaking the Cycle of Poverty & Homelessness for Women and Their Children

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Thank You!

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OF LANCASTER

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Lancaster, PA 17608-0787**

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

Share Your Blessings

Pet Pantry: Serving the Needs of Lancaster Pets Since 2011



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

By Susan C. Beam

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

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

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

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

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

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

living and medical costs," explained Sanders, who added that during their March 2020 food distribution, they distributed to over 100 families at two different locations: one at their Millersville site and one at a site in Gap. According to Sanders, what makes the Pet Pantry distinctive is their approach to total pet care.

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

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

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

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

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

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

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

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

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

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

Spay and Neuter Pet Clinic

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

Why spay or neuter dogs and cats?

Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner, you can help make a difference by having your dog or cat surgically

sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet's health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts, such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostatic hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

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

We recognize that the costs of

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

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

Pet Pantry Wish List



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

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

PET PANTRY
of Lancaster County



Professional Services



“’Twas the Night Before Moving”



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

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

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

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

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

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

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

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

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

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

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

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

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

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

Need a Speaker for Your Group?

Let Rocky Share Her 35 Years of Downsizing Experience.

Call
717/615-6507

See our ad page 23.

Alternative Gift Fair Inspires Hope with Unique VIRTUAL Shopping Experience • ONE DAY ONLY Dec. 5

Gifts That Give Hope Lancaster will celebrate 13 years of spreading holiday cheer through alternative giving on Saturday, December 5th from 10am-4pm VIRTUALLY in light of the current pandemic. GTGH to date has raised over \$300,000 for a variety of charitable organizations based here in Lancaster and those working around the world.

Shoppers at the fair will find 30 local and global nonprofit organizations making the world a better place through a range of humanitarian efforts. More information can be found at giftsthatgivehope.org/lancaster. Each nonprofit will have a donation-based gifts for shoppers to purchase in honor of friends and family on their holiday gift list.



GIFTS THAT GIVE HOPE

ONE DAY ONLY | DECEMBER 5, 2020 | 10 AM - 4 PM

VIRTUAL ALTERNATIVE GIFT FAIR

GIVE GIFTS. GIVE HOPE. CHANGE LIVES.

The goal of the gift fair is to encourage the generous spirit of the giving season down a more mindful path via alternative giving. Rooted in compassion, alternative giving helps people give threefold by showing friends and family you care about them

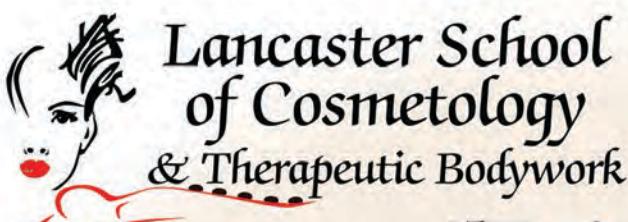
with a thoughtful gift, by supporting organizations who contribute positively to the social landscape, and by combating the environmental impact of consumerism on our planet.

Each nonprofit at the fair will

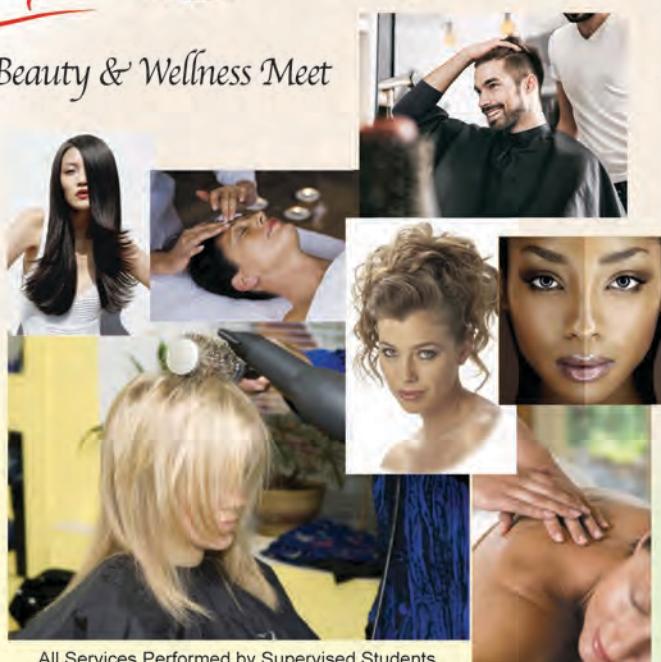
be offering one undesignated gift that allows shoppers to contribute a custom donation that will support its general mission. Upon checkout, shoppers will receive a gift insert and card which will be mailed to their home in time for the holiday season.

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

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ULTIMATE PAMPER \$60

Spa Manicure • Spa Pedicure • Specialty Facial with Eye &
Lip Treatment • Massage (1 hour) (savings of \$29)

All nail and hair services are walk-in.

All massage and facial services are by appointment only.

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

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

Write From The Heart Creates Wonder, Courage and Hope

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, taking a breath, and getting back in touch with themoment." She smiles. "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 Penn Medicine/Lancaster General Health Ann B. Barshinger Cancer Institute.

"Writing from the heart isn't about grammar, spelling or punctuation, but what each of us longs to express...happy or sad. It brings us closer to the world, to ourselves. We delight in the present. The very act of putting our pen to the page illuminates wonder, courage, and hope."

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"Write For A Night"

Share an evening of creative writing with us. Relax, laugh, and connect with others in a space of warmth and trust.

Writing brings us together!
As always—no grades,
grammar, or judgment.

Thur., Dec. 10 • 6:30–8:30 PM (via Zoom)



Write from the Heart

Creative Writing Workshops for
Adults, Children & Teens

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

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

www.writefromtheheart.us

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Remembering Stephanie (Webber) Brewer



Stephanie (Webber) Brewer

Stephanie was born in Albany, Georgia, the third of four daughters for George and Cathleen Webber, who eventually relocated the family to Pennsylvania. Stephanie was a graduate of Allentown Central Catholic High School.

Following high school, Stephanie set off for Syracuse University, where her life changed forever. She found her calling—education and helping disadvantaged children—and the love of her life, John Brewer, whom she married in 2003. After earning her degree at Syracuse, Stephanie joined Teach for America, an organization that helps educate children in low-income schools. She began her teaching career at Belmont Elementary School in Baltimore, Maryland, and eventually earned a master's

degree in education at Johns Hopkins University. Stephanie continued her work throughout the rest of her life, and most recently was an academic coach at King Elementary School in Lancaster.

Personally, Stephanie's greatest passion was raising her and John's two daughters, Alison and Ryleigh. Stephanie always encouraged her girls to focus on education, but to also follow their passions. Stephanie and John's Lititz home was filled with a buzz of activity and a menagerie of pets. It was always a warm, welcoming place for family, friends, and neighbors.

Spending quality time with family and friends was also a priority for Stephanie. She accumulated many happy memories at the beach, especially in

Lewes, Delaware, where she vacationed every year since childhood with her parents, sisters, and eventually her and her sisters' ever-growing families.

Stephanie enjoyed traveling and relished her trips to Grand Cayman, Hawaii, New York City, California, Australia, and her favorite place in the world, Disney(!), where she was a repeat visitor.

When she was at home, Stephanie was often busy with culinary projects or concocting bath bombs (fizzy, scented, palm-sized balls of fun dropped into bath water). Decorating for special occasions, creating ambience, and entertaining brought her a great deal of joy, whether it was a daughter's birthday party or hosting "Brew Year's Eve." Christmastime was her

clear-cut favorite time of year. Stephanie was noted for her "Christmas crack" and ability to come up with the perfect presents for her long list of family and friends.

Stephanie put her downtime from surgeries and chemotherapy to good use. She read book after book, streamed some great television series to see what the fuss was about, and shopped online to find the best deals for her family.

Stephanie's was a life well lived, and she made the most of every moment. Her final wishes were for everyone to take care of her family and to work to make the world a better place.

To view her obituary or offer condolences to her family visit www.debordsnyder.com/stephanie-webber-brewer.

Professional Services

UPMC Launches Veterans Care Services

UPMC has created a new Veterans Services program to assist veterans and their providers with referrals and coordination of care across the UPMC Pinnacle network, including appointment scheduling, test management, records requests between entities, and coordination directly with VA medical centers, all at no cost.

"In appreciation of their service to the nation, the UPMC Veterans Care Services is proud to help veterans get the healthcare they need," said Philip Guarneschelli, president, UPMC Pinnacle. "We are a 'one-stop shop' to help providers and patients manage their care between healthcare systems to provide timely and convenient access to care."

Whether a veteran is newly diagnosed with a medical condition or simply needs a test that VA medical centers cannot conduct, the UPMC Veteran Care Services team can work

directly with the VA location to receive the referral, provide the service, and return the patient back to the VA medical center as quickly and efficiently as possible.

The UPMC Veteran Care Services team are experts in managing the special needs of the veteran community and understand the uniqueness of the illnesses and injuries a veteran may have received during their time in service. Care coordination can be completed in central Pennsylvania through all UPMC Pinnacle hospitals, UPMC Hillman Cancer Centers, UPMC Heart and Vascular Institute offices, and specialty care services, including orthopedics, imaging, pain management, neurology, and more.

Veterans must have approval from the VA medical center for care in the community. Once veterans see their primary-care providers in the VA, they may

request care at any UPMC location for their referral needs.

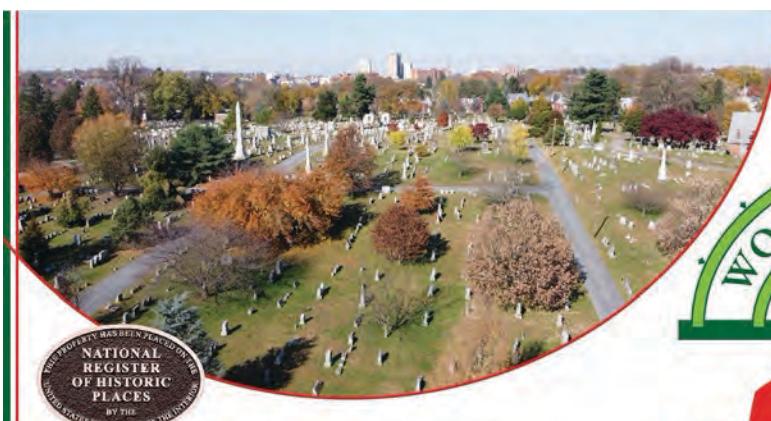
To speak with a Veteran Care Referral Coordinator, call **717-988-9355**. For more information, visit [UPMC Pinnacle.com/Veterans](http://UPMC.com/Veterans).

About UPMC

A \$21 billion healthcare provider and insurer, Pittsburgh-based UPMC is inventing new models of patient-centered, cost-effective, accountable care. The largest nongovernmental employer in Pennsylvania, UPMC integrates more than 90,000 employees, 40 hospitals, 700 doctors' offices and outpatient sites, and a 3.8 million-member Insurance Services Division, the largest medical insurer in western Pennsylvania. In the most recent fiscal year, UPMC contributed \$1.4 billion in benefits to its communities, including more care to the region's most vulnerable citizens than



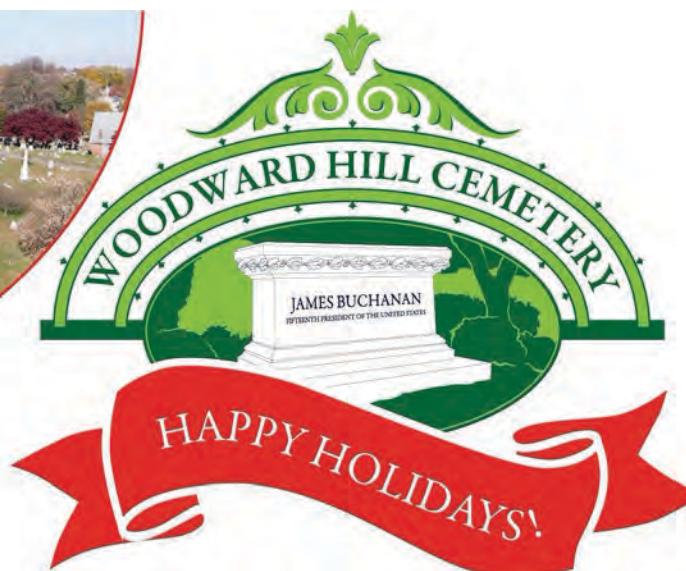
any other healthcare institution, and paid more than \$500 million in federal, state, and local taxes. Working in close collaboration with the University of Pittsburgh Schools of the Health Sciences, UPMC shares its clinical, managerial, and technological skills worldwide through its innovation and commercialization arm, UPMC Enterprises, and through UPMC International. *U.S. News & World Report* consistently ranks UPMC Presbyterian Shadyside on its annual Honor Roll of America's Best Hospitals and ranks UPMC Children's Hospital of Pittsburgh on its Honor Roll of America's Best Children's Hospitals. For more information, go to UPMC.com.



For more than 150 years, Woodward Hill Cemetery has been one of Lancaster's most significant historic sites. It is the final resting place of numerous prominent citizens including President James Buchanan. Woodward Hill is a "museum" of notable clergy, educators, civic leaders, and veterans.

The cemetery occupies more than 32 acres and contains approximately 13,750 grave markers dating from the late eighteenth century to the present day.

Many do not realize that Woodward Hill is an active non-profit cemetery with more than XXX number of traditional burial lots available as well as multiple options and price points for cremains burials in our Presidential Memorial Garden.



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EarthTalk™ – Single-Use PPE Effect on Environment

What's the environmental impact of all the single-use PPE we are throwing away now in huge numbers as a result of responding to the COVID-19 crisis?

– Jay M., Cary, NC

There's no question about it: all the disposable Personal Protective Equipment (PPE) in our waste stream is taking a toll on the environment. A recent study in the journal Environmental Science & Technology found that we are using some 129 billion disposable masks and 65 billion disposable gloves every month around the world nowadays as we try to stay safe in the midst of the worst pandemic to hit the human race in a century.

Most of the masks in the U.S. are made out of polypropylene-based plastic but some are made from related forms of plastic

such as polystyrene, polycarbonate, polyethylene or polyester. These synthetic fibers are designed to resist liquids and do not biodegrade in the environment once discarded, instead breaking down into smaller and smaller pieces of plastic that end up in landfills or, even worse, as litter that finds its way into waterways and the ocean.

Some of the discarded PPE ends up in medical waste bins and is shipped off to an incinerator for disposal, which unfortunately may not be any better for our health or the environment. According to the U.S. Environmental Protection Agency (EPA), incinerators send particulate matter, heavy metals, acid gases, nitrogen oxides, carbon monoxide and other noxious pollutants airborne. As such, environmental advocates aren't happy about a plan by the United Nations to help communities around the

world set up their own small local incinerators to deal with PPE and other COVID-related waste.

Meanwhile, reusable masks may have a longer life as a useful product, but that doesn't mean they'll necessarily biodegrade in the environment when their time comes. Most are made from cheap synthetic fabrics like nylon or polyester and are prone to breakage and short lifespans, and can last even longer and wreak more havoc when littered into the environment.

The upshot of all this is that we'll have discarded PPE from the pandemic around for a lot longer than we would like. It joins the rotting plastic that sits in landfills, washes up on beaches and floats in oceans, amounting to more than five trillion plastic particles contaminating the world's surface waters. The particles are toxic to ecosystems

and wildlife. Marine creatures can mistake mask remnants and fibers for food, and/or can get entangled in them so they can't hunt, feed or eat.

So what can we do to offset, or even halt the impact? The pandemic continues, but by choosing reusable, biodegradable masks, we can reduce the demand and consumption of PPE. Eco-friendly alternatives are available—or you can make your own using salvaged fabric and online craft guides. The Hemp Foundation and Tentree sell masks made from biodegradable and repurposed materials. Meanwhile, Bamboo's bamboo masks are made out of sustainably sourced, pesticide-free bamboo, and Planet Organics' cotton/rubber varieties are also attractive and easy on the environment.

Contacts: "COVID-19 Pandemic Repercussions on the

Use and Management of Plastics," pubs.acs.org/doi/pdf/10.1021/acs.est.0c02178; "COVID-19: Unmasking the Environmental Impact," earth.org/covid-19-unmasking-the-environmental-impact/; "Health experts call for reusable PPE to protect people and planet," greenpeace.org/international/press-release/44356/health-experts-reusable-ppe-protect-people-planet/; Hemp Foundation, hempfoundation.net; Tentree, tentree.com; Planet Organic, planetorganic.com, Bamboo, bamboo.com.

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

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,

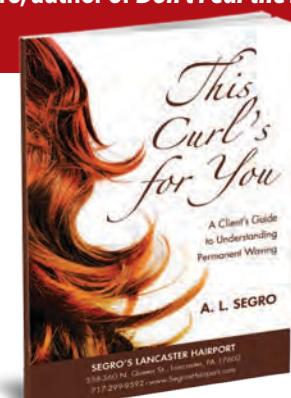
A. L. Segro

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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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.

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

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.



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Maximize Benefits Through Comprehensive Care

By Susan C. Beam

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

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

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

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

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

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

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

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

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

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

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

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

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

Professional Services



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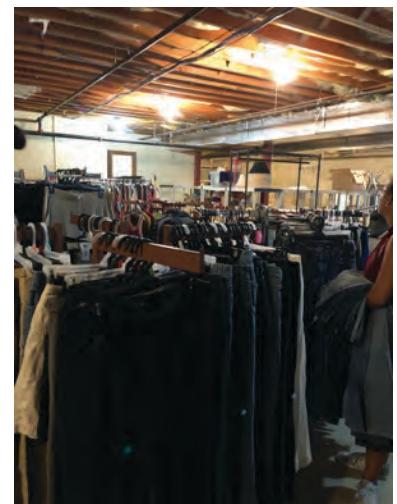
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Hope Offers People Everything, Inc. (H.O.P.E., Inc) is a 501(c)3, non-profit agency, that seeks to promote community collaboration through offering opportunities for professionals, volunteers, and individuals in need to come together for a common purpose.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

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

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



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