

February is American Heart Month!

Cold Weather and Heart Attacks, The Heart Group LG Health, p. 7



David Winand, MD, FACS
Advanced Vein & Laser Center
Freedom from Varicose Veins, p. 24

Lancaster County WOMAN™



The Woman's Journal

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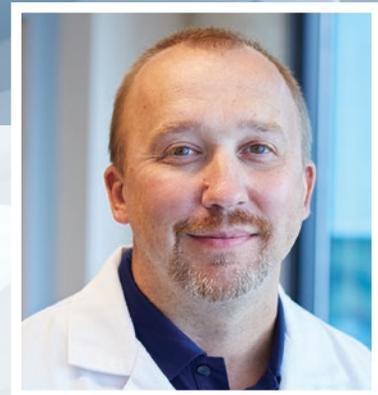
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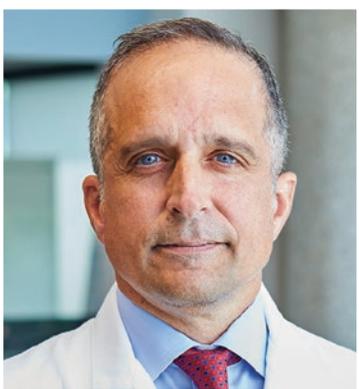
Louis A. Marotti, MD, PhD



Jarod B. John, MD



Steven M. Falowski, MD



Perry J. Argires, MD, FACS

ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES OF LANCASTER



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Jack Smith, MD



Dr. David J. Simons and Dr. Ivan Shorter
Pain Specialists of Lancaster
Improving Quality of Life Through Alternative Therapies, p. 4



Dana Weinstein, DO, FACC
The Heart Group of LG Health,
Cold Weather and Heart Attacks:
What You Need to Know, p. 7



Stacey Denlinger, DO
CovenantMD, Lancaster City & County
Medical Society, Intermittent Fasting:
When to Eat, Not What to Eat, p.13



Kelly F. Dennis, MS LPC
Mindfulness-Based
Cognitive Therapy, p. 15



Happy Valentine's
Day and a
Blessed New Year!



Lancaster School of
Cosmetology
50% off
Hair or Nail Services, p. 20

Heritage Design Interiors
Window Treatment Sale
Ends Feb. 28, and Open House,
March 1-13, p. 21

Write From The Heart
Virtual Classes, p. 18

Ego Trip Valentine's Day
Makeup Special, p. 12

Send Your Handmade Valentine's
Cards to Blue Ridge by Feb. 3
for Nursing Homes, Veterans,
and Soldiers, p. 4



William A. Carter, MD

Doctor, I Want to Optimize EVERYTHING!

possible to the ideals listed in the first paragraph. What are they? I will describe them based upon my understanding of the current medical literature about maximizing health and wellness:

- 1. Sleep 7–9 hours a night.** Every night. And as close as possible to the same bedtime schedule. If you have a very short night of sleep, try to make up for it as soon as possible. If you cannot make up the deficit within 5–7 days of the lost time, forget it. Your health will suffer a little bit (or a lot, depending upon the severity and chronicity of the sleep deprivation). I used to tell my patients that no one ever died from sleep deprivation. It turns out I was wrong.
- 2. Optimize your nutrition.** As of 2020 the best starting point for a basic diet is the Mediterranean diet. This is a diet rich in healthy fats, fish, whole grains, and produce, and low in processed foods and meat. Let me also note that no amount of alcohol is healthy. And no amount of simple carbohydrates is good for people (sugars of any kind

and processed grains). Fiber is good, both soluble and insoluble. Probiotics and prebiotics are probably good for most of us. We just do not yet know which bacteria we should be trying to maximize in our gut. Most of us should supplement a few things in our diets. Vitamin C, 500–1,000 mg a day; magnesium, 350–850 mg a day; vitamin B12, 1,000 mcg a day; folate (NOT folic acid), 1 mg a day; fish oil in the form of EPA, 1,000–2,000 mg a day; and finally vitamin D, 1,000–2,000 IU a day, at least during the cooler seasons of the year. I'm no longer certain that we should all be supplementing calcium, but most in the field would still agree that 1–2,000 mg a day for an adult is a good idea. Of course, certain medical health conditions may dictate changes in any of these suggestions.

- 3. Exercise:** cardio and strength training. If you do nothing at all as you age, keep a certain amount of cardio going. A close second is strength training. Two to five times a week is probably best for most of us.

- 4. NO SMOKING. AND NO SECONDHAND SMOKE EXPOSURE.** Enough said about that.
- 5. No ultraviolet light exposure, especially no ultraviolet A.**
- 6. Regular use of a physical sunscreen.** This would be a sunscreen containing either zinc and/or titanium. SPF 30 or greater.
- 7. Adequate hydration.** The amount depends upon the person and their circumstances.
- 8. Drink coffee.** At least two cups a day, and four cups seems to be ideal.
- 9. Meditate regularly.**
- 10. Have at least a few good friends, and be with them often.**
- 11. Stay involved with life.** Have a hobby. Find work you like to do. Volunteer.
- 12. Be passionate.** Support a cause. Have a reason to wake up every day.
- 13. Be happy.**

From a strictly appearance and skin health perspective, having as little

as possible exposure to smoke and UVA light are the very most important considerations.

If your intention is to look like a pretty good example of someone your chronologic age, this is an excellent time to be alive. You see, no matter how far short of the above listed ideals that any of us either is or has been over the years, there are now so many effective options, every single person can be made to look younger at any age. I mean this sincerely. Consultations are complimentary.



Vicki Vellios Briner, LE

Vicki Vellios Briner studied esthetics at DeRielle 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
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Dermaplaning
- Body Sculpting and Skin Tightening

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cosmetic care
in a *warm and friendly*
atmosphere



- Botulinum toxin type A (Botox & Dysport)
- Dermal Fillers (all major brands)
- Ablative and Nonablative Fractional Laser
- Laser & IPL Treatments for Hair Removal/
- Brown Spots/Rosacea/Spider Veins
- SkinPen Microneedling
- SculpSure™ Noninvasive Lipo
- MiraDry®
- Ultherapy®
- Kybella®
- Dermaplaning
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Jane Iredale Skin Care Mineral Makeup
- Medical-Grade Skin-Care Home-Care Products
- Body Sculpting with Vanquish, EmSculpt, Exilis Ultra



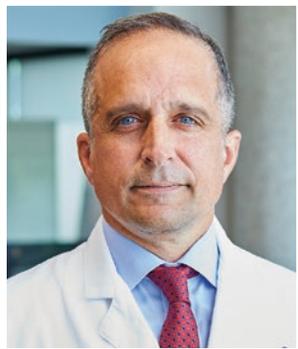
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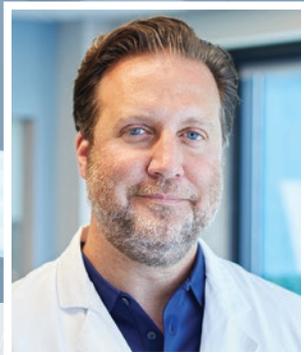


Perry J. Argires, MD, FACS

Dr. Perry Argires practices general neurosurgery, with an emphasis in treating spinal disorders. He is a leading expert in disc replacement surgery. He also utilizes minimally invasive techniques to treat common problems such as herniated discs and spinal stenosis. Dr. Argires also has extensive experience in spinal fusion surgeries, resection of spinal tumors, spinal cord stimulation, and reconstruction for deformity. In his practice he also treats brain tumors and performs stereotactic biopsy.

- Graduate of University of Alabama School of Medicine
- Neurosurgery residency: University of Alabama (served as Chief Resident in his final year)
- Fellow in the American College of Surgeons
- Member, American Association of Neurological Surgeons, Congress of Neurological Surgeons, and Pennsylvania State Society of Neurosurgeons

- Board-Certified in Neurological Surgery



Louis A. Marotti, MD, PhD

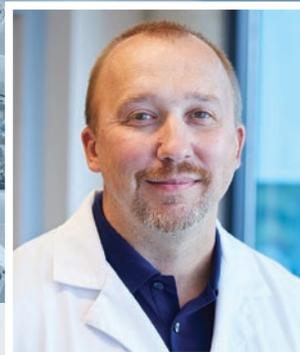
Dr. Louis Marotti is a neurosurgeon specializing in the treatment of adult degenerative spinal disease, spinal instability, adult spine deformity, spinal fractures, neurostimulation for chronic pain, and tumors of the brain and spine.

- Graduate of Yale University School of Medicine
- PhD in neuroscience from Yale University Graduate School
- Fellowship training in spine surgery at New England Baptist Hospital, formerly part of the Harvard Healthcare System in Boston, MA
- Member, American Board of Neurological Surgeons, American Association of Neurological Surgeons, Congress of Neurological Surgeons, Pennsylvania Neurological Society, and American College of Surgeons
- Board-certified in neurological surgery



Jarod B. John, MD

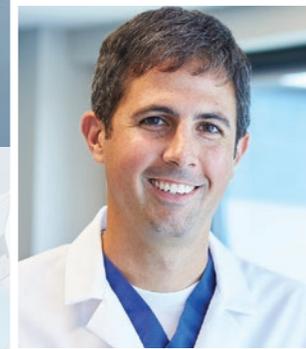
- Graduate of Wake Forest University–Baptist Medical Center
- Graduate of Temple University School of Medicine
- Member, American Medical Association, American Academy of Neurology, and the Pennsylvania Medical Society
- Member, American Association of Neuromuscular & Electrodiagnostic Medicine.
- Board Certified



Steven M. Falowski, MD

Neurosurgical residency training at Thomas Jefferson University in Philadelphia with a focus on spinal cord stimulation and pain management, complex spinal procedures, and treatment for movement disorders such as deep brain stimulation.

- Graduate functional neurosurgical fellowship, Rush University in Chicago
- Member, American Medical Association, American Academy of Neurology, and Pennsylvania Medical Society
- Board member and secretary for the North American Neuromodulation Society (NANS), as well as annual meeting program chair
- Course director of the annual NANS spinal cord stimulation/neuromodulation workshop
- Involved in numerous clinical research studies and novel developments for spinal cord stimulation, pain management, deep brain stimulation, and spinal procedures
- Winner of the research award at the PAN Philadelphia Neurosurgical Conference in 2009 for work dealing with deep brain stimulation
- Board-certified



Jack Smith, MD

“Pain is debilitating and as care providers, we never want to see our patients in pain. My goal is to work with my patients to understand how and why they are feeling pain, and develop a treatment plan to manage their pain and restore their quality of life.”

- Graduate of Temple University School of Medicine
- Residency and Fellowship: Virginia Commonwealth University Hospital
- Certified with American Board of Anesthesiology Subspecialty Pain Medicine

Examples of conditions and procedures:

- Pain management
- Peripheral joint, facet joint, and SI joint injections
- Epidural steroid injections
- Sympathetic nerve blocks
- Nerve blocks with US guidance
- Botox for migraines and spasticity
- Spinal cord stimulation trials and implants
- Peripheral nerve stimulation
- Intrathecal pump management and implantation for primary cancer pain
- Trigger point injections

ARGIRES MAROTTI

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**Relieve your pain,
enhance your
body's function
and improve your
quality of life.**

Improving Quality of Life Through Alternative Therapies



Dr. David J. Simons



Dr. Ivan Shorter

By Susan C. Beam

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The patient says he is delighted with his choice.

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

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



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Blue Ridge 8th Annual Touch a Heart Valentine Campaign Sending Valentine’s Day Cards to Nursing Homes, Veterans, and Soldiers



Blue Ridge takes the lead on its community-oriented Touch a Heart initiative designed to get personal, handmade Valentine’s Day cards into the hands of those who might not otherwise receive one—particularly nursing home residents, our veterans, and soldiers.

“We had a very successful response with last year’s initiative,” said Cindy Mellinger,

Marketing/Community Relations Coordinator for Blue Ridge Communications. “This year, more than ever, people will really appreciate these powerful messages of love, joy, and hope. With the public’s help, we are looking to do just that.”

Blue Ridge is once again encouraging everyone, young and old, to make handmade

cards with their own personal touch, a special message, and their name to show the outpouring of kindness for which our communities are known. Last year’s initiative brought in well over 9,000 handmade cards throughout the Blue Ridge service area that were distributed to over 50 organizations—including nursing homes, hospitals, VFWs, and other veterans organizations.

For more information about this initiative, simply visit www.brctv.com/heart21. Individuals and organizations can send their cards to Blue Ridge Communications, Attn. Cindy Mellinger, P.O. Box 150, Ephrata, PA 17522-0150. You may also contact Cindy at 717.733.6006, ext. 2551, with any questions.

The deadline to return handmade Valentine’s cards to Blue Ridge is February 3, 2021, to allow time to distribute them.

Thank you for “Touching a

Heart” this Valentine’s Day!

About Blue Ridge Communications

As the nation’s 18th-largest cable company, Blue Ridge Communications provides high-speed internet, TV, and phone services to northeastern and southeastern Pennsylvania. Blue Ridge is very active in the communities it serves by sponsoring and participating in numerous local events and is committed to many charitable organizations. For more information about Blue Ridge, please visit www.brctv.com.



Virtual Primary Care from UPMC

Many UPMC primary care providers and specialists offer optional video visits for patients who want to access healthcare from the safety and comfort of their homes, especially during the COVID-19 pandemic.

Now patients who prefer the convenience of telehealth can make it their permanent choice for primary care.

A new practice, Virtual Primary Care-UPMC offers all the benefits of a regular primary care practice online.

The practice will include the following virtual care providers: Dr. Heather Morphy; Dr. Angelique McKinney; Dr. Kimberly Lumsden; Alison Gillmen, PA-C; Christine Hudgins, CRNP; Stacey Gibson PA-C; Jennifer Marks, CRNP; and Kathy Daisy, CRNP.

They can treat patients via telehealth for most regular primary care needs, from chronic medical conditions like diabetes, high blood pressure, heart disease, high cholesterol, and mental-health concerns, to acute issues such as sore throat, fever, sinus infection, bladder infection, and rash.

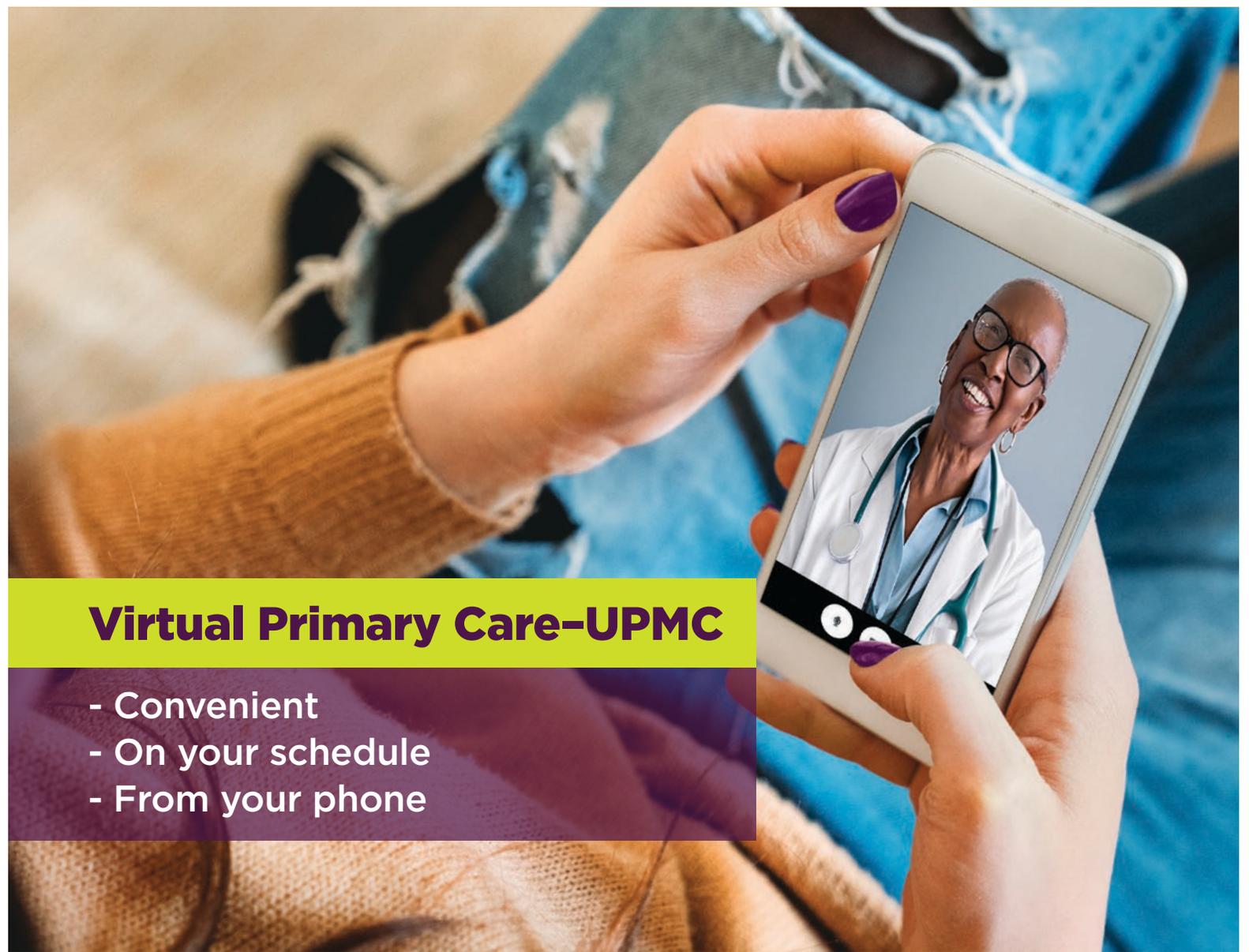
All you need is a smartphone or device, a MyPinnacleHealth patient portal account and an internet connection.

In cases where a virtual visit is not sufficient, patients can schedule an in-person visit with a primary care provider at a satellite location. The staff can also schedule lab tests, imaging studies, procedures, and referrals with specialists.

Virtual Primary Care-UPMC is perfect for college students, people with busy schedules, frequent travelers, those with transportation challenges, or anyone who prefers the convenience of telehealth. You might even be able to keep your Virtual Primary Care-UPMC provider if you move out of state.

Even those with more severe medical conditions can benefit from remote monitoring devices that allow their Virtual Primary Care-UPMC provider to monitor their condition and vital signs more closely.

If you need a lab test, imaging study, referral for a procedure, or a consultation with a specialist,



Virtual Primary Care-UPMC

- Convenient
- On your schedule
- From your phone

There's one less reason to put off a visit to the doctor. By choosing a virtual primary care provider, you can manage your chronic and acute care needs without leaving your home or office. Stay connected to your PCP when it's convenient for you - without childcare, work, and traveling challenges. Use your smart phone, tablet, or computer to talk to your primary care provider. Maintaining your good health has never been easier.

If you then need to be seen in person, you will be referred to one of our participating practices. New patients without a current PCP are welcome.

For more information visit UPMC.com/VirtualPCPcentralPA.

UPMC | PRIMARY CARE

your primary care provider will order the test for you. Our staff will help you with scheduling the test or procedure, and you would go to the site where the tests are normally performed. Your provider will receive the results, and they will be communicated to you, with any needed follow-up plans, in a timely fashion. Test results will also be available in our patient portal.

Practice hours are 8 a.m. to 5 p.m., Monday through Friday. The UPMC Pinnacle nurse advice call line is available 24/7, and provider on-call services are available evenings, overnight, and weekends. On-demand video visits are also available without an appointment from 8 a.m. to 8 p.m., Monday through Sunday.

Virtual Primary Care-UPMC is open to all patients 18 and over. Regular insurance co-pays and deductibles apply. The practice cannot care for children under 18 due to their significant in-person health care needs and vaccination schedules.

New patients can sign up for a UPMC Pinnacle patient portal at mypinnaclehealth.org and

schedule a new patient visit by calling **717-207-4800**. Patients who already have a UPMC Pinnacle primary care provider can transfer to Virtual Primary Care-UPMC with no interruption in care.

For more information, please visit UPMC.com/VirtualPCPcentralPA.

Natalie Gelman's New Music Video Will Help Put 2020 Behind Us

Natalie Gelman, folk-pop singer-songwriter, released her newest music video for her single "2020." The fun and sassy video captures the craziness of last year with heightened versions of what we may have found ourselves doing at home in quarantine, complete with camping in a tent in our living room.

York Calling said "2020" is "...an appropriate farewell to the year that wasn't. In a folksy-pop style a little reminiscent of Taylor Swift, Natalie calls out Covid deniers while self-deprecatingly spelling out her own plans that have been derailed. It's all wrapped up into an earworm chorus."

Watch the video on YouTube: [youtube.com/watch?v=G3HQ7oDT3Pk](https://www.youtube.com/watch?v=G3HQ7oDT3Pk).

Gelman is normally touring throughout the year, and 2020 was supposed to find her everywhere from Maui to Munich. But while those plans

have been postponed, she has been playing online shows and trying to stay busy writing songs and learning to record at home, and recently signed with Blue Élan Records.

The New York native wrote the music and lyrics for the single one night after being inspired by what she called "a rap rabbit hole" playing through "Rack City" and trying to learn Missy Elliott's "Work It." "I have been going down some fun and strange rabbit holes to stay busy and creative, and this was definitely one that led to something fun. I think a lot of people can relate to this song, and I hope it lifts their spirits to know they aren't alone," explained Gelman.

"2020" was produced by Zachary Darling and mostly recorded socially distant—with James Spaite and Eric Bard adding in their instruments from their home studios—rounded out with Darling's bass playing and

final vocal recording at Carbone Sound in Ojai, California.

"It goes without saying that 2020 was a crazy year. I wrote this for all of us just trying to keep it together while watching [expletive] go down this year. Most of us have been surrendering to the roller coaster that it's been with various different vices and distractions," continued Gelman.

For more information on Natalie Gelman, please visit www.nataliegelman.com.

Download "2020," lyrics and more at nataliegelman.com/2020-epk.

About Natalie Gelman

Raised in the old West Village, NYC stomping ground of songwriting greats, Natalie Gelman grew up amidst artists and true bohemians. She borrowed a friend's guitar at 16, started writing songs on it immediately, and began busking on subway platforms soon



Natalie Gelman's music is hopeful for the future.

afterwards when she grew tired of pretending to be 21 to play clubs in the city. Natalie has gone on to open for Bon Jovi, Billy Bob Thornton, and more acts, playing arena stages and

touring throughout the world. Today, Natalie is putting the finishing touches on what will be her first full-length album to be released with Blue Élan Records in spring 2021.

CASA Introduces Newly Elected Board Members

Our Mission

To provide a qualified and compassionate court-appointed volunteer advocate to every child who is abused and neglected, to ensure the fundamental human right of having a safe, nurturing, and permanent home.

CASA of Lancaster County is pleased to announce the appointment of four new board members: Samantha Claar, Kathy Gutierrez, Lucille Meissner, and Rick Reed. "I am truly excited about the addition of all four of these individuals to our Board of Directors," stated Jessica Laspino, Executive Director. She continued, "It is a commitment to strategically guide an organization to achieve goals as well as provide fiduciary oversight in the best of times; joining us during a pandemic speaks volumes about their willingness to get involved and help." Guy Pedelini, CASA's Board President, adds, "These four new board members provide a significant addition of talent, experience, diversity, and passion to our board of directors."



Samantha Claar, a manager in the Audit Services Group, has worked at RKL LLP since September 2015. She has a Bachelor of Science degree in accounting and management information systems from Shippensburg University. She also has an active CPA license.

She resides in Elizabethtown, Pa., with her husband Shane and their dog Jade. In her spare time, she enjoys spending time with family and friends.

No stranger to CASA, Samantha volunteered to help with the CASA Superhero 5K Race in 2016. "I choose to accept the opportunity to be on the CASA board to be a part of the phenomenal organization that is CASA. CASA's mission to provide a qualified and compassionate court-appointed volunteer advocate to every child who is abused and neglected in the Lancaster County area is very important," said Samantha.



Rick Reed, RN, Esq., spearheads the Privacy Function at Capital BlueCross. He has over 25 years of legal experience, which has focused on regulatory compliance, data privacy, enterprise-wide risk management, governance, and complex contracting. Rick lives in Lancaster County with his wife and daughter. Rick said, "I'm hopeful that my tenure on the CASA board is effective in delivering on CASA's mission."

Please visit our website at www.casalancaster.org to find out more about CASA.



Lucille Meissner, with a BA degree from Penn State, MEd from Millersville University, and MS and PhD from the University of Delaware, has built her career as a teacher. She has also served on the board for a number of organizations and operates a tax-preparation business in Lancaster.

"My goal is to further the mission of CASA by telling people I know what CASA does, with the hope some of them will become a CASA volunteer and personally contribute money as well as help to raise money," said Lucille.

Lucille lives in Lancaster with her dog Cuddles.



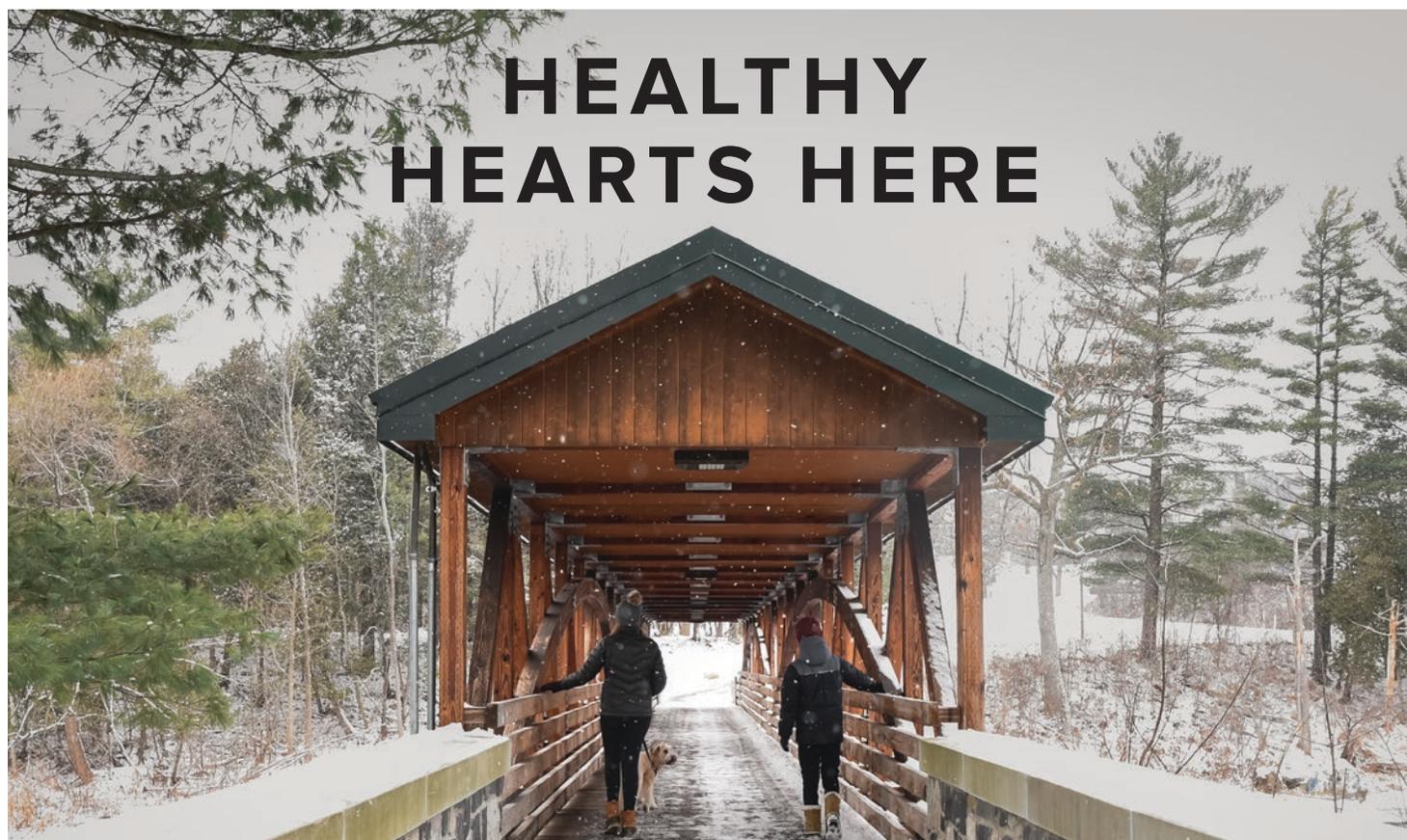
Kathy Gutierrez has a master's degree in human resources from Villanova University and a business administration/accounting degree from Millersville University. Kathy lives in Millersville with her husband. She has three children, four grandchildren, and a dog.

"I learned about CASA from a co-worker who shared a lot of excitement about the good work the organization was doing. I decided to join the board to be able to give back. I loved being a mom because I enjoyed caring and providing a safe space for my kids to grow and feel loved. I believe every child should experience the same. Being part of the board allows me to support the frontline workers... the volunteer advocates who help ensure this happens," said Kathy.

Cold Weather and Heart Attacks: What You Need to Know



Dana Weinstein, DO, FACC
Cardiologist
The Heart Group of
Lancaster General Health



The Heart Group of Lancaster General Health

Whatever comes next in your life, your heart has to come first. And with Penn Medicine Lancaster General Health, you'll find a team of experienced doctors, advanced technologies and treatment options right in your own community. Whether you need a second opinion or a first, nationally recognized heart and vascular care is right here in Lancaster County.

Schedule an appointment today.
LGHealth.org/Heart
717-544-8300



Preparing for the first snow of winter should involve more than checking your supply of rock salt and getting the snow shovel out of the shed. Cold weather can affect your heart, especially if you have cardiovascular disease.

Some people should avoid sudden exertion, like lifting a heavy shovelful of snow. Even walking through heavy, wet snow or snow drifts can be fairly vigorous exercise and put strain on your heart.

And let's face it, COVID-19 has taken a toll on our fitness routines. So now more than ever, take time to prepare your body by considering your heart attack risk and following these important precautions.

Why Cold Weather Can Hurt Your Heart

Every year during snowstorms, emergency rooms routinely evaluate patients who develop heart attacks. Research shows that shoveling snow can lead to heart problems. Here's why:

- Cold air constricts blood vessels, reducing the oxygen supply to the heart.
- Cold weather places more demands on the heart, which has to work harder to maintain body heat.
- People who aren't in shape and don't warm up place an increased demand on their hearts when they shovel snow.
- Pushing or lifting snow constricts blood vessels and raises pressure.

Are You at Risk?

First, know your heart attack risk. If you fall into one of these groups, see your doctor before shoveling snow:

- You've already had a heart attack or other cardiovascular disease, chest pain, or angina.
- You have a history of high blood pressure, diabetes, or high cholesterol.
- You smoke.
- You don't exercise regularly.

Beware of A.M. Surge

If you haven't been exerting yourself, don't overdo it when you go out. Being aware is especially important in the morning hours, when most heart attacks occur—winter or otherwise—

probably due to a rise in blood pressure (known as the "A.M. surge"), heart rate, and hormones that lower the threshold for heart problems.

Follow These 9 Precautions

- Start slow so your cardiovascular system can adapt to the change in activity level.
- Pace yourself. Shovel for 10 minutes at a time and let your body recover between stints.
- Stay away from caffeine and nicotine during your rest periods, because they put a burden on the heart.
- Protect your nose, ears, hands, and feet to keep your circulation going.

- Walk a little before you go out. Warming up can minimize any strain on your cardiovascular system.
- Remove small amounts of snow, rather than trying to lift huge shovelfuls of snow.
- Push the snow instead of lifting it and throwing it.
- If you must lift the shovel, be sure to bend at the knees and lift.
- Don't throw snow over your shoulder. Push forward and step in the direction you're throwing.

Signs of Heart Attack

Even if you've taken all of the appropriate precautions, make sure you also know the warning

signs of a heart attack—chest pain; shoulder, neck, or arm pain; shortness of breath; dizziness; fainting; sweating; or nausea.

If you experience any of these symptoms, stop immediately and seek emergency medical help. Lancaster General Hospital has a nationally recognized cardiac team offering state-of-the-art diagnostic and treatment options for people suffering heart attacks or any kind of cardiovascular disease.

Remember: Know your risks, go slowly, and stop at the first sign of trouble and seek immediate medical attention. Prepare for winter weather by knowing how to protect your heart.

For more information, please visit LGHealth.org/Heart.

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VOL. XXIII NO. 1

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

EDITOR'S PAGE

Dear Readers,

As we begin the new year, I am reminded of two written works I have loved over the years and have repeatedly turned to in times of uncertainty.

First, Rudyard Kipling's poem "If—" (a father's advice to his son): "If you can keep your head when all about you are losing theirs and blaming it on you...." This poem tells us how to deal with what life throws at us and how to be a good human being. And second, Thomas Paine, the author of "Common Sense" and the pamphlet series "The Crisis," who's famous for saying, "These are the times that try men's souls...."

These noted quotes remind us that we are human and need to use "common sense" when everything around us has seemingly gone off the rails.

For comfort and a better

understanding of the trying times that are ahead of us during this pandemic, seek out and study both of these great writers. You'll be comforted knowing others have been down similar uncertain roads before.

As we begin our 23rd year of operation, I want to thank our awesome LCW team: Kelly Forbes, creative/graphic designer; Jeff Ruth, copy editor; Susan Beam, writer; Lucy Latham, social media/Facebook; Leslie B. Ocko, website; and Susan Blackburn, delivery manager. Without this wonderful, loyal, creative team, LCW would not exist. Thank you! We are blessed.

Last but not least, we thank you, our loyal customers and readers. Without you, we'd have nothing to print! In this most unusual period, you've stood by our side and offered us unwavering



LCW Managing Editor
JoAnn Notargiacomo

support with your wonderful articles and advertising. We are indeed grateful. With tons of luck and God's blessings, we'll be here another 23 years.

Please pray for God's protection for our troops at home and abroad. Freedom is not free, and they alone stand between us and tyranny!

With blessings for a peaceful and happy new year!

JoAnn Notargiacomo
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Using Mindfulness to Combat Stress



Stacey Denlinger, DO
Family Physician, CovenantMD

tices immediately following my tobacco-use screen (I feel it is just as important), people laugh or just admit that they have no routine practice for coping with stress.

The Cleveland Clinic defines stress as “a process in which environmental demands strain an organism’s adaptive capacity.” Symptoms of stress have a broad impact on the mind and body, and can include but are certainly not limited to excessive worry, racing thoughts, racing heart, sensation of breathing difficulty, chest pain, gastrointestinal upset, sexual dysfunction, and disordered sleep, and these symptoms are secondary to a chain of chemical messages sent and received through the body’s central nervous system. Ruling out menacing causes for those symptoms leads to high-priced medical tests and time to get results, specialists for second opinions, etc., that cause even more worry. However, these evaluations are necessary to investigate the symptoms and determine if there is an alternative diagnosis that would require additional treatment (i.e., a heart attack as the reason for the chest pain). Stress or anxiety is

what we call a diagnosis of exclusion and can only be applied once the more immediately serious threats are ruled out.

Stress of the ongoing and emotional kind is not a benign problem. An NIH study in 2008 linked “chronic ongoing emotional stress” as a risk factor for the top six leading causes of death in the U.S. Right up there with tobacco use! To help my patients be healthier, I have turned to “mindfulness” as a tool to help manage their stress and prevent the physical reaction and illness that comes from untreated, ongoing emotional stress. I think 2020 has shown us that we need this skill now more than ever.

Mindfulness is a practice of both mind and body awareness. It is really a philosophy that you weave into your life, but I recommend starting small and allowing the practice to grow naturally as you learn. It is a flexible tool to have but requires intention and practice. Many people I talk to (both in practice and in my personal life) get discouraged because they aren’t good at it or can’t turn off their minds. Don’t get discour-

aged. It’s a practice, a muscle you are toning. It gets easier as you work on building those skills, but it is challenging. For more information about the effect stress has on our mind and body, I recommend *Why Zebras Don’t Get Ulcers*, by Robert Sapolsky for adults, and *Ruby Finds a Worry* by Tom Percival for the younger worriers. After understanding how we experience anxiety and worry and what it can do to us, check out apps like Calm, Headspace and Insight Timer (both free and paid subscriptions available) to begin your journey through being mindful and ultimately more in control of your own response to the stressors you are experiencing.

Dr. Denlinger practices Family Medicine at CovenantMD, a Direct Primary Care practice, in Lancaster County and serves on the board of the Lancaster City & County Medical Society. She enjoys working with patients of all ages to develop individual wellness plans and manage their chronic medical conditions.



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.

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Lancaster Science Factory and North Museum Team Up To Offer Onsite Facilitated Learning at Both Locations

The North Museum and the Lancaster Science Factory are proud to open their doors to children who are learning virtually in 2021.

The Science Factory will host the Homework Club for grades 1–8 on Wednesdays. The North Museum will host School @ North Museum for grades K–8 on Thursdays and Fridays. Half-day and full-day options are available, with flexible pickup and drop-off options.

Both Lancaster-based institutions share a special expertise in STEM education. School @ North Museum and the Homework Club combine virtual school with STEM-focused, in-

person learning. Participating students will have access to their highly skilled educators, as well as engaging experiences in both unique facilities.

The purpose of the partnership is to help students who would benefit from a safe and enriching environment to stay focused on their schoolwork. Educators consult with parents before the first day to create an individual learning plan for each student. They will keep students on track as they complete assignments; provide extra help with challenging subjects and homework; and lead fun, science-based projects during downtime.

Screen-free “brain break” activities on STEAM topics are a feature of both programs, along with access to the exhibit halls and planetarium. Low-tech or no-tech activities are prioritized to reduce screen time. Capacity is limited for COVID safety and to maintain a low student-teacher ratio. Registration for both programs is now open.

Please visit the Homework Club to register for Wednesdays, and School @ North Museum to register for Thursdays and Fridays.

This partnership builds upon the North Museum and the Lancaster Science Factory’s ongoing joint programs: Day of STEM

Field Trips and Double the Discovery Memberships.

About the Lancaster Science Factory

The Lancaster Science Factory is a nonprofit science and technology center located at 454 New Holland Avenue, Lancaster, Pa. The mission of the Lancaster Science Factory is to inspire curiosity, creativity, and confidence by fostering an inclusive environment for hands-on STEM exploration. We actively seek to make our facility and educational programs accessible to all. For more information, please call (717) 509-6363 or visit lancastersciencefactory.org.

About the North Museum

The North Museum of Nature and Science has collections that reflect the cultural and natural history of south central Pennsylvania, and to a lesser extent, the world around it through the significant cultural and scientific objects that have been donated. The North Museum of Nature and Science has continued its scientific and technological development efforts by reaching over a million homes with their STEM box subscriptions. For more information, please call (717) 358-3941 or visit northmuseum.org.



Celebrate Your Special Valentine at Spa la Vie



Danielle Todd

By Susan C. Beam

vitalize and contribute to total body wellness.

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

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

“I was amazed at the potential benefits of cupping and how relaxing it can be. Afterwards, you may feel a tremendous sense of relief as the tense muscles loosen and range of motion increases. Cupping has also shown benefits in reducing cellulite and relieving congestion, and is even safe enough

to use on the face as part of an anti-aging regimen,” explained therapist Erica Baer, who became interested in exploring cupping after hearing of the benefits of the practice.

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

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

“We also have available our hydroexfoliation machine, which maximizes exfoliation and hydration for a clearer and brighter complexion, and

incorporates radio frequency waves for increased collagen production, promoting smoother skin and reducing fine lines and wrinkles,” continued Todd, adding that this option can be both added to facials and is included in the Ultimate Glow Facial, a two-hour experience which is the “ultimate” in producing radiant skin.

Additionally, Spa la Vie is introducing the latest in innovative beauty technology—the oxygen dome, most recently featured on “Good Morning America.”

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

adding that Spa la Vie can also infuse serums with oxygen for additional benefits.

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

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

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

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

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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.

H.O.P.E.
Hope Offers People Everything

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.

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Intermittent Fasting: When to Eat, Not What to Eat



Stacey Denlinger, DO
CovenantMD

diet consists not only of what is being consumed, but also how much and how often it is being consumed. For the purposes of this article, I will be focusing on the timing/frequency of eating.

Fasting is not a new concept. It is a theme throughout history, as a traditional practice in all world religions and a necessity during periods of famine. The benefits of fasting are not limited to weight loss. Metabolic syndrome, a pattern of high blood pressure, cholesterol abnormalities and insulin resistance (pre-diabetes/diabetes), is linked to excess belly fat, can be reversed with the weight loss achieved through fasting.

Intermittent fasting (IF) is defined by the Obesity Medical Association as a “dietary approach that focuses on cycling prolonged periods of fasting and eating during defined periods of time.” Many dietary practices can be too limiting for patients to sustain long term. There are multiple options for how a patient can em-

ploy fasting to meet their health goals. Two general options for IF include time-restricted eating and whole fasting. Due to the increasing evidence supporting the benefits of IF, there is much more information available on the internet now.

In my practice, many patients report skipping meals, but not with intention or consistency. With a time-restricted eating pattern, a person is intentionally only eating between periods of six to eight consecutive hours per day. Time Restricted Eating is a popular practice for IF because people are often skipping meals and do not find that schedule difficult to adopt.

With a whole day fast, the individual chooses days during the week to consume only non-caloric beverages, primarily water. A common practice is to fast one or two days of the week. On the remaining five days, there are no eating restrictions. There are variations of “fasting,” which keep very low-calorie diets on

“fasting” days rather than a true water fast and seem to still be effective for weight loss.

It should be noted that while these practices have definite health benefits, if you are considering adopting this dietary practice, you should discuss it with your physician. It is not recommended for children or pregnant women, and patients who are treated with certain medications, like insulin, could have negative outcomes from prolonged fasting.

Dr. Denlinger practices Family Medicine at CovenantMD, a Direct Primary Care practice, in Lancaster County and serves on the board of the Lancaster City & County Medical Society. She enjoys working with patients of all ages to develop individual wellness plans and manage their chronic medical conditions.



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As a family physician, I discuss healthy weight management with patients at almost every visit. The 2016 data from the Centers for Disease Control estimates that three out of four adults living in the United States are overweight, which is defined by a body-mass index of greater than 25. The pillars of weight-loss management are diet, followed by physical activity and medication assistance. A

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



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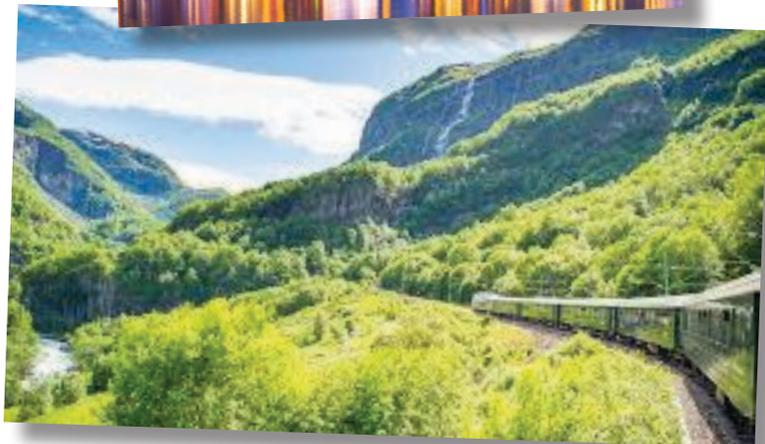
brochure/registration form is available on the Museum’s website at RRMuseumPA.org.

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.



The Rehabilitation Center at Brethren Village



Tara Marie Ober,
VP of Communications &
Resident Life

When Rose, at age 78, suffered a debilitating stroke, she found her path back to near-normalcy through therapy—but not physical therapy alone. Her condition required a combination of physical, speech, and occupational therapy, each restoring her in different ways. Today, while subtle signs of the stroke remain, she is fairly independent, requiring just mild assistance with some daily activities.

At Brethren Village, we support people like Rose in their short-term rehabilitation. We

believe therapy should be pleasant as well as productive for those recovering from stroke, injury, illness, or surgery. Physicians generally refer patients for short-term rehabilitation upon their discharge from the hospital or when challenged by chronic pain, imbalance, or mobility issues. Our therapists evaluate patients' abilities and develop personalized care plans to meet their individual needs.

Short-term rehabilitation at Brethren Village falls into four therapeutic categories:

- Physical therapy, commonly known as PT, strengthens normal physical function through simple but strategically focused exercises.
- Speech therapy restores language skills lost following a stroke and improves disorders affecting the voice or swallowing.
- Occupational therapy, or OT, teaches seniors how to improve and recover skills

needed to perform everyday activities. Often used in combination with PT, OT assists in rehabilitation after stroke, improves balance, and increases range of motion.

- Respiratory therapy helps seniors manage asthma, COPD (chronic obstructive pulmonary disease), and other lung conditions.

Rehab patients at Brethren Village—our own residents, as well as people from the wider Lancaster County community—benefit from the expertise of our Transition of Care Services team. These professionals include a medical director; nurses; physical, speech, occupational, and respiratory therapists; a therapeutic recreation specialist; and social workers. Working together with patients in both inpatient and outpatient therapy, they support patients on their journey to recovery, easing their challenges with daily activities—getting out of

bed, bathing, walking, and navigating stairs.

All inpatient rooms at our rehab center are private and include walk-in showers. They also offer broadband internet access, charging stations, smart TV with cable programming, adjustable closet space, and individually

controlled room temperature. Residents have the choice of in-room or cafe dining.

If you're looking for a short-term rehabilitation facility or considering a move to a senior living community, we invite you to contact us for additional information and a tour.



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



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Don't Fret Over A Career Path; Take The Road Less Traveled

By Sandra A. Miller
www.SandraAMiller.com

"The road less traveled" is an iconic idiom that has bounced around for decades, but sadly, not enough young people are taking it as they head into adulthood.

Paraphrased from a line in the Robert Frost poem, *The Road Not Taken*, the road less traveled conjures the image of a young person acting independently, freeing themselves from conformity and perhaps making bold choices or even ill-advised, risky ones. It sounds exciting and can lead to spectacular successes—or failures.

Most, of course, prefer the safer path, with a four-year college degree becoming almost cliché as the most secure way to go forward in life. And there are other conventional routes: getting a stable job right out of high school, a training program leading to a career, etc.

Look, college is still a great gateway to your future. It's one I took and recommend. I teach writing in college now. But what I'm saying is, whatever you do, don't let societal conformity or expectations, peer pressure, know-it-all professors, parental pressure, or your own fears and insecurity prevent you

from taking the road—or several side roads—less traveled.

There cannot possibly be a better way to learn about yourself. Take the scenic route down the dirt path by the creek. Through the woods, over the mountains. The road less traveled. Follow your heart wherever it leads.

Give Yourself a Green Light

Allow me to flash a blinking red light on your safe path as an absolute danger to the quality of your life, your development and potential, and not least of all, to the wealth of your memories.

From the luxury of looking into my own rear-view mirror, I can tell you that being spontaneous, courageous, and zestful can lead to extraordinary experiences that will make your life far richer than it otherwise would be.

Most of us grow up being told what to do by well-meaning parents, or at least guided in some ways. And that's as it should be, to a degree; on the other end of the spectrum, the overbearing or helicoptering parent snuffs the freedom out of you before it has a chance to breathe once you're out of the house. You feel obliged to a life of conformity.

But as you teeter on the threshold of your adult life, having this golden chance that will never come again, I want to tell you some things.

First of all, use your voice and be big in the world. Be big and loud and bold. After 18 years of being told how to think and what to believe in, this is your chance to show who you are and to decide which direction you want to start in.

Don't feel guilty. Try owning your voice to reject what doesn't feel true and right, and then consider what you're passionate about, what enralls you. Go for it then; don't wait to have time for it later. Otherwise, that time might not come as life's conformities start coming at you in waves – the 9 to 5 job, marriage, children – all before you took the grand opportunity to explore and discover more of yourself.

Don't worry about choosing wrong. You can change your mind again, and then again.

Live in the Moment— and Live Large

That's the incredible thing you don't realize yet: Life is more fluid than fixed. You get to jump streams, change paths until you find the one that's singularly yours.

And while you're looking for your path, you can also stress a little less. Getting As in college is commendable, sure, but grades aren't the real stuff of life. That comes with impromptu adventures and midnight escapades, meeting new people, even messing up a little. These are some of the best years of your hopefully long life, and there's a lot of fun to be had and things to discover—including yourself.

So, with that, you might think about leaving the library now and then and shedding the nickname "bookworm." Cram less. Live more. Maybe even crawl into the bell tower and drink beer with your friends.

You do not want to look back with regrets. I had fun in my younger life as an adventurer, but one major event stopped me in my tracks when I was in college and really before I embarked on out-of-the-box choices and the road less traveled.

I was driving home on a dreary December afternoon in the middle of final exams, shortly after getting the call that my father had died. Our relationship had long suffered. I wondered what I could have done differently before losing him, and I would spend decades trying to heal my broken heart.

From the vantage point of midlife, people who suffered similar losses in their distant past can finally see the truth behind the pain. For me, my difficult relationship with my dad was part of my journey, and looking back now, the perpetual ache I felt to connect with him propelled me, led me around the globe to the most magical places.

It led me to Asia to teach. To Europe, where I fell in love with languages. And South America, where I stumbled onto a spiritual path.

Sometimes taking the road less traveled may create the impression you're running away, but this is all part of your search to find yourself apart from your family. You're beginning on the edge of adulthood as I did, a shy, 18-year-old worrier, constantly wondering if you are doing the right thing for your future. The right thing is being you, and the journey is about discovering you.

Whatever road, or roads, you take, don't worry about wrong turns, and just keep living forwards, not backwards or sideways. You'll find your way, in part by stumbling into your truths far down the road. Every step, every mistake, every regret and every moment of incalculable joy is essential to this journey you are on.

EarthTalk™ – Climate Beyond Covid: Can We Keep It Up?

Given the economic slowdown around the world due to the coronavirus in 2020, was there a positive impact on climate change?

– M. Stiles, Meriden, CT

The coronavirus pandemic has certainly led to a decrease in industrial activity and resulting greenhouse gas emissions during its reign over the planet in 2020. A recent study by German researchers calculated that global carbon dioxide emissions fell by about eight percent over the past year. While this is no doubt a good result from an otherwise bad situation, the researchers warn it represents nothing but a small drop in the bucket compared to what we still need to accomplish—even bigger annual emissions drops every year for decades to come—to avert cataclysmic climate change.

According to study co-author Ralf Sussmann, we would need to achieve zero emissions around the world by 2055 to limit global warming at 1.5°C. The declining rate of greenhouse gas emissions during the global pandemic would not only need to be upheld, it would need to be amplified to achieve zero emissions. Sussmann and other study authors stated that to achieve these reductions "political measures have to be taken to directly initiate fundamental technological changes in the energy and transport sectors."

Despite the drop in emissions over this past year, 2020 will likely go down in history as the year things started to really accelerate with regard to climate change's effects. Recent increases in both the frequency and intensity of extreme weather events are consequences of

global climate change. "Global warming can contribute to the intensity of heat waves... Increasing temperatures mean a longer wildfire season," reports the National Academies of Sciences, Engineering, and Medicine. "Global warming also increases water vapor in the atmosphere, which can lead to more frequent heavy rain and snowstorms." This means stronger hurricanes and flooding.

In 2020, extreme weather events plagued people around the world amid the pandemic. In the U.S. alone, Americans witnessed orange skies clouded with smoke and a number of powerful hurricanes coming from the Atlantic. Globally, there have been record high average temperatures, double the activity of a normal hurricane season, the hottest temperature ever reliably recorded in human history (54°C), the most

costly damages from flooding to date in China, record low Arctic sea ice, and the strongest tropical cyclone to hit land that has ever been recorded (Super Typhoon Goni). These abnormally extreme weather events are all indicators of the accelerating effects of climate change on our planet.

Even though climate change continues to worsen, in small ways all over the world nature has taken this economic slowdown as a chance to breathe. For example, the murky waters of Venice's canals became clearer than they had been in decades—and sea life even returned to the city's urban waterways. While global warming has not stopped because of the global pandemic, we have learned that Mother Nature responds positively to our improved behavior (even when not intended), which gives environmental advocates hope to

keep on working. It's now up to every one of us to make significant changes in our own orbits—perhaps by keeping up our slower and more stationary existences even after we have a grip on coronavirus—if we hope to mitigate and reverse the effects of climate change.

CONTACT: www.mdpi.com/2072-4292/12/15/2387

www.nationalacademies.org/2020/08/10/2020-08-10-based-on-science/climate-change-global-warming-is-contributing-to-extreme-weather-events

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Mindfulness-Based Cognitive Therapy



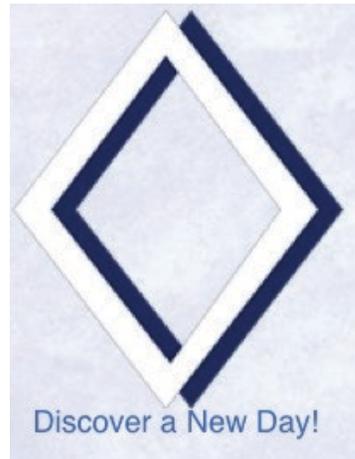
Kelly F. Dennis, MS LPC

we may not even be aware of the “thinking” going on inside our minds. Remember when you were first learning how to drive? You had to consciously think, “I’m turning left, so turn on the left turn signal. I’m stopping, so I need to gently apply my foot to the brake.” Now, if you’re an experienced driver, those thoughts happen pretty much outside of your conscious awareness.

Similar thoughts happen for us on a daily basis. We’re going along on our merry way and, for what seems like no reason at all, we begin to feel blue, anxious, irritated, etc. Most of us look for a person or a situation to blame for this feeling, when actually the change in mood is caused by a thought that we are having. So, you might be saying, “No, that doesn’t seem right. If a guy cuts me off in traffic, I get mad because he’s a jerk!” But really you become angry

because the thought you’re having is, “That guy’s a jerk!” What if the thought you had was, “I guess he just didn’t see me coming?” Hmm... maybe you wouldn’t feel so angry. Something to “think” about, isn’t it?

When we combine CBT with mindfulness practices such as meditation and breathing exercises, we can learn how to break away from negative thought patterns. One can create some distance from the thoughts and notice them as “mental events” instead of acting on them right away. Once we can gain some distance from the negative thoughts, we begin to notice our mood improving. I offer monthly workshops teaching individuals how to incorporate mindfulness, CBT, and meditation into their daily lives so they can feel better! Check out my website for details.



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Counseling and Psychotherapy

Pennsylvania
Online Counseling

Phone (717) 951-0266

hours by appointment
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Cognitive behavioral therapy (CBT) is a scientifically researched way of conducting counseling. Essentially, the premise behind CBT is that the way we think affects the way we feel, which in turn affects the way we behave. See, it just makes sense! The tricky part for most people is learning how to “think about one’s thinking.” Generally, we go about our days on autopilot;

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.



Overcoming homelessness in Lancaster & Chester Counties



> goodsamservices.org

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.

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!



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.

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



Make a Gift and Save Lives!

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

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



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Visit our website at www.humanepa.org

Helping Seniors Make Their Move



Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist

by Robin Archibald

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

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

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

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

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

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

The first step clients take in the process of moving is to discuss their individual needs with Rocky so she can arrange to meet those needs. Some clients have physical limitations and need help organizing and packing. Others need help deciding how to downsize their furnishings to fit the space in their new home. Some need Rocky's knowledge of adult housing to help them find an enjoyable new home. Still others need Rocky's expertise as a realtor working with seniors for over 36 years to help them prepare their house for sale and get the best possible price.

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

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

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

Need a Speaker for Your Group?

Let Rocky Share Her 36 Years of Downsizing Experience.

Call
717/615-6507

See our ad page 31.

Domestic Violence Services (DVS)

provides free, confidential services to individuals and families experiencing domestic violence throughout our Lancaster County community.

MISSION Domestic Violence Services is a catalyst to end domestic violence in Lancaster County through direct service, advocacy, and social change.

24-Hour Hotline
(including access to Safe House):
717.299.1249

24-Hour Text Line:
Text **SAFE** to **61222**

Domestic Violence Legal Center:
717.291.5826

Domestic Violence Services Office:
717.299.9677

SERVICES

- **Emergency Safe House & 24-Hour Hotline**
Our secure residence provides a temporary respite for victims of domestic violence and their children who are forced to flee their home for safety reasons.
- **Domestic Violence Legal Center (DVLC)**
The Legal Center ensures that domestic violence victims receive full access to remedies within the civil legal court system, including Protection From Abuse orders.
- **Empowerment Counseling**
Domestic violence counselors/advocates work with victims and survivors to provide support, safety planning, and establish short- and long-term goals.
- **Bridge House/Transitional Housing**
DVS is committed to supporting victims as they work to reach their goals. Counselors/Advocates work with individuals and families transitioning from temporary/emergency housing to homes of their own.
- **Education, Training & Outreach**
DVS collaborates with schools, after-school programs, and youth agencies to offer prevention programs and education that promotes healthy relationships. We offer professional trainings and community programs on a variety of topics related to domestic violence.
- **Volunteer/Internship Program**
DVS services are provided with the support of committed volunteers. We accept interns from colleges and universities. Core domestic violence training is required. Contact us for details and training dates.



Support DVS!

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We're on Amazon!

DVS has a wishlist where you can make your purchase online and it will ship to our SAFE House! For more information, visit:
CAPLanc.org/amazon

 **Domestic Violence Services**
Community Action Partnership

caplanc.org/dvs



Scan Me

Professional Services

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 PennMedicine/LancasterGeneralHealth 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.

Upcoming Classes

All Classes Held on Zoom.

Technical assistance provided!

Women's Intro:
"Writing Without Fear"

Tuesday evenings, 5-week series:
Feb. 23–Mar. 23 • 6:30–8:30 p.m.

Women's Memoir
Writing Workshop:
"Exploring Our Life Stories"

Monday evenings, 5-week series:
Mar. 1–29 • 6:30–8:30 p.m.

During COVID-19, all classes are being held on Zoom.

Free Workshops for Cancer Patients and Caregivers

The Penn Medicine/Lancaster General Health Ann B. Barshinger Cancer Institute, Lancaster, PA

Wednesday evenings, 8-week series:
Mar. 24–May 12 • 6:30–8:30 p.m.

Registration required. Please call LGH Contact to register: 717-544-4636.



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Poet, teacher and believer in art for a kinder world.
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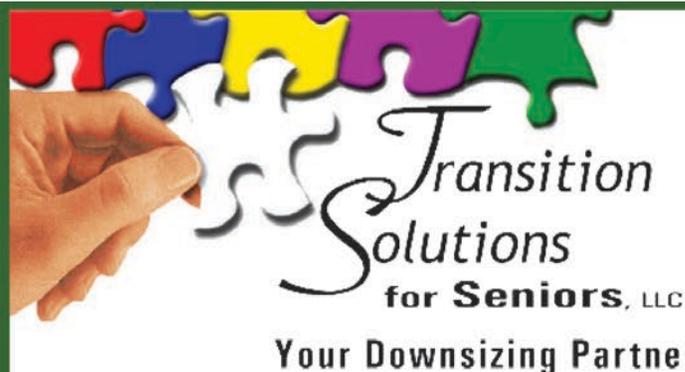
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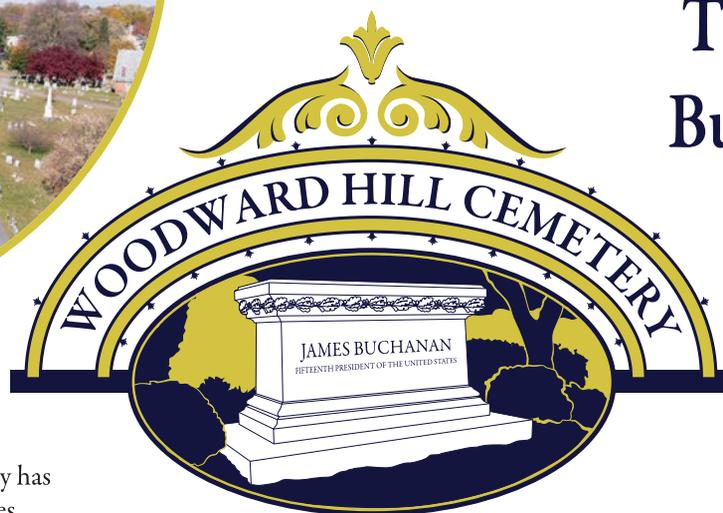
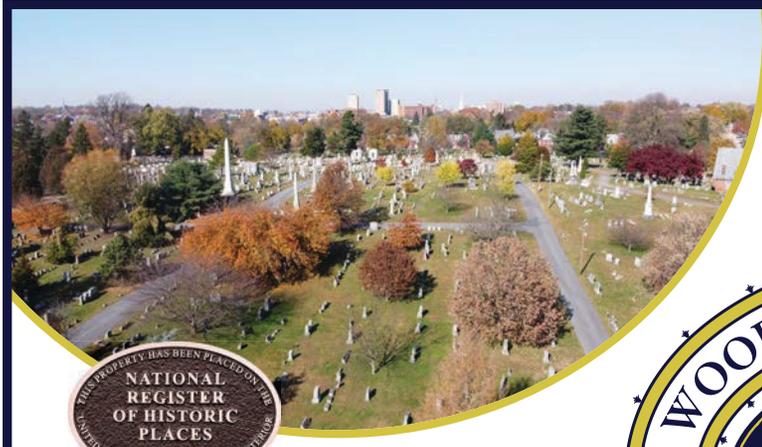
Not valid with any other offer or prior services. Discount is used on the most expensive service. May not be combined with any other discount.

Upcoming TechWork Expo Offers Opportunity for Tech Job Seekers

Job seekers who are interested in technology-related employment opportunities are encouraged to register for the Technology Council of Central Pennsylvania's virtual TechWork Expo that is scheduled for February 26, 2021 from 9 a.m.-4 p.m. A virtual career fair using a cutting edge, highly interactive virtual platform, the upcoming TechWork Expo is free for job seekers will give interested candidates an opportunity to virtually connect with Central PA employers who have open full-time, part-time, contracted and/or internship opportunities available. Interested job seekers should visit www.tccp.org/techworkexpo to register.

About the Technology Council of Central Pennsylvania

The Technology Council of Central Pennsylvania connects technologists from diverse industries, backgrounds, and experiences with opportunities to learn, collaborate and innovate while also raising the profile of the technology community throughout the Central Pennsylvania region and beyond. More information about the Technology Council of Central Pennsylvania can be found at www.tccp.org.



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Please Call: 717-989-2852

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 hundreds 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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Interior Designer & President
Heritage Design Interiors Inc.

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Stop by our store and check out the many window-treatment styles and thousands of fabrics, trims and rods. View the many different types of blinds, shades and shutters, and the options for operating them. We have been selling Hunter Douglas products for over 25 years.

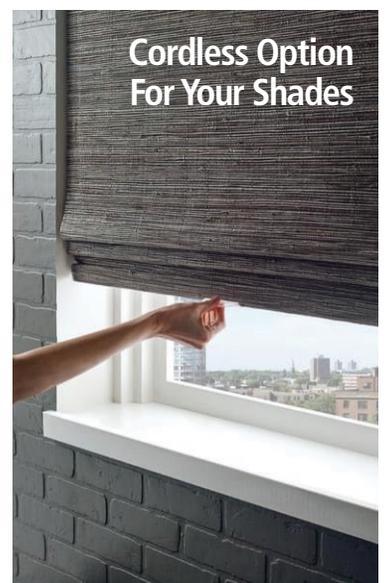
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pillows and shower curtains, and can reupholster or make slipcovers for your furniture.

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Check out our website at www.heritagedesigninteriors.com.

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Professional Services

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



A. L. Segro

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**.

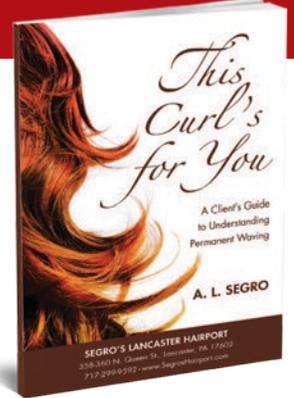
Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm I tell them absolutely. To my surprise they tell me their previous salon wouldn’t or couldn’t do this service.

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

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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The Woman's Journal



UPMC Pinnacle

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

– Danielle Gilmore, MBA



Martin Foot and Ankle

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

– Aimee Miller



Smiles by Stevens

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

– Shea Stevens, DMD, FICOI



Write From The Heart

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

– Melissa Greene



Segro's Hairport

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

– Al Segro



LUXE Salon & Spa

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

– Ana Kitova



BeBalanced

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

– Dawn Cutillo



A Loyal Reader

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

– Richard Gross, Lititz, PA

Life Span Psychological Services

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

– Lori L. Lewis

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