Get the lab and diagnostic services you and your family need; from simple X-rays and digital mammograms to more complex services such as lung cancer screenings, dense breast ultrasounds and PET/CT scans for cancer detection. Open MRI is also available for claustrophobic individuals. And walk-ins for X-rays are often available. Visit LancasterMedicalCenters.com/Imaging for a complete list of services offered at each of our five convenient locations.

Imaging Center at Heart of Lancaster Regional Medical Center
Accredited by the American College of Radiology:
Breast MRI, PET/CT Scan, Lung Cancer Screening, Mammography, MRI, Nuclear Medicine and Ultrasound
1500 Highlands Drive, Lititz • 717-625-5555

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PET/CT Scan, Lung Cancer Screening, Mammography, MRI, Nuclear Medicine and Ultrasound
250 College Avenue, Lancaster • 717-625-5555

Imaging Center of Lancaster
Accredited by the American College of Radiology:
CT Scan, Lung Cancer Screening, MRI and Ultrasound
924 Red Rose Court, Lancaster • 717-293-0709

Imaging Center of Willow Street
Accredited by the American College of Radiology:
CT Scan, Lung Cancer Screening, Mammography, MRI and Ultrasound
226 Willow Valley Lakes Drive, Suite A, Willow Street • 717-735-3939

Lancaster Breast Imaging
Accredited by the American College of Radiology: Mammography
2170 Noll Drive, Suite 200, Lancaster • 717-393-5187

What you need to know about back and neck pain.

Eight out of ten people will have lower back pain at some point in his or her life. Neck pain is just as common. This free seminar will cover causes, prevention, diagnosis and treatment of spine disorders and answer your questions. Space is limited.

To RSVP, call 717-291-8498 or visit us online at LancasterHealthEducation.com.

Spine Signs: What You Need to Know
Wednesday, August 24 • 6 p.m.
Wednesday, September 28 • 6 p.m.
Wednesday, October 26 • 6 p.m.
Lancaster Regional Medical Center Auditorium
250 College Ave., Lancaster

Lancaster Regional Medical Center is owned in part by physicians.
the ravages of summer sun on the body, the idea of surgery pops into their minds. This shouldn’t always be the case. And now is the time to start planning ways to repair the ravages of summer sun on the skin. Dr. Wendell Funk, a premier plastic surgeon serving Lancaster, York, and Camp Hill, offers many alternatives to traditional surgery. Cosmetic plastic surgery for the face, breast, and body remains at the forefront of his practice, but Dr. Funk also offers a growing list of alternatives. Office-based, nonsurgical procedures like laser treatments offer a way to avoid certain surgical risks and concerns associated with post-treatment recovery downtime.

Dr. Funk’s newest laser treatment is PicoSure®, a quick and easy nonsurgical, noninvasive laser skin rejuvenation for the chest or neckline, face, hands, and legs. The procedure removes age spots, fine lines, and wrinkles, creating a more youthful appearance. Dr. Funk was sold on the procedure after he had it done himself.

“There is no downtime and minimal discomfort. You truly can say NO DOWNTIME in capital letters,” said Dr. Funk. “PicoSure is also clearly the world’s best tattoo-removal laser; it is the best and the fastest.”

PicoSure can treat all colors and almost all skin types in fewer treatments than other methods, added Dr. Funk. PicoSure uses pulses of focused light recorded at one trillionth of a second to shatter the tattoo ink into tiny dust-like particles. These small particles are more readily absorbed and eliminated by the body, resulting in better clearance of the tattoo in fewer treatments, which provides a fast recovery time.

“I think tattoo revision and total removal is a growing need. According to statistics the people who want tattoo removal the most are women,” said Dr. Funk. PicoSure may be the newest nonsurgical treatment offered by Dr. Funk, but it surely isn’t the only one. He said two of the most popular products he offers are often used in tandem.

“SculpSure® and CoolSculpting® basically complement each other,” said Dr. Funk. “SculpSure is a laser that heats and selectively destroys unwanted fat, while CoolSculpting freezes and destroys the fat.”

SculpSure is a nonsurgical fat-reduction procedure that uses light to contour the body by reducing fat around the abdomen and love handles. Individual treatments take only 25 minutes. CoolSculpting is an innovative, nonsurgical way to reduce annoying bumps and bulges of stubborn fat. CoolSculpting involves no needles, surgery, or downtime. CoolSculpting can even sculpt neck fat.

The Liposonix® treatment also aims to reduce fat. Using unique custom contouring, this noninvasive treatment allows most patients to resume normal activities immediately after the procedure. Completely customizable to a patient’s needs, Liposonix is precise in where and how energy is delivered, resulting in an improved appearance of the body by reducing fat around the body. Liposonix provides a fast recovery time;

“We have a lot of options, whether they want any downtime or quicker results.”

Dr. Funk also wanted to mention the brand-new Cellfina™, the only FDA-cleared minimally invasive, one-time procedure aimed at improving the appearance of cellulite. With results lasting two years, it is the longest duration for an FDA-cleared cellulite treatment. Treatment can take as little as one hour, and improvements can be seen as early as one week. For hair removal, Dr. Funk uses the Cy纳斯ure MD Elite, the fastest and most comfortable hair-removal laser. The options are abundant with Dr. Funk. These are all options that offer less aggressive alternatives to traditional surgery. Planning now is never too soon.
3D Mammography

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• Parkesburg
• Suzanne H. Arnold Center for Breast Health
• Willow Lakes

Now offering 3D mammography.
Advanced technology for peace of mind.
3D mammography is available at the locations listed below.

• Kissel Hill
• Lebanon
• Suzanne H. Arnold Center for Breast Health – Suburban Pavilion
• Willow Lakes (coming soon)

Choose well. Be well.

Nitin K. Tanna, MD, Chief of Breast Imaging, Lancaster Radiology Associates, Ltd.

Mammography is an important tool in the early detection of breast cancer, but it has limitations. Maybe it’s happened to you: Your screening mammogram shows something suspicious. It might not be cancer, but it’s not clear. To be sure, you need additional views or maybe an ultrasound, MRI or biopsy. About 10 percent to 15 percent of callbacks are due to false positives, which can happen when areas of overlapping tissue look like a lesion, so you may experience a lot of worry for no reason.

Or worse—you have a cancerous lesion, but layers of superimposed breast tissue hide it. Conventional two-dimensional mammography misses as many as 20 percent of cancers.

Fortunately, a new technology can help reduce unnecessary callbacks and makes it possible to see masses and cancers more clearly. Three-dimensional mammography offers advantages over standard technology.

A new dimension in screening and diagnostics
A mammogram is an X-ray of the breast. Today, most mammography captures digital images instead of using film. Conventional 2D mammography takes a flat picture of breast tissue. This can lead to the problems described above.

Digital breast tomosynthesis (DBT), or “tomo,” is the latest advance in mammography. The system captures images of the breast from multiple angles, in thin slices. These high-resolution 1 mm slices can be examined individually or combined to create a 3D image of your breast. A radiologist—a physician who specializes in medical imaging—can then see details that would be hidden in a 2D image alone. Better visualization results in fewer unnecessary callbacks and earlier detection of many cancers.

The Food and Drug Administration (FDA) approved 3D mammography in 2011. Already the technology is making a positive impact. Many clinical studies in the last five years have shown the benefits of 3D mammography for all women, regardless of breast type or density. In 2014, the Journal of the American Medical Association published the largest study to date comparing 3D mammography with 2D with nearly half a million women. Researchers found that using 3D mammography resulted in:

• 41-percent increase in detecting invasive breast cancers.
• 29-percent increase in detecting all breast cancers.
• 15-percent decrease in callbacks for additional imaging.

The 3D mammography experience
Getting a 3D mammography exam is very much like getting a traditional 2D mammogram. The technologist positions you, compresses your breast and takes a series of images. The 3D system doesn’t require any more compression than conventional systems. It may take a few seconds longer to capture each view. Most women do not even notice a difference in the few extra seconds of compression.

The digital 3D system uses very low X-ray energy—about the same as a film system. The exposure falls well within the FDA’s safety standards for mammography and, as with all mammograms, the benefits of mammography outweigh any risk associated with low-dose radiation. After all, with early detection, the five-year survival rate for breast cancer is almost 100 percent.

Increase your peace of mind
Many insurance programs cover 3D mammography. Lancaster General Health currently offers 3D mammography at the Suzanne H. Arnold Center for Breast Health at the Suburban Pavilion, Kissel Hill and Lebanon, and it will soon be available at Willow Lakes. To learn more about mammography services at Lancaster General Health or to schedule a mammogram, visit our website, LGHealth.org, and choose Mammography-Digital from the Services menu.

Schedule your mammogram today.
Schedule a same or next-day appointment and have your mammogram read by a board-certified radiologist who specializes in breast imaging. And, with MyLGHealth, some results may be viewed online in just a few hours.
We are the only weight-loss center to GUARANTEE your 15-lb. loss in one month PLUS give other benefits! So enjoy your Aug./Sept. vacation with a slimmer body and a better mood with more energy!

Dawn Cutillo, HHP
Natural Hormone Expert
Author, The Hormone “Shift”

The Hormone “Shift”
How to resolve issues with your Mood, Weight & Health
by Dawn Cutillo, foreword by Dr. Patricia Joan Austin.

Find out more about “Natural Hormone Balancing”
Tuesday nights at 7 p.m. FREE Seminar
to answer ALL of your questions/concerns OR make a
FREE Consultation appointment

Our Becoming Balanced Program is now PATENT PENDING.

The Special Advantages of Balancing Your Hormones WHILE Losing Weight:

• Actually BURNS UP fat cells, not just shrinks them.
• Our average weight loss for a woman is 20 pounds of FAT in a month!
• This PLAN takes hormones into account and corrects the imbalance for good.

Our program will aid these symptoms:
Headaches…Irritability…Hot Flashes…Cramps…”Heavy” Periods…Depression…Low Libido…Anxiety…Night Sweats…Bloating…Insomnia…Mood Swings…

Health Benefits:
Lower blood pressure, blood sugar, and cholesterol; many medications for pain/inflammation and depression/anxiety are reduced or eliminated!

Our Patent-Pending secret…Natural Hormone Balancing!

Our latest commercial for Lancaster and Harrisburg has four nurses talking about how great our natural Becoming Balanced program is. The commercial starts by saying, “Nurses trust BeBalanced and you should, too.” We have had hundreds of nurses who have completed our program successfully over the years, and many refer their patients.

Nurses often understand women’s struggles with weight and PMS/menopausal symptoms because nurses are often women and can relate. The medical field in general has not come up with solutions to problems that women face which can be exacerbated as they age.

We have some unique answers to the hormone “confusion” that is out there, and we are here to help! We understand the struggles of trying to lose weight when results are slow. We know from the latest scientific research that it is your hormones that are keeping you from burning fat efficiently (or at all). We can help you understand why this is happening and what you can do about it. Due to this epidemic, we have developed a now patent-pending program that involves “natural hormone balancing” to resolve these issues for women in a safe, proven way.

By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will be able to lose weight quickly. Also, your mood and sleep will improve as well as any type of female-related condition, such as many PMS and menopausal symptoms.

Our philosophy is simple stress management and diet changes (getting rid of foods your sensitive to), combined with natural supplements to balance sex and stress hormones naturally. These lifestyle changes are the foundation to our scientific PATENT-PENDING system.

At BeBalanced, WE KNOW what the issue is… it is a simple HORMONE IMBALANCE! We can explain this and rebalance the body naturally in 30 days with diet, stress management and some safe supplements that work naturally with your body (unlike strong medications). We have helped over 7,000 women in the state with our budding franchises and our Lancaster home office. We are so proud to be opening four more BeBalanced centers by the fall, one even being owned by a female doctor! The reason for our success is that what we do works. Women come to us when all the major weight-loss programs fail them and when even medical weight-loss centers can’t help. We can help at a fraction of their cost!

See our commercial on ABC 27 showing how NURSES support our Becoming Balanced program!

Franchises now in Blue Bell; King of Prussia; Harrisburg; and Ashland, Kentucky, with more opening soon in Main Line Philadelphia and Maryland!

Call for a free consultation: (717) 569-3040
484 Royer Drive, Lancaster, PA 17601
Along Oregon Pike in the new Worthington Complex

Read more about our center or see if your hormones are balanced with a free test at www.BeBalancedCenters.com
Do You Still Need a Pap? Why Do You Need an Annual Exam?

A Pap smear is used to collect a sample of cells from a woman’s cervix. It is a screening test for precancerous changes and cancer of the cervix. Pap smears are typically performed at annual exams. Recent guidelines now suggest that the timing and frequency of your Pap smear may be based on your age and health history.

We know that most cervical cancers are caused by a virus called human papillomavirus (HPV). HPV infections are transmitted by sexual contact, and most people who are sexually active will have an HPV infection at some point in their lifetime. Most healthy people can clear these infections without needing any treatment. Some women will develop persistent HPV infections, which can then damage the cells on their cervix and lead to precancerous or cancerous changes.

With the newest guidelines, a woman aged 21–30 will be offered a Pap smear every three years. Women aged 30–65 will be offered a Pap smear combined with HPV testing every five years. These guidelines will vary based on personalized history and should be discussed with your physician. For example, women who have had a persistent infection with HPV, have an abnormal Pap smear, or have suppressed immune systems may need more frequent screening. Other women who have had a hysterectomy or women over the age of 65 may not need a Pap.

It is important to remember that the Pap smear is only part of the evaluation women need each year. Despite the changes in Pap smear timing and frequency, a yearly visit and examination with your gynecologist are recommended. These visits are important for discussing important issues, identifying risk factors for potential medical problems, and ways to prevent them, and most importantly for developing a relationship with your physician.

Established in 1844, the Lancaster City & County Medical Society (LCCMS) is a professional association for physicians which 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.

Doctor and Patients—Preserving the Relationship
The Lancaster City & County Medical Society
480 New Holland Avenue, Ste. 8202, Lancaster, PA 17602
Tel: 717-393-9588
Email: info@lancastermedicalsociety.org
lancastermedicalsociety.org

Sarah Eiser, MD, FACOG, is a board-certified obstetrician and gynecologist who has practiced in Lancaster for four years with Lancaster Physicians for Women, a group of five female physicians with an office located in Women and Babies Hospital. She graduated from Penn State Hershey Medical School in 2008 and then went on to complete her residency training at the Penn State Hershey Medical Center in 2012. She lives in Lancaster with her husband Kenny and their two kids, Madison and Mason.

Italian Cuisine with a Global Twist

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

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

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

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Sarah Eiser, MD, FACOG
Acupuncture for Osteoarthritic Hip Pain—Another Approach

Hipp pain due to osteoarthritis—“wear and tear” on the hip joint—has become more and more common as the population of active 50+ people continues to grow. The pain can be felt in the buttocck region, lateral thigh (trochanteric), and sometimes referred pain to the front of the leg/hip in the inguinal crease region of the groin. The degeneration of the articular surface of the hip joint often comes with limitation of range of motion, as well as significant pain with overuse. Often patients experience significant stiffness in the morning, and this stiffness can also lead to difficulty staying asleep at night. The treatment plan often involves anti-inflammatory medication, cortisone injections, physical therapy, rest, and ultimately hip surgery to replace the joint. Often I see people who are looking to reduce their pain and discomfort while they are assessing the severity of their condition, and to see if acupuncture can help with the range-of-motion restrictions and pain levels. I often say that, although acupuncture cannot remove the arthritis, it can help the body use its resources effectively to deal with soft tissue—myofascial restrictions surrounding the joint that can significantly reduce their pain and therefore help improve quality and range of motion in the hip space. That translates into more gain in mobility with less pain for that person, which cannot be a bad thing!

Acupuncture works on the theory that if there is a blockage in the tissue, whether from scarring from previous surgeries, or thickening of the soft tissue surrounding an arthritic joint, by inserting and moving the very fine acupuncture needles, we can help the body free up those adhered spots. This provides more free gliding of the muscular contractions and relaxations of the muscular tissue over the hip joint. In many people, this freedom of movement reduces their pain levels significantly.

“I was feeling less and less motivated to walk outside, get to my Tai Chi class, and stairs were beginning to seem harder and harder to climb,” explains Melissa, 62, who started acupuncture six months ago when her doctors explained she had arthritis in her hip, which was causing her pain at night and especially in the mornings. “I had heard about acupuncture from my son-in-law in Washington, D.C., who was using it to help with his painful migraines, and he suggested it might help me. I was happy to find Jo Ellen and Blossoms and Roots Wellness so close to home, and such a caring and knowledgeable acupuncturist. My pain levels have gotten much more manageable, and I feel a lot better overall.”

Many people ask, “Will acupuncture hurt?” The procedure does involve needles, but there are fine presterilized filaments, as fine as a human hair and FDA approved.

The average acupuncture needle is from .20-.25 mm in diameter. An average sewing needle is 1.0 mm. An average medical syringe is 2.9 mm. An average matchstick is 4.2 mm. So an acupuncture needle is NOT hollow, like a medical syringe, and is 10 TIMES thinner, so the feeling after insertion into the skin is much less for many patients, more like a mosquito bite. We do need to get to the level of restriction in the tissue, and so we may use a longer needle length to access the hip area, but most people do not find this uncomfortable at all. And the results can speak for themselves.

Jo Ellen has always been a person involved in sports, and has thoroughly studied anatomy, and has also been a nationally certified massage therapist for 14 years. She has a natural talent in feeling for muscles and tissue restrictions, which can help her place the acupuncture needles where they will be most effective for each individual. Four to six treatments is often recommended for initial treatment, and involves a detailed history, palpation of the painful areas, and massage therapy if indicated, along with the acupuncture treatment.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wansonsky has 14 years experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.

Blossoms and Roots Wellness

acupuncture and therapeutic massage

122 East Chestnut Street, Lancaster, PA 17602 • 717.723.1362
e-mail: bookings@blossomsandroots.com
www.blossomsandroots.com
Mon., Wed., Thurs., Fri. 9:15 a.m.–5:15 p.m. • Sat 8 a.m.–11:00 a.m.

Life Span Psychological Services

Life Span Psychological Services, PC, has been in business for more than 15 years, serving children, adolescents, adults, couples and families of all ethnic backgrounds and orientations.

Our practice includes Ph.D. psychologists, Licensed Professional Counselors, and Licensed Social Workers.

Our psychotherapists have a great deal of experience in various areas, including hospital settings, day-treatment programs, the legal justice system and alternative therapies.

Our goal is to provide a confidential environment in which clients can feel free to work on their issues and problems. It is our hope that we can be of assistance over the life span and in all areas of our clients’ lives.

LIFE SPAN works with a broad range of mental-health issues, including but NOT limited to:

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

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

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

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Dear Readers,

Welcome to our Summer edition.

As we approach the middle of summer we sincerely hope you’ve taken time to get outdoors to enjoy this beautiful weather.

Before you know it, it’ll be over and cold weather will return and we’ll have only warm memories to get us through. So let’s all take time to enjoy this warm lovely weather with people we love.

In this issue, we welcome back Dr. Wendell Funk. With vast experience as the leading plastic surgeon in the county, Dr. Funk’s cosmetic surgery and laser center can erase any summer sun damage you may have.

His new state-of-the-art laser equipment is perfect for removing fine lines, treating sun damaged skin and tattoo removals. His non surgical treatment options for sun damaged skin are listed on page 3.

The newly completed Pennsylvania College of Health Sciences new campus opening takes place in August. If you haven’t stopped in to see their new campus located in the Greenfield Industrial Park this is your opportunity to tour their new facility and meet new neighbors. Email or call for the exact opening date.

Timely articles about the Alarming Rise of Skin Cancer and How to Prevent Mosquito Bites are on page 11.

Dr. Christopher Hager, founding physician of Novara Concierge Medicine has just opened in the Shops at Richmond Square in Lancaster. This new level of primary care is uniquely tailored to your lifestyle and designed to help you achieve the highest level of wellness.

New Musical Makes Lancaster Premiere

“BIG FISH,” based on the feature film, takes the stage

September 23, 25, October 2, 7 p.m.

Tickets from $28.00

Willow Valley Communities

Cultural Center Theater

900 Willow Valley Lakes Drive

Lancaster PA 17584

PRIMA Theatre launches the Lancaster premiere of Big Fish, a heartwarming musical based on the major motion picture. It’s a family musical about fatherhood, heroism, and experiencing life lived in full bloom. Based on the acclaimed Columbia Pictures film directed by Tim Burton, Big Fish centers on Edward Bloom, a traveling salesman who lives life to its fullest...and then some! Edward’s incredible, larger-than-life stories thrill everyone around him. But their son Will, about to have a child of his own, is determined to find the truth behind his father’s epic tales.

Overflowing with heart, humor and stagecraft, Big Fish is an extraordinary musical that reminds us why we love theatre – for an experience that’s richer, funnier and BIGGER than life itself. One reviewer called it “the first show in years everyone will love.”

The show is produced by PRIMA Theatre, directed by Mitch Nugent and Irving Gonzalez. Leading cast members include some of the finest professional performers in the area, including Ray Hilton as Edward Bloom, Nathan Goodrich as Will Bloom, and Stephanie Holdren as Sandra Templeton.

Tickets are available at www.primatheatre.org or 717.327.5124.
A.C.T. to Prevent Heat-Related Car Deaths

Each year in the U.S., an average of 38 children and hundreds of dogs die from hyperthermia (heatstroke) in hot cars. While our first thought may be that these are cases of blatant cruelty or negligence, the truth is many are due to tragic error on the part of otherwise loving, competent caregivers. The point is, this could happen to you.

“Every spring and summer we see dozens of children in the emergency room suffering from hyperthermia,” says Christine Dang, MD, an ER physician with Lancaster Regional and Heart of Lancaster Regional Medical Centers. “Often, they’ve been left for only minutes in a car, and parents return to find them suffering from rapidly increased body temperature. There are far too many close calls, and it’s completely preventable.”

Misconceptions contribute to these tragic episodes. First, there’s the assumption that if it’s cool outside, it can’t get very hot inside, and this is not accurate. At 70 degrees on a sunny day, a car can reach 100 degrees within 15 minutes. The perception that “cracking the windows” will somehow keep the temperature in a safe range is another dangerous myth; open windows have little effect on internal car temperatures on a sunny day. Body temperatures for children and dogs rise three to five times faster than an adult’s, and brain damage or death can occur in a matter of minutes. It’s true that some children and pets are knowingly and negligently left inside hot vehicles. But in most cases, hot-car deaths are a result of an adult’s disastrous lapse in memory. Working parents are often tired, stressed and running on “auto-pilot” on their way to and from work or errands. The risk is particularly high when the child is sleeping in the back seat, or when the adult is traveling a path outside their normal routine. Experts suggest you re-frame the risk by remembering to A.C.T.:

A = AVOID. Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Be sure to keep your car locked when you are not in it, so kids don’t climb in on their own.

C = CREATE. Create a reminder by putting something in the back of your car next to your child, such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you are not following your normal routine.

T = TAKE ACTION. If you see a child or dog alone in a car, call 911 and stay with the victim. Emergency personnel are trained to respond to these situations, and one call could save a life. If help does not arrive quickly and you note signs of immediate distress, such as lethargy, poor coloring or heavy breathing, engage witnesses and do what is necessary to ensure the victim’s safety.

“In the event you or someone you know experiences signs of heatstroke, remember NOT to attempt to bring down the temperature too quickly,” says Dr. Dang. “Don’t use ice or ice water. Attempt to bring down the temperature gradually with cool spray or mild air conditioning, and dial 911 or proceed immediately to the nearest ER.”
Women Experience Different Heart Attack Symptoms

Every 43 seconds, someone in the U.S. suffers a heart attack. Each year, more than 600,000 of those afflicted will not survive the attack, with nearly half of the victims being women. While we’ve all become familiar with the “Hollywood heart attack” (man suddenly clutches chest and immediately falls unconscious), only a portion of victims will experience a heart attack in this way—and women’s symptoms may be significantly different.

The American Heart Association recently published a scientific statement about women’s heart attack causes and symptoms in its journal, Circulation. Three key points are made in this new statement: Women frequently have different underlying causes of heart attacks than men, such as the types of plaque buildup; compared to men, women tend to be under-treated and are less likely to participate in cardiac rehab after a heart attack; and risk factors such as high blood pressure and diabetes increase heart attack risk in women more severely than in men.

“Chest and left arm discomfort are the best-known symptoms of a heart attack, but symptoms in both men and women can be ‘atypical.’ This seems to be the case more frequently in women than in men,” said Ellen Smith, MD, a cardiologist with Red Rose Cardiology at 2135 Noll Drive in Lancaster. “Women often assume that their symptoms are not heart related and thus don’t always seek help. With a heart attack, seconds count, so it is best to err on the side of caution.”

In addition to the obvious feeling of pain, pressure or heaviness on your chest, here are the most common symptoms experienced by women having a heart attack:

• Sharp pain in the upper body, including in the neck, back and/or jaw area;
• Severe shortness of breath, either at rest or with minimal level of exertion;
• Sudden and/or “cold sweating” that you suspect is NOT menopause-related;
• Unexplained or sudden fatigue—one of the most common symptoms, and the easiest to ignore or misdiagnose;
• Unfamiliar dizziness or light-headedness;
• Unexplained nausea—women are twice as likely as men to experience nausea or vomiting during a heart attack.

Awareness campaigns over the past decade have helped improve survival rates for women having heart attacks, but much work remains. Here in Pennsylvania, cardiac-related conditions are responsible for more female deaths than all forms of cancer combined.

“When critical healthcare resources in our county, Lancaster Regional and Heart of Lancaster Regional Medical Centers are focused year-round on the prevention and treatment of heart disease,” said Russell Baxley, CEO of Lancaster Regional Medical Center.

“National Heart Month in February brings the opportunity for national awareness to a significant health problem right here in our area,” said Deborah Willwerth, CEO of Heart of Lancaster Regional Medical Center. “The statistics are both telling and alarming, in terms of the impact on our local communities.”

To find a physician to help you care for your heart, whether a cardiologist or primary care physician, call 1-844-784-DOCS. To learn more about your heart health, risk factors and to take a heart-risk assessment to share with your physician, visit lancastermedicalcenters.com/medical-services/cardiac-care.

May is National Stroke Prevention Awareness Month. While recent years have seen an overall decline in the number of strokes in the U.S., research published in the American Academy of Neurology Journal suggests the number of strokes among younger adults is actually on the rise, with about one in five victims now below the age of 55.

“Since the mid-1990s, the number of strokes in younger adults has increased by approximately 53 percent,” said Jim Pacelli, MD, a neurologist with Regional Neurology and Pain Management Associates at 233 College Avenue, Suite 101 in Lancaster. “This trend is alarming in the impact it has on young families, when a parent who suffers a stroke is often physically and economically disabled before or during their most productive years.”

Experts attribute several factors to the increased incidence of stroke in young adults, with the greatest focus centering on the issue of obesity. A study of more than 2,300 people in the Baltimore area indicated that obese young adults were 57 percent more likely to experience a stroke than their nonobese peers. Much of that increased risk might be connected to the co-conditions often tied to obesity, such as high blood pressure, diabetes and smoking.

“Even though more than a half million young adults suffer annually from a stroke, 73 percent of those interviewed indicated they would NOT seek treatment at a hospital when faced with the classic symptoms,” said Dr. Pacelli. “Nearly three in four stated they would tolerate ‘wait and see’ if their weakness, numbness or impaired vision symptoms went away on their own. This is a lack of awareness that can lead to devastating results.”

Medical experts agree that medical treatment must be delivered for a stroke within three hours of the first symptoms. This is the window during which treatment can minimize or even reverse brain damage. A lack of awareness results in patients who don’t seek immediate treatment. But to date, only limited public health and research efforts have been dedicated to addressing stroke in young adults.

The authors of one study suggest people should memorize the acronym “FAST,” which stands for Face drooping, Arm weakness, Speech difficulty, Time to call 911. According to the CDC’s map of stroke-related mortality by county, Lancaster County is within better levels for deaths due to stroke in the U.S. (County map found here: www.cdc.gov/dhdsp/maps/national_map/stroke_all.htm)

Many strokes, though not all, are preventable through simple but critical lifestyle changes. Eating a healthy diet and maintaining a healthy weight, ensuring a daily dose of physical activity, controlling blood pressure, controlling blood sugar if you are diabetic, and refraining from smoking are considered the most effective means of avoiding the devastation of a stroke. Lancaster Regional and Heart of Lancaster Regional Medical Centers, experienced stroke teams have the expertise and technology to deliver lifesaving care. The hospitals are also part of the Penn State Hershey TeleStroke program called LionNet—a partnership between regional community hospitals and the Penn State Hershey Stroke Center designed to improve patient care via telemedicine. LionNet provides real-time remote audiovisual access to a neurological consult with a stroke neurologist or neurosurgeon. Using a sophisticated computer system and a webcam, Penn State Hershey stroke specialists can provide consultation, examine the patient, review scans, and speak to the patient and family in real time.

For more information about stroke symptoms and risks, visit lancastermedicalcenters.com/medical-services/neurologic-stroke-care.

To schedule an appointment with a family physician who can help you craft a stroke prevention plan, visit Heartan-dRegionalMed.com or call 1-844-784-DOCS.

Strokes Among Young Adults on Dramatic Rise

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**Health & Wellness**

**Safer Fun in the Sun**

Skin Cancer Is on the Rise—Know How to Protect Yourself

“Most people don’t realize that skin cancer is the most common cancer in this country,” says Mark Gottlieb, D.O., a family physician with Columbia Regional Health Center at 1786 C Columbia Avenue, Columbia, PA, and proudly affiliated with Lancaster Regional and Heart of Lancaster Regional Medical Centers. “If awareness were higher, people would likely be more vigilant about protecting themselves. Even with all we know about skin cancer and its causes, nearly one-third of adult Americans still get sunburned each year.”

Research shows that, while awareness of the risk is higher among women, MEN are actually more likely to be diagnosed with skin cancer. Men tend to spend more time outside over their lifetimes than women, and their personal grooming products are less likely to contain sunscreen. When outside on a sunny day for more than an hour, only 14% of men reported using sunscreen on their faces and other exposed body parts.

Protecting yourself from UV exposure is simple, but common mistakes and misconceptions can result in increased risk. Here are some key things to remember to ensure you don’t fall victim to this increasingly common cancer:

- **SPF Counts.** The SPF number on a sunscreen reflects its effectiveness in blocking UV rays. While everyone should use a quality sunscreen with at least SPF 15, those with fair skin or prolonged exposure to the sun should consider using a product with SPF 50 or above.

- **Application Errors.** Body parts prone to heavy sun exposure (face, neck, shoulders) should receive a heavy application of sunscreen. Applying too thin a layer leaves you with gaps for the sun to blast through. Also, sunscreen does not last for 24 hours. Be sure to reapply often, especially if you are sweating or in water.

- **Check Expiration Dates.** Most sunscreen products are only good for 2–3 years, maximum, and less if they’ve been exposed to high temperatures. Be sure to check the expiration date on your bottle. If you can’t find one, throw it out and invest in a new product.

- **Avoid Skin Reactions.** There are a variety of ingredient types in sunscreens. If your skin reacts badly to one set of ingredients, try another brand or formulation. Sensitive skin in particular needs protection, as it tends to be more susceptible to skin cancers.

It’s important to remember that healthy sun exposure is vital to good health, enhancing sleep cycles, reducing the incidence of depression and increasing vitamin D levels. Taking precautions to keep your sun exposure controlled and appropriate allows you to benefit from all the sun has to offer.

“While skin cancer is the most common type of cancer, it’s also the most treatable,” says Dr. Gottlieb. “Protection is important, but the most critical factor in surviving skin cancer is early detection. If you see something new or changing on your body, tell your physician about it immediately. And don’t forget to check hidden places like your scalp, bottoms of your feet and behind your ears.”

If you do not have a dedicated primary care physician, visit HeartandRegionalMed.com or call 1-844-784-DOCS to find a physician.

**Preventing Mosquito Bites**

And Beating the Itch When Bitten

While Zika cases identified in the U.S. are still primarily related to travel outside the country, the threat has reinforced the importance of preventing mosquito bites. Mosquitoes spread many types of viruses and parasites that can cause diseases.

West Nile virus (WNV) is most commonly transmitted to humans by mosquitoes. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurological illness.

“To minimize your chance of being bitten, limit your outdoor activities from dusk to dawn, when mosquitoes are most active. If you do go outside, cover up with long-sleeved shirts and long pants,” says Lindsi DeArment, D.O., a family physician with Highlands Family Medicine at 1871 Santa Barbara Drive, Suite 1, Lancaster, PA, and proudly affiliated with Lancaster Regional and Heart of Lancaster Regional Medical Centers. “Mosquitoes may bite through thin clothing—treating clothes with permethrin or another EPA-registered insecticide can provide extra protection.”

Use an insect repellent with one of the following active ingredients—DEET, Picaridin, also known as KBR 3023, Bayrepel and icaridin. Oil of lemon eucalyptus (OLE) or para-methane-diol (PMD); or IR3535. Products containing OLE or PMD should not be used on children under 3 years of age.

**Helping children avoid bites**

Insect repellent should not be used on babies younger than 2 months. Instead, dress infants or small children in clothing that covers arms and legs, or cover the crib or baby carrier with mosquito netting.

**Follow guidance on the package before applying insect repellent on children—spray it onto your hands and then apply to a child’s face. Do not apply insect repellent to a child’s hands, mouth, cut or irritated skin.**

**Once You’ve Been Bitten**

Even the best preventative measures probably won’t protect you from all bites. In the case of a normal reaction, a hydrocortisone cream or calamine lotion will provide relief from itching. A cold pack, ice cubes or a cool bath without soap may help relieve symptoms as well.

For more serious allergic reactions, oral antihistamines such as Benadryl or Claritrim, topical antihistitction or benzocaine, a cool bath without soap or an epinephrine autoinjector (EpiPen) in case of anaphylaxis may be used to treat your reaction.

“If you experience fever, severe headache, body aches, nausea or vomiting, rash, confusion or neurological changes such as muscle weakness on one side of the body, contact your primary care physician. These could be signs of a more serious reaction,” continued Dr. DeArment.

If you do not have a dedicated primary care physician, visit HeartandRegionalMed.com or call 1-844-784-DOCS to find a physician.

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“At The Movies!” A revue of old Hollywood classic films from stage to screen and Broadway musicals

2016 Young Artist Cabaret Audition Announcement

The Ephrata Performing Arts Center (EPAC) is pleased to announce its upcoming open-call audition for its 2016 Fall Young Artist Cabaret. This production will be conceived and directed by EPAC’s Center Stage Summer Theatre Camp and Kids4Kids Series director Irving I. Gonzalez. Auditions will be held on Sunday, August 14, from 1 p.m.–6 p.m. in the lower level at EPAC’s Sharadin Bigler Theatre. Auditions will be on a first come, first served basis. We are asking each performer to prepare an audition piece that is either an up tempo song or ballad no more than 32 bars in length. No monologue is required for this audition. Your song selection should best represent who you are and highlight your vocal abilities. It would be helpful if your song selection would be from any Broadway film adaption or old Hollywood classic film. A piano accompanist or CD player will be provided, so please bring sheet music or a CD. Please also bring a current headshot and any schedule conflicts with you the day of the audition. “At The Movies” will feature songs from musicals that have been influenced by old Hollywood classic films, Broadway film adoptions or movies that have been adapted to the Broadway stage. Auditions are open to young performers from the ages of 8 to 17 years old. Dancers from all varieties of styles are welcome to audition. The “At The Movies” Young Artist Cabaret performance is scheduled for Saturday, September 24, at 7:30 p.m.

Mom’s House of Lancaster Celebrates 23rd Annual Golf Tournament Presented by LEPCO

LEPCO (Lawn Equipment Parts Company) is once again sponsoring the Mom’s House Annual Golf Tournament! This year’s tournament will be held, rain or shine, on August 15, 2016, at Foxchase Golf Club in Stevens Pa. Fox 43 News’s Evan Forrester will be our MC at the dinner following the tournament to celebrate a day of golf, fun and fellowship.

The tournament will be a four-person scramble. Tournament day check-in begins at 11:30 a.m., and tee time is at 12:30 p.m. Entrance fees are $80 per player, or $300 for a foursome and includes lunch, green fees, range balls and cart fees.

Guests are welcome and individuals will be paired with other players.

Prizes include four place prizes, a long drive prize, a closest to the pin prize, door prizes and more.

The tournament is presented by LEPCO, and the proceeds from this event go to support the mothers and children at Mom’s House of Lancaster.

About Mom’s House

Mom’s House believes that all parents have the right to raise their children in conditions of dignity and financial independence. Mom’s House is the only organization in Lancaster County that provides free childcare and other support services to young, low-income single mothers (and fathers) enrolled in school full-time, empowering them to break out of the cycle of poverty and be able to raise their family in financial independence. Our nonresidential hand-up (not hand out) program provides young at-risk single parents with the right tools to become better parents, professionals and community members.

About LEPCO

Lawn Equipment Parts Company (LEPCO) is a family-owned and -operated business that was established in 1970 as a wholesale distributor of quality outdoor power equipment, parts and accessories. Over the years, LEPCO has continued to grow, becoming one of the preferred distributors in the industry.

Corporate, individual and team sponsorship opportunities are available. Donations are welcome and appreciated.

To register an individual, a team, or to become a tournament sponsor, visit www.moms houselancaster.org.

For more information, contact Sara Moyer, 717-396-9130.
Arts & Leisure

Works in the Parks Series this August

Local nonprofit organization Creative Works of Lancaster is proud to be producing its annual Works in the Parks series this August, in conjunction with Lancaster’s very own Paloma Players. This summer’s play, ¡Bocón!, will be staged in the Sixth Ward Park on August 11, 12, and 13.

Directed by Rafael David Candelaria of the Paloma Players, with assistant direction from Joanna Underhill of Creative Works, ¡Bocón! continues the Paloma Players’ mission to serve the Hispanic population of Lancaster with Latino/a theater.

¡Bocón!, meaning “big mouth,” follows young Miguel as he flees a repressive Central American military regime and travels to Los Angeles. His chatty “bocón” nature is challenged along his journey as he meets mythological traveling companions and brings out his inner courage to complete his trip and come into his own.

The cast includes Katherine Carrillo, Toni Cruz, Stephen Gates, Zary Jaramillo, Zuleika Miranda, Jose Guillermo Rodriguez Plaza, Katherine Rodriguez, Angelica Santiago, Harito Torres, Christopher Underhill, and Elena Vega Rivera. Support for the production is provided by Andrew Takoch, Kelsey Bomba, Alexandria Flynn, and Bob Ulrich.

¡Bocón! is a family production suitable for all audiences. Seating for the performances will be in the open, and patrons are encouraged to bring blankets and/or lawn chairs.

The play, free to the public, will begin at 6:00 p.m. and is appropriate for all ages. The Sixth Ward Park is located on the corner of Hamilton and Ross streets, one block north of New Holland Avenue. For more information, please visit www.creativelancaster.org or www.palomaplayers.com.

Local Host Families Welcome Fresh Air Children in Your Area!

Melody Martin, of Robesonia, first found out about The Fresh Air Fund’s Friendly Towns Program when she was very young. Her parents hosted a New York City child, and she has always had a love for children. During the summer of 2002, Melody and her husband Christopher decided to open their home and sign up to be volunteer hosts. They have been hosting now 16-year-old Justin of the Bronx since 2005, as well as now 12-year-old Shanaysa of the Bronx since 2012.

Since 1877, The Fresh Air Fund, an independent, not-for-profit agency, has provided free, enriching summer experiences and academic programs for more than 1.8 million New York City children from low-income neighborhoods. Each summer, close to 4,000 Fresh Air children visit suburban, rural, and small-town communities across the East Coast and Ontario, Canada through The Fresh Air Fund’s Friendly Towns Program.

Both Justin and Shanaysa love being outside during their 10-day visits to the family’s home. They enjoy camping, swimming, eating mountain pies, riding bikes, and even participating in the local neighborhood parade. “Justin and Shanaysa just become a part of our family and join right in with our summer routine,” Melody said.

“This experience just shows you that these New York children come from a different lifestyle. They love being outdoors so they can run in the grass, and it is more peaceful around here. It’s fun getting to know another child and having someone else there to see how they live. It’s also fun for my own children to have friends to play with.”

The Fresh Air Fund is always seeking host families to enable as many New York City children as possible to benefit from a summer experience outside of the city. To learn more about how to become a host family in the Blue Mountain Area, please call Eva Martin at 717-304-9130 or visit www.freshair.org.
Antibiotics are a common cure for many ills. However, by eliminating one problem, they can sometimes create another. In some cases, Clostridium Difficile Colitis, or “C. Diff” as it’s commonly called, can come a time where it is used for more GI diseases, such as IBS, IBD and constipation. For instances of healthy stool from a colonoscopy. In effect, it is like delivering a megastrength probiotic to the diseased GI tract to overwhelm the harmful bacteria. A landmark study was published in the New England Journal of Medicine last year comparing FMT to standard antibiotic therapy with Vancomycin. FMT demonstrated an 81% cure vs. 31% for Vancomycin. Multiple studies have been published in the last five years demonstrating an overall CURE rate of 91%. What’s even more fascinating is that FMT started long ago in the Far East. The idea of using stool as a probiotic has been used for food poisoning. Working with other physicians across the state and country who have performed this treatment, I developed LGI’s protocol for FMT in 2013. Since November of 2013, I have performed over 80 transplants between LGPC, our procedure center, and Lancaster General Hospital.

As for the stool itself, rigorous donor testing of the donor’s stool and blood is performed to minimize any risk of passing any transmissible disease. Other criteria, including medical history, are considered before donors are approved. While there are some minimal costs associated with donor testing, the procedure itself is covered by most insurance plans.

FMT’s impressive data continues to grow, and there could be a time where it is used for more GI diseases, such as IBS, IBD and constipation. For now, it is only approved for “C. Diff,” but studies are ongoing.

If you have questions about FMT or would like to schedule a confidential consultation with Dr. Allegretti, please call (717) 544-3500.
It may be more than just snoring.

Oral Appliance Therapy

- Experience the effectiveness of oral appliance therapy in the treatment of obstructive sleep apnea.
- Not every device is equal! Over-the-counter “boil and bite” appliances do not treat sleep apnea.
- We accept most medical insurances, including Medicare!
- We will work closely alongside your physician, providing you proven results.

Our practice is dedicated to following the guidelines established by the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine. Dr. Cantwell is one of only 250 dentists who have achieved Board Certification in Dental Sleep Medicine through the American Board of Dental Sleep Medicine.

Bethany Beach Bay Apartment Rental with Dock and Boat Ramp

This beautiful apartment is on prime frontage of Indian River Bay, six miles from Bethany Beach and the ocean. This attached apartment with separate entry and balcony comes with a queen bed, pull out sofa bed and pull out single bed. A 50” LED TV with disc player is in the sitting room. Additional bay view bedrooms available.

Guest Access: You have access to the private pier and boat ramp, private bay beach, washer and dryer, microwave, refrigerator, toaster oven, breakfast area, sitting area, beach toys, beach chairs, cabana with sink, shower, restroom, fishing poles and nets, and private parking. The house jet skis are rented on a select basis.

Interaction with Guests: Call us as needed. We will be in residence in the main part of the house but respect privacy of all.

The Neighborhood: An ideal location to bring your jet ski or for a quiet, beautiful place away from the crowds. A short drive will get you to the ocean, boardwalk, many amenities and restaurants. A golf course is within walking distance.

Getting Around: A car will be necessary to get around.

Other Things to Note: There is a marina at Potts Netts across the bay with an outdoor bar and live music all summer. A jet ski lift is available for docking your jet ski for a small fee.

House Rules: No smoking. No parties or events. Not suitable for large pets. Small pets will be considered (additional fee will apply).


To reserve this property email inyork@comcast.net or call 717/324-2036.
We provide comprehensive female & male infertility evaluation/treatment.

- IVF (in vitro fertilization)
- ICSI (intracytoplasmic sperm injection)
- Egg donation (we have immediate availability for recipients)
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- Ovulation Induction
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- Gestational carrier/surrogacy consultation and monitoring
- LGBT Family Building
- Fertility Preservation—egg and sperm freezing/storage
- Genetic counseling
- Preimplantation Genetic Diagnosis (PGD)
- Treatment of recurrent pregnancy loss
- PCOS (polycystic ovarian syndrome)
- Endometriosis
- Da Vinci Robotic Surgery—removal of uterine fibroids/tubal ligation reversals
- Management of ectopic pregnancy
- Reproductive urologist for male infertility

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Health & Wellness

Why a 90-minute Hot Yoga Class?

If It’s Gonna Be Hot… It’s Gotta Be Bikram Yoga at Brighton!

Ninety-minute hot yoga is not a new fad by any means. The Bikram Yoga at Brighton sequence is the original hot yoga and was developed more than 40 years ago…based off of the ancient, centuries-old Indian Hatha yoga postures…with each posture being specifically selected for particular healing benefits. It’s a fixed sequence and in a specific order for a reason, which is why if you’re to gain the most healing benefits from your practice, completing a 90-minute class is a must for the following reasons:

• Postures held for specific length of time.
• Bikram Yoga at Brighton postures are held for a specific length of time so that your body is held in stillness, requiring focus and breath to create change in the body and help develop strength of the mind as well.
• Each posture is repeated twice.
• The first set will warm your body up and align you; the second set allows you to go deeper into the posture and gain the most benefit from it.

50-minute standing series
The first 50 minutes of the class is when the standing series is completed, which elevates your heart rate, metabolic rate and core temperature to the ideal level to enable healing and physiological and mental changes to occur.

40-minute floor series
The final 40-minutes consists of the floor series which allows your body to continue its healing process in the heated room because our core temperature will remain the same, even though the heart and metabolic rate will lower.

In our fast-paced world and hectic lifestyle, its very tempting to attend a shorter or cooler class, but at BIKRAM YOGA AT BRIGHTON, we believe that the benefits of this hot yoga and the true healing that it offers can be best gained through the completion of this 90-minute class. One of the biggest things that Bikram Yoga at Brighton sets out to teach you is that you are stronger than you think. No one learns that lesson by fleeing at the first signs of stress.

Yes, Bikram Yoga at Brighton is hard. Yes, the class is long. Yes, the room is hot. But, are you strong enough to handle it? The postures are accessible to anyone and everyone, no matter what shape you’re in, how old you are, what injuries you might be battling! Everyone starts where they can, works towards improving what they can—it’s everyone’s individual journey. BUT, you can stay in the room and do it all together.

THE COMMITMENT IS WHERE YOUR STRENGTH BEGINS!
SO, YES, 90 MINUTES…AND WORTH EVERY SECOND!

Bikram Yoga is open in Northern Manheim Township in the Village Shoppes at Brighton. We hope you join us.

NEW STUDENT SPECIAL! $30 FOR 30 [ 30 consecutive days ]
Gift Certificates Available!

Want to know more? Call us! 717.951.0444
1170 Erbs Quarry Road | Lititz, PA 17543 | BikramYogaAtBrighton.com
[ across from Bent Creek Country Club in the Village Shoppes at Brighton ]

explore the power of YOU.
Tired of having stubborn “problem areas” on your body—areas that diet and exercise just don’t seem to touch? Are you interested in having tighter, younger-looking skin? If the answer to these questions is “yes,” then Lancaster’s Shear Perfection, a full-service salon located in Mount Joy, has a brand-new procedure designed to help you achieve the body of your dreams.

“We’re proud to introduce the Body Contouring Cavi-Lipo, which is one of the most advanced and efficient systems using ultrasound cavitation to break down fat cells so that the body can dispose of them naturally,” said Deborah Cohen, owner/operator of Shear Perfection. As the latest in body sculpting technology, Cavi-Lipo tackles hard-to-reach fat and cellulite in a painless, noninvasive procedure which uses ultrasound waves to create pressure in fat while leaving vascular, nervous and muscle tissue untouched.

“The procedure is then followed by a process called radio frequency, which causes collagen to be produced at a higher rate, and tightens and smoothes the skin, as it was when you were younger. This is excellent for the loose, wrinkly skin on the neck especially, or for smoothing areas where fat has been reduced so that skin looks smooth and tighter,” explained Cohen.

“This treatment is great for both men and women who want to reduce fat deposits on the abdomen, thighs, hips, breasts, upper arms, double chin, or reduce the look of sagging skin in general,” she continued.

According to Cohen, most clients see a difference after their first treatment. However, multiple treatments are suggested for optimum results, which include a more contoured shape, a reduction in cellulite and tighter, younger-looking skin. No recovery time is required after treatment; clients can resume normal activity immediately.

“There is a large difference in results achieved, based primarily on the instruction and technique of your technician, as well as knowing how to educate clients beforehand as to what to expect, and how to do their part to help achieve a maximum result!” explained Cohen.

For this reason, Cohen opted to fly to Los Angeles to personally train with the two doctors who designed the machine and who utilize the Cavi-Lipo procedure in their own highly-successful med spa. “Their machine has a higher output/strength than other models, is made in the United States, and includes radio frequency, which is so important for that smooth, finished look,” Cohen said.

A limited number of Body Contouring Cavi-Lipo appointments will be available beginning July 20. If you are ready for new, improved looks and younger-looking skin, contact Shear Perfection at (717) 653-6167 and ask for Deborah, as she will be personally handling each session.

“I am so excited to be able to offer my clients this amazing system. It’s a fantastic way to transform your body without the complications of plastic surgery,” said Cohen.

For more information, or for a complete list of the refreshing and restorative services offered at Shear Perfection, visit their website at www.sp-spa.com.
A Pinched Nerve in Your Foot or Ankle?

1. Tarsal Tunnel—most people have heard of carpal tunnel, but many patients have not heard of tarsal tunnel. Similar to carpal tunnel of the wrist, the tibial nerve at the ankle goes through the tarsal tunnel, where it may be compressed or impinged. An irritation to the nerve on the inner side of the ankle can cause burning, numbness and tingling pain to the ankle, lower leg and bottom of the foot. Causes and triggers include ankle sprains, varicose veins, masses and diabetes. Surgery to open the tunnel and release pressure on the nerve gives relief in difficult cases.

2. Deep peroneal neuritis, or irritation to the nerve on top of the arch, results in burning, tingly pain to the big and second toes. The most common reasons for irritation to this nerve are pressure from shoes, injury (dropping something!) on top of the foot and bone spurs causing pressure under the nerve. If shoe changes can’t ease this pain, surgery to remove the bone spurs may be needed.

3. Morton’s neuroma is most often described as feeling like stepping on a pebble or a bunched-up sock at the front of the foot. When these nerves are irritated, the middle toes will burn or go numb. It is sometimes noticed as a clicking sensation in the forefoot, as the nerve is pinched and moves between the long forefoot bones. Anti-inflammatories and steroid shots can help calm the inflamed nerve. Wide, flat shoes and inserts can also help keep pressure off the forefoot nerves. Surgery to remove the nerve is done if pain is unrelenting. These nerves are sensory only, so removing them gives a little numbness but does not affect movement or function. Burning and tingling of the feet is not normal. If this type of pain is bothering you, having it evaluated can help prevent permanent nerve damage.

Dr. Bronwyn Wilke, DPM, is a surgeon with Martin Foot and Ankle. She is one of a select group of surgeons nationwide trained to perform total ankle joint replacement. She received her surgical training in Columbus, Ohio. Dr. Wilke also completed a fellowship in orthopedic trauma and reconstruction at the University of Dresden, Germany. Dr. Wilke resides in Lititz with her husband and sons.

Martin Foot and Ankle
2112 Harrisburg Pike, Suite 321, Lancaster • 717-757-3537 ext. 7010
1042 Lititz Pike, Lititz, PA 17543 • 717-718-0216

Health & Wellness

Free Book on Foot Pain and What You Can Do About It

Martin Foot and Ankle doctors have written a new book designed to give you the information you need to maintain the health of your feet and ankles, and they are offering it to the local community free of charge.

“We wrote the book because too many people suffer from foot pain unnecessarily.”

– Martin Foot and Ankle Doctors

Local residents can order a copy of A Step in the Right Direction: A User’s Guide to Foot and Ankle Health by visiting www.martinfootandankle.com or by calling 717-757-3537, ext. 7010, 24 hours a day. There is no obligation, no one will call, and we value and respect your privacy.
Dr. Christopher Hager
Founding physician of Novara

“it will feel like you’re visiting the home of a friend,” explains Dr. Christopher Hager, the founding physician of Novara, a concierge medicine primary care practice opening this summer in Manheim Township. “When you walk through the door, you’ll be greeted by the glow of a fireplace, soft music in the background and a comfortable living room where you can relax and enjoy a cup of tea.”

The soothing environment is reflective of Novara’s innovative approach to family medicine, designed to eliminate barriers, simplify the healthcare experience and make it easier for people to stay well. Dr. Hager describes it as “the art of wellness.”

A personalized approach to wellness

“We are creating a place where people come for wellness—to set goals, make lifestyle changes, to live healthier lives,” says Dr. Hager, who defines his role as a trusted advisor, listening intently to each member’s story and guiding them on a journey to optimal health. “Of course we’ll be caring for patients when they’re sick or injured as well, offering timely, personal access to care in ways that are most convenient for each patient, whether that be at our office, or through a telephone or electronic visit.”

Dr. Hager believes personal relationships are the cornerstone of excellent healthcare. He has been building those connections with Lancaster County families for more than a decade as a physician with Lancaster General Health/Penn Medicine Lincoln Family Medicine. Now, in partnership with LG Health, he’s taking that philosophy in a new direction with Novara.

Care tailored to members’ needs

As a concierge medicine practice, Novara will offer individually tailored services for a flat monthly fee, rather than utilizing insurance, making primary care costs predictable. Among the services included with membership are unlimited visits, 24/7 access to a physician, flu shots, commonly prescribed medications, lab testing, and office procedures like suturing and joint injections. Members will also receive assistance with scheduling specialist appointments, coordinating hospital and emergency care, and navigating insurance questions for services outside the realm of primary care, like inpatient and outpatient procedures and testing.

Opening in early August at Richmond Square, located at the intersection of Fruitville Pike and Petersburg Road (PA-722), the practice will care for people of all ages, from newborns to seniors. Novara will limit its membership to ensure each member has access to the care they need when they need it. The practice is currently accepting new patients.

Technology paving the way

Patients will be able to stay connected to Dr. Hager and to their personal health goals in many ways. “It’s all about using innovation to create personalization,” says Dr. Hager, who looks forward to leveraging the power of technology to keep people healthy.

 Patients will be able to use electronic tools to view their medical history and test results, schedule appointments, refill prescriptions, communicate with the Novara team and meet with Dr. Hager virtually.

He will encourage members to take advantage of wearables such as Fitbits, and apps that track diet and exercise, monitor blood pressure and help maintain awareness of other health indicators. The practice will use web-based metrics, video-conference appointments and other technologies to enrich care.

“Novara, a city in northwest Italy, has origins in the word ‘nova’—a star that suddenly shines brighter,” explains Dr. Hager. “Like our name, we hope to light the way to a healthier future by practicing the art of wellness.”

For more information on Novara, go to www.NovaraHealth.org.

About Dr. Hager

A graduate of Wright State University Boonshoft School of Medicine and the Lancaster General Hospital Family Medicine Residency Program, Dr. Hager has more than a decade of experience as a family medicine physician. He is currently pursuing his MBA through the Isenberg School of Management at the University of Massachusetts, and recently completed a certificate program at The Wharton School of the University of Pennsylvania. His areas of special expertise include prevention/wellness, sports medicine and management of chronic diseases (diabetes, high blood pressure, cholesterol). In his spare time, Dr. Hager enjoys cycling, tennis and spending time with his family, especially on the ski slopes or at the bay.
Sleep Apnea Devices

- clear device—discrete to wear but available
- durable and BPA-free appliance
- increased restfulness of sleeping partners (spouses)
- patients see a change in quality of sleep,
- documented clinical success in mitigating
- proven to increase patient compliance

Cosmetic Dentistry

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

Dental Implants

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

Dental Implant Therapy

Dental implants are the next best thing to healthy, natural teeth. Strong and stable, a dental implant restores a lost tooth so that it looks, feels, fits and functions like a natural tooth. Other options can lead to bone deterioration, and may interfere with eating, smiling, speaking and other activities of everyday life.

Built to last. Dental implants are a long-term solution. Traditional, tooth-supported dental bridges only last five to seven years; although with proper care they can often last more than 10 years, at some point they may need to be replaced. While dental implants will likely need periodic adjustments, they can last a lifetime when properly placed and cared for over time.

Enjoy life without worrying about your teeth! No need to stay home or feel uncomfortable in public, embarrassed because your smile looks different, or worrying that missing teeth will limit your ability to join in the fun or that removable dentures or tooth-supported replacement teeth will loosen or fall out when you talk, eat or laugh. Teeth restored with dental implants are teeth that let you, not your teeth, lead your life.

Retain your natural face shape, and smile. A face without teeth can sag and appear sunken and sad. Dental implants allow you to maintain the natural shape of your face and smile.

Protect healthy bone. Leaving empty spaces in your mouth after losing one or more teeth can lead to additional health issues, such as the loss and deterioration of some of your jawbone. When it is not being used to support a natural tooth, the jawbone deteriorates, losing its strength and firmness. Dental implants are the only dental restoration option that preserves and stimulates natural bone, actually helping to stimulate bone growth and prevent bone loss.

Keep your teeth in your mouth—not in a cup. Dental implants allow you to keep your teeth where they belong—in your mouth. And no more worrying that your dentures might slip or fall out. Brush, floss and care for teeth that have been replaced using dental implants exactly the way you would natural teeth—in your mouth.

Speak easily. Adjusting to removable dentures can mean struggling to pronounce everyday words. Not so with dental implants, which function like natural teeth.

Eat your favorite foods! Taste and enjoy the foods you love without hesitation. You can bite naturally, eat virtually anything you want and, unlike removable dentures that can feel uncomfortable, you can experience the full taste of the food you eat with dental implants, too.

Keep teeth in place—silently. Dentures may slip when you eat, talk, smile, laugh, kiss, yawn or cough, so that you have to “reposition” them back into place in the mouth. Dental implants are fixed in place and fuse naturally with your jawbone, meaning your replacement teeth won’t move, click or shift.

Protect your healthy teeth. Placing a tooth-supported bridge requires grinding away the teeth on one or both sides of the missing tooth or teeth—thereby damaging healthy teeth to restore those that are missing. The modified healthy teeth are attached to, and support, the bridge. Dental implants go in the jawbone, in the spot where your missing tooth root was, without impacting healthy teeth. They also help prevent healthy, adjacent teeth from shifting, as they would if an empty space were left for an extended period of time.

More predictable than other repair and restoration methods. Dental implant treatments have a track record of reliable, long-term successful outcomes and are often considered “more predictable” than other treatments to repair or replace missing teeth, including bridgework, removable appliances and retreatment of failing root canal (endodontic) therapy.

We offer these services as well as many more at Smiles By Stevens, and we would love to help you! Call our office today with any questions. We would love to hear from you! 717.581.0123 • www.smilesbystevensdmd.com.
Meet Megan DeMarra, Development Officer for Lancaster’s Community Action Program

Megan DeMarra
by Susan C. Beam

World leader Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” For Megan DeMarra, Chief Development Officer of Lancaster’s Community Action Program, a life guided by the desire to serve has reaped great dividends.

“I’ve always been naturally drawn to serving others,” she explained. “I enjoy fields which are social-mission driven. I think it’s important to feel fulfilled in my work. So much of our lives are spent at work—if you don’t love what you do, it’s harder to maintain that passion and drive.”

Born and raised in Lancaster, DeMarra credits her parents for encouraging her activism.

“Growing up, my parents guided me to follow my own interests. They encouraged intellectual exploration, and we often had an open dialogue around the dinner table,” she said, adding that their support fostered her “passion to alleviate suffering.”

Initially, that passion drew her to education, and DeMarra graduated in 2008 from Kutztown University with a B.S. in elementary education and psychology. However, she retained her interest in larger social issues.

“I found myself wondering about the kid with the holes in his shoes, or the families who were struggling to get their kids to school because they were dealing with difficult circumstances,” DeMarra said. Desiring to do more, DeMarra returned to school, graduating from Temple University in 2013 with an MS in social work and a macro concentration in management and planning.

In 2013, she joined Lancaster’s Community Action Program as director of development, which was, at the time, a new position within the organization. For 50 years, CAP has offered a wide array of services within Lancaster, including early education and parenting programs, domestic violence services, and food and nutrition services to help low-income families increase their resources.

“CAP, our mission is to eliminate poverty and promote self-sufficiency in Lancaster. We are both a service provider and an advocate for broader-level social change,” DeMarra explained, noting that all of CAP’s many programs work under the same umbrella of addressing community needs and helping people to break the cycle of poverty.

According to DeMarra, part of her development role is to incorporate strategic direction and help integrate new, innovative business solutions to allow CAP to be less reliant on government funding and to diversify their efforts in the community.

“We’re currently working on restructuring the organization in an effort to foster improved collaboration between our internal programs and external partners, similar to a healthcare navigator model that is much more individualized in care planning,” said DeMarra. “We recognize that moving families out of poverty isn’t about a single solution, but rather, requires efforts from multiple sources in order to create a person-centered approach.”

One such program currently in the works is Nature’s Classroom, an outdoor classroom and community garden designed to enhance CAP’s Head Start program, Child Care Center and nutritional programs while offering the opportunity for community partners and neighbors to come together in a green space in Lancaster city. Excavation is planned for August of this year, with the program to come to fruition in spring 2017.

Such work, DeMarra said, is difficult but incredibly rewarding.

“Social work is one of those fields where collective, small efforts over time lead to broader-level change. Being surrounded by such an inspiring leadership team at CAP makes the fight worthwhile and really fulfilling, and we have such a great team,” said DeMarra.

When not busy with work, DeMarra enjoys spending time with family and friends, cooking, traveling and renovating her city home with her husband. For the past 12 years, she has also been an avid yoga practitioner, finding it the perfect way to decompress.

Megan DeMarra

Ashley Vega

Ashley is an up-and-coming stylist from the Lancaster County area and is the mother of a 1-year-old, Zaylen. He is her drive for success! Her love for modern and creative looks is just one of many reasons why she loves what she does. She has been employed at Ego Trip Hair Salon for about one year and loves the friendly, spiritual and professional environment the salon offers. She is eager to further her career in the beauty industry as well as learn and grow more with Ego Trip Hair Salon.

Alana Allia

Also a native of Lancaster County, Alana has always been interested in fashion, hair and makeup. After studying cosmetology at Empire Beauty School in Lancaster, she began her career at a previous salon, where she specialized in bridal hair and makeup. After honing her skills and learning new techniques, she spent time in a few other salons before finding a home at Ego Trip Hair Salon. She has years of experience with cutting, coloring and styling hair, and truly enjoys making her clients feel special. Her passion lies in restoring hair to its healthy stage, and she specializes in natural hair care.

Leanna Crespo

Leanna is a Lancaster native who has achieved her dream of working side by side with her mother, Tamara, owner of Ego Trip Hair Salon. Leanna has a 2-year-old daughter, Liliana, and grew up always knowing she wanted to do hair since her mother owned her own shop. She has been featured in articles on WGAL and Lancaster Newspaper. Her love for hair shows and her clients realize her passion and skill as she works with them on their beauty needs. She has been employed at Ego Trip since it opened in September 2014 and is pleased being a part of her mother’s business growth in hopes of one day branching off and beginning her own salon story. She is also a part-time student at Champs Barber School. She is building skills in women’s hair, men’s hair and mastering the straight razor and short styles. One major thing she loves about Ego Trip Hair Salon is that it’s a free-spirited salon with a Christian base and allows the work of God to move forth in his favor.

Markiana Robertson

Markiana is a master stylist here at Ego Trip Hair Salon. She has been professionally doing hair for about 12 years in the Lancaster area. She has a love for all she does, especially short hair styles and creative techniques when it comes to color. She is well trained and skilled in working with natural curly hair texture and advocates on the health of your hair. Her love for the Lord shows through her workplace, and what humbles the heart is the fact that she can minister to her clients’ physical needs as well as internal uplift. She is a mother of two biological children and two stepchildren. She enjoys nature walks, reading and missionary work. At the moment she is currently in school majoring in communication along with her work in the beauty industry. She is very passionate about her work as well as her love for Jesus Christ and the Gospel.

Ego Trip

Now Accepting Appointments
348 W. Orange St., Lancaster, PA 17601
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(717) 945-7754
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Tamara Hyson & Leanna Crespo

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July/August 2016
Lancaster County Woman

22
Pennsylvania College of Health Sciences is a dynamic, health-sciences-focused and academically rigorous institution for ambitious individuals who want an excellent, hands-on experience preparing them for a lifetime of success.

At PA College, students will experience a unique learning environment at our brand new campus including state-of-the-art simulation labs, high-tech classrooms and more, all the while learning alongside faculty who are experts in their specialty areas.

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What Our Customers Say about Advertising with Lancaster County Woman

**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

**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

**Change by Choice Hypnotherapy**
“I have been advertising with LCW for 10 years because it gives me the opportunity to tell, in detail, about the unique services Change by Choice offers. People read the articles and save them...one client saved my original article for three years. (Makes it hard to track results of given ad, but that kind of ‘hard’ is easy to take.)

“And, LCW is read by a lot of men. More than half my male clients tell me they called because of something they read in LCW.”

– Lee Mengel

**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

**Chiropractic 1st**
“Chiropractic 1st has had a long-standing relationship with LCW and JoAnn. The publication’s professionalism and far reach in the community in which we serve is just one of the many reasons we value JoAnn and her team.”

– Matt Mullins

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

– Ana Kitova

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

– Lori L. Lewis

**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
Ask Melissa Greene why she teaches creative writing and she’ll tell you, thoughtfully, “because writing touches the soul.” Melissa, a 16-year resident of Lancaster County, is a professional fiction writer, poet and writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

“Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that writing class you hated in school,” says an adult student. “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 been taking classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s. After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She’s been coaching writers to “find themselves as writers and people;” full-time, ever since. There are no grades, tests, cell phones or judgment, providing a retreat where even the most timid writer can relax.

“My mission is to launch writers 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 fun—a comfort—especially in today’s complicated world. The process begins with slowing down, unplugging our technology and getting back in touch with our senses.” She laughs. “That, alone, can lead to a happier life!”

Melissa holds classes in her serene, urban-style studio in Lancaster County. She works with schools and therapists, offers year-round workshops for men, women, children and teens—summer camps for children and teens—and coaches all ages, privately. Her work also includes essay-writing support for high-schoolers and college applicants (with emphasis on the enjoyment of the process!). She also leads workshops supporting adult cancer patients and survivors, at the Lancaster General Health/Penn Medicine Ann B. Bashinger Cancer Institute, Lancaster, Pa.; the Penn State Hershey Cancer Institute, Hershey, Pa.; and the Penn State General Health/Penn Medicine Ann B. Bashinger Cancer Institute, Lancaster, PA. 8-week series

Aug. 10 – Sept. 28 • 6:00–8:00 p.m. Registration required. Please call LGH Contact to register: 717-544-4636

The Penn State Hershey Cancer Institute, Hershey, PA 4-week series

July 21, 28, Aug. 4, 11 • 4:30–6:30 p.m. Registration required. Please call CenterStage at 717-531-6421

Workshops for Adults, Children & Teens

Inspiriting and Supporting the Creative Spirit

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

Contact Melissa Greene:

Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us

Fall Classes 2016

Women’s Intro:
“Writing Without Fear”

Tuesday evenings: Sept. 13 – Oct. 11

Thursday evenings: Oct. 6 – Nov. 3 6:30–8:30 p.m.

WFTI Lancaster Studio. Please call for fees/directions.

Women’s Memoir Writing Workshop

“Telling Our Life Stories”

Monday evenings: Sept. 12 – Oct. 10

Monday evenings: Nov. 7 – Dec. 12 (no class Nov. 21)

6:30 – 8:30 p.m.

WFTI Lancaster Studio. Please call for fees/directions.

Free Workshops for Cancer Patients and Caregivers

The Lancaster General Health/Penn Medicine Ann B. Bashinger Cancer Institute, Lancaster, PA 8-week series

Aug. 10 – Sept. 28 • 6:00–8:00 p.m. Registration required. Please call LGH Contact to register: 717-544-4636

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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 create an environment of learning which helps children develop curiosity, think creatively and build self-confidence as they learn the principles of science and the application of science in engineering and technology. For general information and admission prices, please call 717-509-6363 or visit www.lancastersciencefactory.org.

For the second year in a row, Thaddeus Stevens College of Technology and the Lancaster Science Factory are collaborating on a robotics exhibit featuring Baxter, a state-of-the-art, human-like educational robot, on display at the Science Café at the Lancaster Science Factory through July 29.

For grades K-8 to interact with the robot. The initiative is supported by funders such as the Alcoa Foundation, TE Connectivity, United States Department of Labor/Employment Training Agency/TAACCCT, Cargas Education Fund, ONexia Inc., Rethink Robotics, Lancaster County Community Foundation and Dart Corporate Foundation. Rich Nolt, a Manheim Township High School technology education and engineering teacher and the exhibit’s instructor, said the demonstration “gives kids a chance to understand systems, the inputs and outputs of a system, and how it can be controlled and manipulated to do something useful that they want it to do.” Additionally, a LEGO Mindstorms activity space will allow participants to have a hands-on robotics experience. Mindstorms is the robotics ecosystem produced by the popular construction toy maker, and allows users to design, build and program their own robots. Mindstorms educates kids on problem solving, critical thinking and basic robotics. Builders can follow premade directions or create from their imaginations.

Baxter and the LEGO Mindstorms exhibit will be on display at the Lancaster Science Factory through July 29 and are free with paid admission or membership. Admission is $8.50 for individuals, and special rates are available for groups of 10 or more with advanced reservations.

White from the Heart

Workshops for Adults, Children & Teens

Inspiring and Supporting the Creative Spirit

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

Contact Melissa Greene:

Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us

Lancaster County Woman 25
Court Appointed Special Advocates (CASA) of Lancaster County recently trained 21 new volunteer advocates. Judge Leslie Gorby swore in the new volunteer advocates during a ceremony held on Monday, June 29, 2016, at Lancaster County Community Foundation, 24 W. King St., Suite 201, Lancaster, PA 17603. These 21 new CASA volunteer advocates are appointed by the court to represent the best interests of children in foster care. CASA advocates are consistent, compassionate adults who walk beside a child throughout the entire journey in foster care. Advocates provide court reports to the judge to help aid in the decision about the child’s needs and ultimately where the child will live. CASAs provide essential information to the court about what is in the best interest of the child. Every CASA believes all children deserve safe, nurturing, and permanent homes.

The spring 2016 class of advocates will bring the total number of trained CASA advocates in the spring 2016 class of advocates to 234. These 21 new volunteer advocates will serve between 30 and 40 children in foster care.

CASA volunteers have served 424 children to date since the organization’s first appointment in January 2010. Before being sworn in, volunteers complete a required 30-hour training program. Volunteers must also complete a series of background clearances prior to being appointed to a child.

CASA is central to fulfilling society’s most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child’s right to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family.

To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280 or casa@casalancaster.org.
Teenage Depression—or Adolescent Angst?

Excerpt from article by Cecelia Goodnow, Seattle Post-Intelligencer Reporter

Depression is more common in teens than in adults—and it seems to be occurring earlier in life than ever before, says Dr. Harold Koplewicz, founder and director of the New York University Child Study Center. Yet only one in five depressed teens gets help.

To help parents learn what depression is—and what it isn’t—he has written More Than Moody: Recognizing and Treating Adolescent Depression.

The book has been endorsed by the presidents of the American Psychiatric Association and the American Academy of Pediatrics, as well as former depression sufferers Tipper Gore and “60 Minutes” newsman Mike Wallace.

Scope of the problem
Some 3.5 million children and teens suffer from depression, according to a 1999 surgeon general’s report.

Put another way, Koplewicz said, more than 8 percent of the adolescent population shows signs of major depression in any given year. In adults, the figure is just over 5 percent.

Depression plays a major role in suicide—the third-leading killer of young people, behind traffic accidents and homicides.

This year, some 2,000 U.S. teens will kill themselves. Many more—1,000 high school students a day according to the federal Centers for Disease Control—will make suicide attempts that require medical attention.

Mental illness is the leading reason for hospitalization in kids ages 5 to 19 in Washington state—and depression is by far the most common mental illness, according to the Washington Kids Count Project at the University of Washington.

The misleading face of depression
Typically, Koplewicz said, depressed teens aren’t visibly sad. They’re irritable and touchy, and sometimes, when they’re around their friends, they even bounce back and seem like their old selves.

This pattern, called “atypical depression,” is the most common form of depression in adolescence. Given that even healthy adolescents are constantly changing and moody by nature, it can be a challenge to spot kids in trouble.

Depressed adults often look sad and morose. If you drag them to a party, they bring everyone down. In most cases, they’re sad all the time. But a depressed teen has the capacity to perk up briefly in response to his environment.

In other ways as well, teens depart from the classic symptoms of depression. Depressed adults tend to sleep and eat too little, but depressed teens usually eat and sleep too much. And while depression often robs adults of their sex drive, teens don’t turn off completely.

What parents desperately want, he said, is a blood test or brain scan that pinpoints without doubt the source of their child’s problem. So far, no such marker exists. But it’s coming, and it will revolutionize the diagnosis and treatment of brain diseases.

Field guide to symptoms
Red flags include obvious things such as drug and alcohol abuse and suicidal thoughts. But the list also includes feelings that everyone has from time to time, such as boredom, headaches, loss of concentration and feelings of worthlessness.

According to Koplewicz, “It’s the duration of the symptoms that tells us if a teenager has crossed the line into depression.”

Parents need to look at the big picture, weighing whether their child’s behavior has changed markedly in recent weeks. Focusing on just one aspect of your child’s behavior can be misleading. For instance, a lot of teens like to hole up in their rooms, and that’s not necessarily bad.

“Most teenagers are spending a lot of time alone, and it’s almost therapeutic,” Koplewicz said. “But it seems three or four hours a day is the cutoff.”

Another diagnostic clue is the likelihood that adolescents, more than adults, will have some other psychiatric problem before getting depressed. “When we look at 100 adolescents who have depression,” Koplewicz said, “half have anxiety as well. Of those, 85 percent had anxiety first.”

Stress and ‘pruning’
Depression is a disorder of the ability to regulate stress, something adolescents have a lot of.

As Koplewicz notes, their bodies are changing, their hormones are stirring and they’re approaching major life decisions, especially college. They also may have family problems such as parents divorcing. Some people are better equipped to handle stress than others.

In addition, he said, the adolescent brain is undergoing changes in chemistry and circuitry that rival the magnitude of changes in the first three years of life.

Childhood bipolar controversy
Koplewicz said the jury is still out on whether pre-pubertal children can be bipolar—currently one of the raging debates in psychiatry.

The controversy concerns children who are chronically hypersensitive, explosive and impulsive, with moods that shift within hours or even minutes. Some psychiatrists call this “ultra-rapid cycling” and say it indicates there’s a separate, juvenile form of bipolar disorder.

But Koplewicz said, “This is still an open question. It’s not fact.”

What’s most important, he said, is that bipolar disorder often begins with an episode of depression in adolescence, and depressed teens are at increased risk for bipolar disorder.

Wait-and-see doesn’t cut it
Koplewicz said he still finds public resistance to the idea that kids can have a real psychiatric illness.

Some parents want to ride out the problem, hoping their child will “find himself.” But Koplewicz said the costs in social and academic development are too high to let depressed kids flounder.

“Getting depressed in adolescence costs you time you can’t make up,” he said. “Depression leaves a mark.”

Choosing the best treatment
Koplewicz said the best treatments are medication—especially the newer antidepressants, such as Prozac and Zoloft, that enhance serotonin levels—and two specific forms of psychotherapy.

The leading therapy method tries to change negative, unrealistic thought patterns that can contribute to depression. It’s called cognitive behavioral therapy.

The other method, interpersonal therapy, focuses on helping depressed patients get along with the closest people in their lives.

Medication debate
There are legitimate concerns about the use of medication by children and teens, Koplewicz said, but ultimately it comes down to weighing potential costs and benefits.

Apart from their short-term benefits, he said, “Animal studies show these medications may have a protective effect. They may protect against a second episode of depression.”

Treatment limbo
Access to treatment is a major problem. Apart from insurance issues, there’s a severe shortage of child psychiatrists, partly because of financial disincentives for doctors and the hospitals that train them, Koplewicz said.

In fact, becoming a child psychiatrist requires five years of training after medical school—the same as for a neurosurgeon. But the field pays less and is more time-consuming than even adult psychiatry.

Bottom line: The nation has only 7,000 board-certified child and adolescent psychiatrists and fewer than 6,000 child psychologists to treat the 10 million children and adolescents with diagnosable psychiatric disorders.

Given those realities, he said, it makes sense to train pediatricians and family doctors to do some of the prescribing of medication.

That would free psychiatrists to focus on diagnostic evaluations and treatment of more serious cases, such as bipolar disorder.

Hopeful note
No parent wants to see a child slide into depression. But as research progresses and the public becomes more savvy about these disorders, there’s reason for hope.

“I think we can be more optimistic than ever before,” Koplewicz said. “We have better diagnostic tools and we have treatments that are promising.”

It’s also heartening to remember that parents, whether raising ordinary moody teens or kids with larger problems, can still shape their children’s lives for the better.

“At the end of the day,” Koplewicz said, “we know parents remain the ultimate influence on their children.”

To my daughter...

If you need me, call me. I don’t care if I’m sleeping, if I’m having my own problems, or if I’m angry at you.
Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

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

Seeking Volunteers

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

Domestic Violence Services of Lancaster County Holds Support Groups for Victims of Domestic Violence in Columbia and Surrounding Areas

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

Knowing about these issues beforehand allows us to use the safest anesthetic and post operative medication protocol possible for the health and well being of your pet.

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

Become a 2016 Member 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 become a Humane League member and help animals on their journeys to a forever home. As a member, you will receive Paw Prints, our printed newsletter, and you can take advantage of discounts from local businesses with our exclusive membership discount card.

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humaneleague.com
“I know a perm will give me the volume and curl I want, but I can’t get my stylist to give me one.”

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 Farrah 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.

“Al and Michelle saved me or at least they saved my hair.” – Mary Fulginiti, 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.
For many, it has been so long since they’ve bought or sold a house—often 20 to 50 years—they don’t know where to begin. “I spend a great deal of time with my clients and listen very closely to what their needs and problems are. My goal is to help identify what they need and make the transition to a new lifestyle with as little stress and worry as possible. I’ve actually advised some individuals not to sell their home, but to hire a contractor and make some accommodating adjustments,” she says. Rocky offers free in-home consultations to mature adults who are thinking of making a change. Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisors, lawyers specializing in mature adult concerns, insurance advisors, a geriatric care consultant to help select a community which matches the client’s budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire. Many of her clients of the last 31 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

“My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old,” she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.
As a young travel agent, Gina Garrett-Mancuso had the dream of working for a cruise line. Life led her to a top position at Norwegian Cruise Line…and into the arms of her husband.

Early in her career, the School Lane Hills native took a job with Worldwide Travel, where she helped Lancaster residents book vacations, including cruises. She eventually ran the cruise department and travel school. When she heard about an opening with a cruise line’s sales department, she jumped at the opportunity. She was a good match for the company, but regrettably had no outside sales experience. So, she joined Auto Europe.

“I was selling car rentals in ‘Europe,’” said Gina. “It was not my cup of tea, but I knew the experience would lead me to my dream job of working for a cruise line. At the time all of the cruise reps thought I would be a perfect fit.”

Turns out they were right. Within three years of being hired by her Dream Cruise Line, she was promoted to key accounts manager. She eventually ran the cruise department and travel school. After three years of being hired by her “dream cruise line,” she was promoted to key accounts manager. She eventually ran the cruise department and travel school.

At the time all of the cruise reps thought Gina was a perfect fit. “As soon as I met him I knew I was going to marry him,” said Gina. “He looked at me and I looked at him, and we knew this was really meant to be.”

Of course, Gina is now a world traveler. Her husband worked on a cruise ship for 22 years. They recently returned from a two-week cruise aboard the Oceania Riviera, sister-ship, in Europe, and she said now is the time to go. “This is the first time I have been to Europe, where the crowds were not overwhelming,” said Gina. She described her European trip as more affordable than in the past, because the American dollar has a more favorable exchange rate versus the Euro. The media tends to put fear in American minds when traveling abroad; I never felt more safe!

She also said she enjoys cruising the Caribbean leaving from the port of Miami. She’s taken two different cruise ships from Florida, Norwegian Getaway and Norwegian Escape. With two brand-new ships sailing out of the same port, Norwegian offers a great value proposition for their guests. The Escape is brand new; Miami-based rapper Pitbull christened the ship. Gina gets to escort some of her top customers to a VIP concert in August. The biggest ship in Norwegian’s fleet, Escape boasts an elaborate three-story complex, ropes course, of some 99 heart-pounding challenges. Then there’s the Aqua Park, with four multi-level water slides, the first ever floating Margaritaville restaurant; and Tranquil Mandara Spa® with its salt room and the first snow room for Norwegian.

“Norwegian Cruise Line is our Haven product. It’s a ship within a ship concept,” said Gina. The Haven is a secluded part of the ship, with luxury suites opening up to a private pool, deck area, restaurant, bar and lounge only accessible to guests of The Haven. It’s like an oasis on top of the floating city full of nightlife, casinos and entertainment. Guests of The Haven get in-room, certified butler service; premium access to the ship’s spa and concierge service.

According to Gina, Norwegian is currently offering Free at Sea specials, where customers can choose between the free Ultimate Beverage Package, shore excursion credit, 250 minutes of WiFi or specialty dining, which are usually an additional cost.

Days after this interview Gina left onboard the Norwegian ship Breakaway headed for Bermuda. The ship, built in 2013, is 1,068 feet long, employs 1,651 crew members, and can handle 3,969 guests. “She is our New York ship, and she looks just as amazing as she did when she was delivered to us in 2013,” said Gina. Her job is a dream come true.

By Michael C. Upton

Cruising with Gina Garrett-Mancuso: Vacation Getaways

by Michael C. Upton

As a young travel agent, Gina Garrett-Mancuso had the dream of working for a cruise line. Life led her to a top position at Norwegian Cruise Line…and into the arms of her husband.

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Beginning on December 1, 2016, more workers will be receiving overtime pay because of regulation changes issued by the Department of Labor on May 18, 2016. These changes are a response to a March 13, 2014, memorandum from President Obama to the Secretary of Labor directing the Department of Labor to propose revisions to modernize and streamline existing overtime regulations.

Currently, the Fair Labor Standards Act provides that all employees are presumed hourly workers and must receive time and one-half for all hours worked over 40 in a work week unless specific exemptions are met. For many of these exemptions, known as “white collar” exemptions, an employee only needs to be paid on a salary basis of $455 per week or more ($23,660 per year) to be considered exempt from overtime requirements.

With the new regulations, the salary level will increase to $913 per week ($47,476 per year) for 2016. From now on, these salary levels will automatically adjust every three years and will be based on the 40th percentile of weekly earnings of full-time salaried workers in the lower-wage census region.

Employers may now attribute 10% of nondiscretionary income toward this minimum salary level if payments are made at least quarterly. Catch-up payments can also be made in the pay period immediately following the quarter in question.

Another key change is that employees who are “highly compensated” must now be paid $134,004 or more in 2016, compared to $100,000, to meet this white-collar exemption, which will automatically increase each year.

These regulations have far-reaching effects locally and will result in many employees’ positions being reclassified from salaried to hourly with overtime. Alternatively, some employers will opt to raise salaries to conform to the new regulation’s salary requirements. All positions currently classified as salaried workers exempt from overtime should be reviewed to determine whether salaries should be raised to maintain the overtime exemption, whether overtime should be paid, or workloads and schedules should be adjusted to keep hours worked below 40 per work week.

Non-profits and small businesses may have difficulty incorporating these changes, given the pay rates in this part of the country. In some instances, difficult operational and business decisions will need to be made. Companies should contact their attorney for legal advice on how these changes impact the workforce.
The behavioral-health industry exists to govern the practices of those who serve the populace. It has operationalized the “helping” field and created a service industry in which the products are the actions of professional “helpers.” Professional helpers have earned credentials through specialized educational programs, which define the manner in which they interact with the public, such that psychiatrists, psychotherapists, social workers, guidance counselors, and the like, provide services defined by the scope of their role (APA, 2010; Rossi, 1962; Talbott, 1982). The mental-health field exists as a service industry, providing many services to the public in order to improve quality of life for each individual, community, and society at large (APA, 2010; Rossi, 1962). In 2005, the American Counseling Agency (ACA) recognized the importance of establishing a universal conceptualization of the core product within the behavioral-health industry provided to consumers directly from clinical care providers. “Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals” (ACA, 2010, “20/20 Delegate). New Horizons Counseling Services, Inc., is an employee-centered behavioral-health provider with an executive staff that has extensive experience with direct clinical care. Our founder has firsthand knowledge that investment in the company’s primary resource, its workforce, serves to (a) foster company loyalty (b) cultivate a harmonious work environment, (c) increase productivity, and (d) promote consistent service delivery. Our workforce consists of educated, skilled administrative and clinical staff working collaboratively to best serve the needs of each client.

NHCS, Inc., devotes any necessary resources to develop each employee. Our employee-centered philosophy and executive staff ensure that our “core product” sets an industry standard for excellence in public service. We support continuing education to enhance and/or establish skills, create policies and procedures to facilitate work tasks, and seek the most appropriate technology to improve overall efficacy. Most notably, the current and continued success of New Horizons comes from the service of its employees as a direct result of their dedication to improving the quality of life for those they serve.

Prevention Is Key to Avoiding Heatstroke

Ironically, the first sign of dangerous heatstroke or heat-related illness is often the absence of sweat. As the temperature rises, your body’s natural cooling mechanism—perspiration—evaporates and helps to cool your body. But on those really hot and humid days, evaporation is slowed and your body runs a higher risk of heat exhaustion or heatstroke.

“Virtually all heat-related illnesses are preventable,” said Jim Pacelli, M.D., a neurologist with Regional Neurology and Pain Management Associates at 233 College Avenue, Suite 101, in Lancaster and director of the LRMC Stroke Program. “Be extra careful when the heat index is 90 degrees or above, and always drink plenty of water or fluids with electrolytes when the heat index is high. If you must be outdoors, take frequent breaks inside or in the shade. Heatstroke can affect people of any age or fitness level – don’t underestimate the danger.”

Heat exhaustion is a precursor to heatstroke. If you experience any of these symptoms, get out of the heat immediately and to a cool place. Slowly drink water or other fluids with salt or sugar:
- Pale skin
- Fatigue or weakness
- Dizziness or nausea
- Profuse sweating
- Rapid pulse or fast, shallow breathing
- Muscle weakness or cramps

Do NOT drink caffeine or alcohol, and if you don’t feel better within 30 minutes, seek medical help. Heat exhaustion can progress to heatstroke if not treated. These more dangerous warning signs can indicate heatstroke is imminent:
- Skin that feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Throbbing headache
- Frequent vomiting
- Trouble breathing

Heatstroke is more serious than heat exhaustion, and it can be life-threatening,” said Dr. Pacelli. “If you or someone you know experiences signs of heatstroke, remember NOT to attempt to bring down the temperature too quickly. Don’t use ice or ice water. Attempt to bring down the temperature gradually with a cool spray or mild air conditioning, and immediately dial 911 or proceed to the nearest ER.”

Certain groups of people are more vulnerable to heat-related illness. Babies and young children, the elderly or infirmed, and people on certain medications are all at increased risk. So be an alert and informed neighbor this summer. Check on elderly neighbors regularly, and take action immediately if you see children or pets left in vehicles.

For more information about stroke symptoms and risk, visit lancastermedicalcenters.com/medical-services/neurologic-stroke-care.

To schedule an appointment with a family physician who can help you craft a stroke-prevention plan, visit Heart and RegionalMed.com or call 1-844-784-DOCS.

About Lancaster Regional and Heart of Lancaster Regional Medical Centers, Lancaster County, PA

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. Heart of Lancaster Regional Medical Center is a 148-bed hospital in Lititz providing care since 2005. Both hospitals offer a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are owned in part by physicians.
Just as in humans, obesity is a common health risk in pets. Several diseases may predispose pets to obesity, but most frequently our pets are overweight because their caloric intake exceeds their output. While treats may be your way of showing Fluffy how much you care, those extra calories can take their toll. In a lifetime study of free-fed dogs compared to dogs fed a restricted diet and kept at ideal body weights, the restricted dogs lived an average of two years longer than those that were free fed! In addition, the restricted dogs had a lower incidence of diseases such as arthritis and diabetes. That is two more healthy years you get to spend with your beloved pet!

So what can you do to keep your pet at a healthy weight?

To assess whether your pet may be overweight, use your fingertips to gently feel the ribs just behind your pet’s elbow. If you can feel the ribs with a gentle touch, your pet is likely in a good weight range. If you have to press to feel the ribs or can’t feel the ribs at all, your pet is likely overweight. This may vary somewhat with different breeds, but is a good rule of thumb to follow.

Several easy changes to your routine can help your pet lose weight. If you currently free-feed your pet, try weaning him down to 2-3 meals per day. Make sure you are measuring the food to stay consistent. Try to be very aware of how many treats you are giving throughout the day, and avoid high-fat treats such as milkbones or table scraps. Switching your pet to a weight-loss or healthy-weight food can also help shed those extra pounds. Just as in humans, increasing your pet’s exercise can help maintain ideal weight—just be careful not to overdo it in the hot summer months!

If you think your pet may be overweight, talk with your veterinarian about target weight ranges and appropriate diet changes. Each animal is different, so be sure to contact your vet if you are noticing any other symptoms in your pet!

Dr. Megan Fowler-Pollitt joined the VCA Smoketown team at the beginning of 2015. She was born and raised in New Jersey. She attended vet school at the University of Pennsylvania after studying Ancient Greek and Latin at Colgate University in upstate New York. She stuck around Pennsylvania after her veterinary externship because she really loved the area. She has two dogs: Boo, a boston terrier, and a shepherd mix named Cosby. In her spare time Dr. Fowler likes to play soccer, cook (she especially likes to make her own bread and pasta from scratch), travel, and go on hikes with her dogs. Of course, she loves everything about veterinary medicine, but she enjoys being in surgery the most.

Dr. Megan Fowler-Pollitt, VMD
VCA Smoketown Animal Hospital

Megan Fowler-Pollitt, VMD
VCA Smoketown Animal Hospital

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We are in need of towels and small or large blankets for our patients. Any donations would be greatly appreciated. Thank you so much for your generosity!

Dedicated & Compassionate Pet Healthcare

Veterinary Medicine
Lancaster’s New Face in Venous Treatment

by Michael C. Upton

In April 2016, David A. Winand, MD, FACS, opened Advanced Vein & Laser Center at 896A Plaza Blvd. The state-of-the-art practice focuses on the identification and treatment of varicose veins and venous disease.

“Varicose veins are painful. They affect how legs feel and function. Many people put up with them because they are unaware of their treatment options,” said Winand. “The treatments are minimally invasive, effective and do not require general anesthesia.”

Advanced Vein & Laser Center provides more than 30 years of combined specialty care in the treatment of varicose veins. Originally from Hanover, Winand married after his fellowship at The Mayo Clinic in Rochester, Minnesota. He started his family in Lancaster and has been a member of the community since 2003.

Winand specializes in vascular and endovascular surgery, and focuses exclusively on varicose veins, venous disease and superficial venous insufficiency. He emphasizes that his solutions enable patients to avoid hospital stays and general anesthesia. Patients get back to work sooner through minimally invasive techniques. Most procedures are covered by major medical insurance; there are some cosmetic procedures which may not be.

“You don’t have to have visible varicose veins to have your symptoms be related to venous disease,” said Winand. “Other symptoms are pain in the legs, fatigue, swelling, restless leg syndrome and ulceration of the legs due to venous disease. We can help.”

The center offers free ultrasound screenings for new patients each Wednesday afternoon from 1:00 p.m. till 3:00 p.m. Sometimes, a potential client is not really sure if they need the services of Advanced Vein & Laser Center; the free screening will let both doctor and patient know for sure.

“You just have to call and make an appointment,” said Winand. “We thoroughly evaluate all our patients, and we tailor the solutions to their specific needs.” The motto for the clinic is “AVLC: Exceptional Care. Amazing Results.”

“Anyone with varicose veins deserves an evaluation. We can help you find the right solution for you,” said Winand, who encourages patients not to “put it off.”

Free Ultrasound Screenings Wednesdays 1-3 pm. Call to Schedule Today!

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Most Treatments are Covered by Insurance! Call about your Insurance Today!

AVLC
advancedveinandlasercenter.com

Please visit us at our new location:
DAVID WINAND, MD, FACS
896A Plaza Blvd., Lancaster, PA 17601
717-295-VEIN (8346)

After earning degrees in physics and mathematics with Honors from Juniata College, Dr. Winand completed his medical degree at Temple University School of Medicine, where he was awarded the Dr. J. Robert Troyer Award for Excellence in Anatomy as well as the Dr. Herman Brown Award for Excellence in the Study of the Art and Science of Surgery. Dr. Winand completed his internship and residency in general surgery at Temple University Hospital, where he received the H. Taylor Casswell Award as Outstanding Chief Resident in Surgery. Next he completed specialty training in vascular surgery at The Mayo Clinic in Rochester, Minnesota. With more than 13 years working in the field of vascular surgery, Winand is board certified in both vascular and general surgery, and a Fellow of the American College of Surgeons. He worked for many years at Lancaster Surgical Group and was most recently Chief of Vascular Surgery at Lehigh Valley Health Network.