February is American Heart Month!

Lancaster County WOMAN™
The Woman’s Journal

Complimentary Copy
www.LancasterCountyWoman.com
January–March 15, 2018

Welcome to the January–March 2018 issue of Lancaster County WOMAN™, your source for comprehensive health and wellness information. In this issue, we feature a range of articles and resources to help you navigate the complexities of health and wellness, from medical marijuana updates to insights on new tax laws and ways to leverage giving for tax benefits. We also highlight local businesses and events, such as the opening of a new location for Premiere Speech and Hearing, the debut of Lancaster’s Smart Health Innovation Lab, and the Lancaster School of Cosmetology’s Color Me Red Special Event. Don’t miss our exclusive offers, including discount coupons and special events. Stay informed and stay healthy with Lancaster County WOMAN™.
If we have heard this 10 times, we have heard it a thousand. Truly, as we all go through time, and the decades accumulate, the preponderance of our facial mass seems to move south. Darn it.

So, what can be done?

A great many things can be done, thank goodness. However, before we can discuss the options, we first have to start with a careful assessment of exactly what are the specific issues that are involved.

Is it skin laxity? Jowls? A so-called double chin? A funny waffle-like texturing of the skin? Loss of a crisp angle between the chin and neck? Brown spots or spider veins? These issues are all very treatable, and most often without requiring surgery. At our office we do not perform the more aggressive operative suite-type of procedures. However, if that would be the best approach for a given situation, that is what we will talk about, and the appropriate referral made. Sometimes, surgery is not a personal possibility. Possible reasons for this could include expense, length of time required for recovery, or risk.

Good news! As of 2018, we have available to us worthwhile techniques to address all of the above-listed possible concerns, without the downsides of surgery. In fact, recently I was able to address one of our patient’s early jowl concern by injecting a small amount of Kybella into each of them. She can now look forward to a sharper jaw line in just a few short weeks. The fat lost from this area is permanent, and never to return! Just $600 for that. Such a deal!

Kybella is officially FDA cleared for use to remove the fat which comprises the dreaded double chin. However, I use it off-label (a common practice in our industry) more often for jowl reduction. By virtue of less Kybella being needed for the treatment, it represents a greater value for jowls than it usually does for double chins.

There are other ways to permanently eliminate double chins. One of these is SculpSure. We have a special handpiece for this. Only 25 minutes, $750. I’ve had this done myself. Very useful. I felt a bit of warm discomfort, but it was easily tolerated. We can also utilize Ultherapy to permanently lessen under-chin fat. The benefit of Ultherapy is that it will give the added benefit of lifting and tightening the skin. Amazingly, Ultherapy can now be performed in a nearly PAINLESS manner!

For some of us the issue is primarily loose skin or abnormal texture. If the condition is mild, something like Nectifirm (a very effective topical preparation) may be enough. If one’s situation is more severe, then one of the fractional laser devices may be needed.

At our office we have this in two versions: ablative (most effective but with more recovery time), or nonablative (less effective and rapid recovery). Just recently for example, I did an ablative fractionated CO2 laser treatment on a woman’s neck, to tighten up her skin. As a stand-alone treatment of her neck it would have cost her more. However, she had it done as an “add on” to the laser treatment of her entire face, so the cost for the neck portion was significantly reduced. We enjoy being able to pass along volume pricing whenever possible. We will also try our best to accommodate your schedule, budget, and other individual preferences and circumstances.

Bottom line, please do not despair about the appearance of your lower face, jawline, or neck. Much can be done to turn back the unkindness of time to these and other parts of the face, neck, upper chest, hands, and body. Happily, there is hope for all of us!

Remember, consultations at our, and most practitioners’, offices are complimentary! Enjoy your newfound youthful appearance.
A New Year, A New You with Dr. Wendell Funk

“It’s a NEW YEAR and a NEW YOU. As always, I’m committed to helping my patients achieve stunning and natural-looking results,” said Dr. Funk, adding that now is the perfect time to begin planning for the summer season’s many outdoor activities—including getting ready for shorts and bathing suits!

One of those possibilities is an innovative new hair transplant system called NeoGraft®, a procedure new to Central PA and recently added to Dr. Funk’s practice. This procedure is proving to be revolutionary for men and women suffering from hair loss or thinning.

“With NeoGraft, gone is the long, highly visible scar for obtaining the tiny individual hairs. This system has wonderful potential for anyone who is looking for a fuller and healthier head of hair with a natural-looking hairline,” said Dr. Funk, adding that unlike other transplant systems, NeoGraft is virtually painless, requires a short recovery time, only has minimal scarring invisible to the naked eye, and allows for contemporary short hairstyles.

NeoGraft is just the latest addition to an extensive menu of services offered by Dr. Funk, and his experienced and compassionate staff help you feel and look your best.

“Our goal is to offer the latest techniques and cutting-edge technology for a variety of procedures, resulting in natural-looking and revitalizing outcomes,” said Dr. Funk. According to Dr. Funk, some of his most popular surgical procedures continue to be face work, such as facelifts, and eyelid, nose and ear surgery, all intended to restore youth, easing tired features and restoring and refining hidden beauty.

Bodywork is also a common request, with each specific procedure designed to enhance the natural shape and boost confidence. Many request breast surgery, including augmentation, mastopexy, or breast lifts, and breast reduction. Common and popular body-contouring procedures include abdominoplasty (tummy tuck), brachioplasty (arm lifts) and body lift, skin-tightening procedures following massive weight-loss surgery and the ever-popular liposuction, according to Dr. Funk.

Additionally, in recent years, Dr. Funk noted there’s been a rise in the popularity of nonsurgical procedures, such as SculpSure® and CoolSculpting®, both innovative techniques designed to target and reduce stubborn fat deposits, resulting in a noticeably slimmer appearance without requiring surgery or a recovery period.

And of course, there’s a number of nonsurgical, noninvasive options to brighten and rejuvenate facial appearance. Pellevé® and Ultherapy® are designed to help tighten milder degrees of relaxed face and neck skin. Pellevé can also assist in softening fine crepiness of the skin of the arms, thighs and abdomen.

“All of our facial fillers, including Juvederm®, Restylane®, Voluma®, Sculptra®, and neuromodulators Botox® and Dysport®, are physician-performed, restoring loss of facial volume and adding rejuvenating results with little or no recovery time,” said Dr. Funk. Kybella can be used to melt away excess fat under the chin.

“We also offer a number of skin-tightening procedures, including Fraxel® Dual and PicoSure®, which is also one of the best laser tattoo-removal devices. Both of these procedures offer faster recovery times with amazing results,” continued Dr. Funk.

Have you or a loved one thought about refreshing your look? Are you looking to have your confidence restored for 2018? Do you want to approach the summer months with self-assurance? If so, contact Dr. Funk at one of his offices in Lancaster, York, and Camp Hill/Harrisburg, or visit his website at www.drfunk.com.
2018: Give Yourself the Gift of Early Detection at Regional GI

by Susan C. Beam

For many people, a new year is a time for self-improvement resolutions—hitting the gym, eating healthier or drinking more water. This year, resolve to give yourself the gifts of colon health and colon cancer prevention by scheduling a colonoscopy at Regional GI.

“In 2016, close to 50,000 people died of colon cancer, and yet, it is a preventable disease. Early detection screenings are a key factor. A colonoscopy allows polyps to be identified in early stages and removed before developing into cancer, thus avoiding life-altering changes and decisions,” said Regional GI’s Dr. Ameet Parikh.

According to the American Cancer Society, colon cancer is the third most common cancer in the U.S. and the second-leading cause of cancer-related death in both men and women, surpassed only by lung cancer. Even more concerning is the recent trend of increased occurrence of colon cancer in patients younger than 50, which is the recommended age to begin regular screenings.

Dr. Parikh suggests being both mindful of possible symptoms and aware of personal and family health history.

“Rectal bleeding, abdominal discomfort, unexplained weight loss, change in bowel habits, and anemia (which indicates microscopic blood loss)—all need to be investigated,” explained Dr. Parikh. He added that for those younger than 50, rectal bleeding is usually attributed to hemorrhoids, but he advises further evaluation if the bleeding persists.

“Likewise, patients should also be aware of family medical history. Genetics can play an important role, and if you’ve had a close family member diagnosed with colorectal cancer or polyps, it is best to screen early,” continued Dr. Parikh. “Or, if you have a family history of familial adenomatous polyposis syndrome, hereditary nonpolyposis colon cancer syndrome or inflammatory bowel disease, screening early is recommended.”

Unfortunately, not everyone takes advantage of screening. According to Dr. Parikh, nationally, only 60 percent of Americans get screened, meaning 40 percent remained unscreened.

“Colonoscopy is the gold standard for screening, and it is not only diagnostic but also therapeutic. During the procedure, the doctor can remove any precancerous lesions, thus simultaneously checking for and preventing colon cancer. Patients are completely asleep, comfortable, and wake up feeling refreshed. If results are normal, patients can wait 10 years before they need another screening procedure performed,” explained Dr. Parikh.

Dr. Parikh added that there are several other types of tests which can detect colon cancer, and while it is preferable to get some form of testing done, colonoscopy has long proven to offer the greatest benefits. For 2018, resolve to do something that will benefit both you and your family—get screened. For more information, or to schedule a screening, visit www.regionalgi.com or call 717-869-4600 and ask for a screening nurse.

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DO SOMETHING ABOUT YOUR NECK, BACK, HIP, OR KNEE PAIN.

If neck, back, hip, knee pain, or stiffness is keeping you from participating in the activities you love, learn what can help you get back to your active life. Join our orthopaedic, pain, and spine specialists for free educational seminars throughout the year to learn about topics such as surgical and nonsurgical treatment options, pain management techniques, rehabilitation, and more.

See the specific topic and location for each seminar and register online at UPMCPinnacle.com/LancasterOrthoAndSpine or call 717-291-8498.

Back and Neck (Spine) Pain Seminars:
- January 23
- April 24
- July 24
- October 23

*All seminars are from 6 to 7 p.m.

UPMC Pinnacle Lancaster
250 College Ave., Lancaster

UPMC Pinnacle Lititz
1500 Highlands Drive, Lititz

UPMC Pinnacle

SMALLER YOU. BIGGER ADVENTURE.

Your weight shouldn't get in the way of your sense of adventure. Bariatric surgery can help restore your mobility and energy so you can live the life you want. It can also improve other health-related obesity problems, like sleep apnea and GERD.

We can help you find your best weight so you can go wherever life takes you.

Call 717-627-0398, or visit us online at UPMCPinnacle.com/LititzBariatric where you can:
• Register to attend a free upcoming live seminar.
  - Feb. 27  April 24  June 26  Aug. 28  Oct. 23
  - March 27  May 22  July 24  Sept. 25  Nov. 27
• View a free online seminar.
• Register for a free private consultation.

UPMC Pinnacle

UPMC Pinnacle.com/LititzBariatric
For many, the new year represents a clean slate—a time to break bad habits and launch a healthier lifestyle. If you want to avoid the cliche of setting lofty goals only to abandon them within weeks, my advice is to think small.

Setting high expectations and demanding instant results is a recipe for failure. A more effective approach is to focus on small changes, forgive yourself for lapses, and stay the course for long-term results. My motto is, “You can always begin again. Every day, you can make a different choice.”

As a family physician and faculty member with Lancaster General Health’s Family Medicine Residency program, I teach patients and residents the value of integrative medicine to improve everyday health. Just as traditional medicine has an important role in healthcare, holistic approaches which address the whole person—body, mind and spirit—can be very effective for treating specific conditions, preventing illness and promoting overall wellness.

My advice to patients who want to improve their health is to focus on making small changes in three areas: nutrition, stress reduction and self-care.

Take a Lesson from Grandma: Eat Clean

Our diets affect our physical and mental health, contributing to everything from type 2 diabetes to depression and anxiety. I’ve seen remarkable changes after putting patients on a clean diet. They not only lost weight and felt better about themselves, but conditions like insomnia, migraines and irritable bowel syndrome all improved too.

Simply defined, clean eating is consuming whole foods with ingredients that your grandmother would recognize. Try these changes for big results:

- Avoid processed foods whenever possible.
- Eliminate or reduce sugared beverages.
- Read food labels (fact: some yogurts contain as much added sugar as a candy bar).
- Choose whole fruits over juices (less concentrated sugar, more fiber).

Stress: The Gateway Symptom

Stress is linked to a range of health problems, including cardiovascular disease, chronic headaches, back pain, diarrhea, insomnia and depression. Stress can also lead to such unhealthy behaviors as smoking, overeating, and alcohol or drug abuse.

To reduce stress in your daily life, try these suggestions:

- Calm your mind—take a course in Mindfulness-Based Stress Reduction, use an app for guided meditation or simply carve out 10 minutes a day to sit quietly.
- Stop multitasking—learn to focus on one task at a time without frequently checking your phone.
- Practice yoga.
- Aim for 30 minutes of daily exercise most days.

Make Time for Self-Care

Complementary therapies are widely recognized in mainstream medicine as valuable tools for wellness and healing. For years, LG Health has integrated holistic treatments in our programs for patients with cancer or recovering from surgery or childbirth. More recently we began offering massage, acupuncture and Reiki (healing energy that involves light touch on or just above the recipient) as outpatient services accessible to anyone. These therapies are known to improve overall wellness and reduce pain and anxiety, and can decrease the need for medication to treat migraines, joint pain, back pain, insomnia and more.

As women, we are so focused on caring for others that we seldom take the time to care for ourselves. We often push through pain until our symptoms can no longer be ignored. Scheduling a massage or other holistic treatment actually benefits the whole family. As I tell my patients, you cannot adequately care for others and show up for them long-term, unless you care for yourself as well.

If you make just one resolution this year, let this be it: I will make my health a priority.

To learn more or to schedule an appointment for massage, acupuncture or Reiki, please call 717-544-3555.
Back Pain Care—Acupuncture Rx!

which means “free flow: no pain, no free flow: pain.” Acupuncture, in Chinese medicine, can help re-store the body’s flow of qi, which is often blocked in cases of back pain. Acupuncture can help back pain by:
- providing pain relief—by stimu-lating nerves located in muscles and other tissues, acupuncture leads to the release of endorphins and other neurohumoral factors, and changes the processing of pain in the brain and spinal cord.
- reducing inflammation—by pro-moting release of vascular and immunomodulatory factors.
- improving muscle stiffness and joint mobility—by increasing local microcirculation and blood flow to tissues, which aids dis-persal of swelling and bruising.
- reducing the use of medication for back complaints.
- providing a more cost-effective treatment over a longer period of time.
- improving the outcome when added to conventional treat-ments, such as physical therapy.

Acupuncture can be particularly useful as an adjunct to conven-tional care for patients with more severe symptoms and for those wishing to avoid analgesic drugs. It may help back pain in pregnancy and work-related back pain, with fewer work days lost. Acupunc-ture can also be used before and after surgery to reduce pain, lessen adhesions and promote range of motion in surrounding tissues.

Pat, a 53-year-old active man, was struggling with low back pain and sciatic pain on and off for years, and his doctors were suggesting surgery would be on the horizon. He decided to try acupuncture and, after six sessions, felt a sig-nificant improvement in his mo-bility, pain relief and sense of well-being. He realized, “The pain and numbness from the sciatica I experienced in my legs was nearly gone after receiving acupuncture with Jo Ellen. I have been able to get back to the gym and work out again, and lost some weight, which has helped me take the pres-sure off my spine—acupuncture has helped me a lot.”

At Blossoms and Roots Wellness, we attempt to treat each indi-vidual’s symptoms on a case-by-case basis. We monitor progress before each session, set realistic goals and discuss concerns in a thorough intake session, as well as at the start of each 60-minute session. We may recommend

Medical Marijuana

An estimated 16,500 arthri-tis patients die each year from NSAID-related complications. Recent data surrounding heart disease and NSAID usage has led the FDA to require labeling for all NSAID medication. Sev-eral studies have produced results demonstrating that canabiniolds—the chemical compounds found in medical marijuana—reduce pain and are approxi-mately 20 times more potent than aspirin as an anti-inflammatory.

Medical marijuana offers pa-tients relief from debilitating pain with minimal risk, particu-larly when using strains low in THC—the main mind-altering chemical found in marijuana. Many patients use this medica-tion with little or no psycho-active effects, making this a viable option for the treatment of chronic pain, muscle spasms and inflammation. In 2017, Governor Tom Wolf and state legislatures enacted one of the most com-prehensive medical marijuana programs in the nation. Medi-cal cannabis has been approved to treat 17 medical conditions in patients of all ages. Chronic pain has been included on the list of approved ailments.

Recent publications have sug-gested that medical marijuana will decrease the misuse of opi-ates. Pennsylvania has made every effort to implement stringent requirements to ensure safety sur-rounding the production, sale, and use of medical marijuana. It will only be available in the form of pills, oils, topical creams, tincture, and liquid, and must meet FDA regulations. Other forms such as vaporization and nebulization will only be used when deemed medically appropriate. Dry leaf or plant forms commonly used for recreational use will not be per-mitted for sale in Pennsylvania. If an individual is interested in ob-taining medical marijuana from an approved dispensary, they will need a certification from a quali-fied physician confirming one or more of the approved medici-nal conditions. The patient will need to register with the state and purchase a valid ID card.

The state has granted licenses for both growers and dispensaries, and is in the final stages of pro-viding certification to physicians, distributing identification cards to qualified patients, and having dispensaries built. Around this time next year, Pennsylvania will be able to offer patients a safe and effective from of pain manage-ment. This treatment option will hopefully reduce the number of complications and deaths associ-ated with the misuse and abuse of both opioids and NSAIDS. Pennsylvania residents should not have to sacrifice their health in order to find relief from pain.

Patients with chronic pain often face limited options when seek-ing pain relief. The opioid crisis in Pennsylvania has recently led to greater scrutiny surrounding the prescribing of opiates. The Commonwealth has begun to ad-dress the opiate misuse problem. However, another type of pain-relief medication has become the de facto treatment for many patients: nonsteroidal anti-inflammatory medication (NSAID). Although many peo-ple consider NSAID’s relatively low-risk medication, a study by the American Journal of Medi-cine found that annually about 107,000 Americans are hospi-talized for gastrointestinal com-plications due to NSAID use.

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Medical Marijuana

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

Doctors and Patients— Preserving the Relationship

The Lancaster City & County Medical Society
PO Box 10963
Lancaster, PA 17605-0963
Tel: 717-393-9588
Email: info@lancastermedical society.org
lancastermedicalsociety.org
Theater of the Seventh Sister to host a Robert Burns Supper!

The first Robert Burns Supper will be held at Tellus 360, 24 E. King St., Lancaster on January 27 from 6:00 p.m.–9:00 p.m.!

Robert Burns is known as the Bard of Scotland and his birthday is celebrated in January throughout the world. The celebration involves eating Haggis, (Scotland national dish), drinking whisky and celebrating, through song and poetry, the life of Robert Burns.

There will be toasts and speeches and songs and poems and KILTS the likes of which have never been seen in Lancaster! Enjoy a traditional Scottish fare of cock-a-leekie soup, haggis (a sausage-like concoction made of delicious sheep parts that looks like a round sausage tied at both ends), neeps (mashed rutabaga) and champed tatties (pronounced champ-ed, and really just mashed potatoes), helped down with a dram of whisky. It will involve wearing full Scottish regalia, only if possible. We will stay close to the traditional Burns Night format with full fun, pomp, piping and circumstance. Among his better known poems are “Auld Lang Syne” and “My Love is Like a Red, Red Rose”; we’ll give you a rendition of both of these well-loved songs and more on January 27!

This event has stirred a lot of interest and it promises to be an entertaining night. It will be the first Burns Night for Lancaster! Tickets are $100 plus a $6 processing fee for credit card purchases and can be reserved at seventhisbler.com/tickets.

If you wish to avoid the processing fee, please mail a check to: Theater of the Seventh Sister PO Box 276 Lancaster, PA 17608

Please contact 717-435-3193 or email theseventhblister@mac.com for more information.

About Theater of the Seventh Sister
Founded in 1989, our theater company strives to be excellent and thought provoking; to connect diverse communities; to demonstrate artistic integrity and creative courage; and to provide illumination and authenticity. We recently produced My Name is Cinderella, a staged reading of Clybourne Park, the Barbara Barden Dance Series and the Boos & Brews Event.
Good Samaritan Services
19th Annual Garden Luncheon

We hope you will join us Saturday, March 17, 2018 at the Desmon Great Valley Hotel in Malvern PA.

Enjoy a delicious meal, beautiful silent auction items, and hear from Matt Ross, the Director of Continuing Education at Longwood Gardens.

Your support at this event will help Bridge of Hope at Good Samaritan Services, continue our important work in the community, allowing us to offer:

- Emergency Shelter
- Transitional Housing
- Long-term affordable housing
- Rapid Rehousing
- Permanent Housing Support

Bridge of Hope program site working across two counties, and accepting people into the program without regard to age, race, gender, religion or sexual orientation, we have created a program that addresses the broad range of needs faced by those struggling with homelessness in our community.

We hope you will join us and support this important work in Chester and Lancaster County.

The Silent Auction will begin at 10:30 a.m. Luncheon will be served from 11:30 a.m.-1:30 p.m. Tickets are $70 per person, please RSVP by Wednesday, March 7, 2018.

For sponsorship information: Contact Claire Maxwell at 484-302-6978 or email claire@goodsamservices.org

Gloria Barron Prize for Young Heroes Doubles Award Amount

Applications Now Open for 2018

The Gloria Barron Prize for Young Heroes announces that it is doubling the award amount, from $5,000 to $10,000 per winner. Established in 2001 by author T.A. Barron, the Barron Prize annually honors 25 outstanding young leaders ages 8 to 18 who have made a significant positive impact on people, their communities, or the environment. The top winners each receive a monetary award to support their service work or higher education.

A lifetime champion of youth, T.A. Barron believes that “no one is too young to do something helpful. Every one of us can make a difference.”

Applications for the Barron Prize are accepted online only and are due by April 15, 2018. The winners will be announced in September. For more details and to apply, please visit www.barronprize.org.

The Gloria Barron Prize for Young Heroes celebrates social entrepreneurship spearheaded by young people from diverse backgrounds across North America. Since its inception, the Barron Prize has recognized 417 young leaders and has won the support of the National Geographic Education Foundation, Girl Scouts of the USA, and National Youth Leadership Council, among other organizations.
Body & Sole Reflexology Celebrates 10th Year with Major Expansion

Ten years ago, Holly E. Walters was among a few pioneers in the area to practice reflexology. Most significantly, she was the first to open a commercial establishment solely focused on the healing modality of professional reflexology. “Alternative health in a spa setting has been my vision since first opening Body & Sole in 2008, and 10 years later it is still the essence of our environment. A truly peaceful healing environment with a tropical feel,” said Holly. “A year ago, I knew it was time to expand, but the opportunity for additional space hadn’t yet presented itself. Now, after several bumps in the road in 2017, I’m proud to say we are off to a great start for 2018!”

From the profound effects of reflexology to nutritional detox and lymphatic drainage, as well as a revitalizing couples massage, we have what you need to relax and restore your mind, body and soul.

As the owner of Body & Sole Reflexology and Spa, Holly E. Walters, board-certified master reflexologist, is well aware of the dangers of stress to one’s immune system. It’s her specialty. She has performed well over 7,000 reflexology treatments and helped many realize optimal health through regular ongoing treatments. Although reflexology stimulates the release of endorphins, the body’s “natural feel good” hormones, it doesn’t just feel good—it actually stimulates the relaxation response, therapeutically reducing stress and tension throughout the body, which can improve blood circulation, increase nerve supply to the cells, and promote detoxification, ultimately strengthening the immune system and restoring homeostasis. Clients of Body & Sole have reported positive results in treating various health issues, including allergies, chronic sinus problems, digestive disorders, migraines, premenstrual syndrome, menopause, anxiety, insomnia, arthritis, diabetes, autoimmune disorders, as well as cancer.

We’ll be expanding our menu of services within the next month, so stay tuned for some new surprises! We also offer discounts to military, senior citizens and LGH employees. We look forward to serving you, our most valuable client, in 2018 and beyond.

Treat someone you love to a Chocolate Couples Massage Package or Individual Massage or Reflexology Treatment! View our specials online at bodyandsolehealth.com.

PPL Foundation Donates $100,000 for Sustainable Energy Exhibit at the Lancaster Science Factory

The PPL Foundation has announced that the company will be making a $100,000 grant to the Lancaster Science Factory to fabricate a permanent exhibit on sustainable energy at the science center. The PPL Sustainable Energy Floor will convert human movement into energy. When a person steps onto the floor and starts moving, LED’s light up and charge a wall-mounted energy meter. Advanced software connected to the floor makes it possible to play educational games, combining the output of data and energy with the movement of visitors.

“PPL has been a supporter of the Science Factory since 2007, before the nonprofit science center opened to the public in January 2008,” said the Science Factory’s Executive Director Emily Landsis. “Every First Friday, PPL and the Science Factory support a thronging downtown Lancaster staying open until 8 p.m. and offering free admission. It’s a great opportunity for those who cannot afford to visit, those who have never visited before, and for many local families who appreciate an enriching repeat destination as their children grow.”

The mission of the Lancaster Science Factory is to create an environment for learning which helps children develop curiosity, think creatively and build confidence as they learn the principles of science and the application of science in engineering and technology. Highly interactive exhibits, workstations and mini-labs offer “open-ended” learning experiences with opportunities for visitors to experiment and create. We actively seek to make the Science Factory accessible to all the young people in the community.

April 14, 2018 • 9 a.m. until 2 p.m.

at the recently remodeled Lancaster Host – Expo Center

2300 Lincoln Highway East, adjacent to the new Tanger Outlets

Fashion show, shopping, mini spa treatments, entertainment, LuLaRoe Pop-Up Shop, plenty of exhibitors with information to share, and lots more!
Montessori Academy of Lancaster Holds Open House

The Montessori Academy of Lancaster, located at 2750 Weaver Road, will be hosting an open house on Thursday, January 25, 2018. Interested parents, grandparents or guardians of children aged 18 months through sixth grade are invited to learn more about the school.

This open house will include a tour of the school and an explanation of the Montessori philosophy. The elementary presentation will begin at 5:45 p.m., the toddler and primary presentations will begin at 6:30 p.m.

Anyone interested in attending is asked to RSVP at 717-560-0815 or by emailing Deb Ward, receptionist, at info@montlanc.com.

Lancaster County Woman 11
January/February 2018

The CASA Project

“The CASA Project: Stand Up For A Child”, a dramatic reading written by Sandy Asher, describes how Court Appointed Special Advocates (CASA) is effective in the child welfare system. Produced by Creative Works of Lancaster, and directed by Lydia Brubaker, “The CASA Project” will make its local debut on Sunday, February 11, 2018, 4 p.m. at the Congregation Shaarai Shomayim, 75 East James St., Lancaster. The event is free and open to the public, but donations are appreciated. No reservation is required.

The script was originally commissioned by CASA of Southwest Missouri, where Asher compiled interviews Drury University college students conducted with CASA volunteers, lawyers, case workers, foster parents, and others. Asher also completed the volunteer training program to give an authentic representation. While the script follows the college students through their learning process, the heart of the piece undoubtedly comes through the voices of the abused children, represented by poems written by Casey Adams Smith, a survivor of abuse who spent time in foster care herself. The stories are often heart-wrenching and sometimes funny, but most importantly, they are eye-opening.

Donated proceeds from the play will be given to CASA of Lancaster in the hopes of growing the organization to advocate for every child in need. Representatives from CASA of Lancaster will also be onsite to answer any questions the audience may have.

CASA is central in fighting for and protecting a child’s right to be safe, to be treated with dignity and respect, and to flourish in a loving and permanent home. To learn more about CASA or “The CASA Project” please call (717) 208-3280, email casa@casa lancaster.org, or visit www.casalancaster.org.
Suicide can be devastating and life-changing event that can change families’ and friends’ lives forever. Everyone deals with suicide differently. Some people may feel guilty, like they did not do enough or could have prevented it somehow. Thoughts may include, “Did they try and reach out and I was too busy?” “Did I miss some signs?” Others may feel angry and think, “Why would they do this?” “Did they not see another way?” “Why did they not reach out to me?”

The effects of death can last years, and it can turn a family upside down. Sometimes it is hard to tell. Some people do not show any signs at all. Some people hide it or do not talk about it. There is not always a note left like seen in the movies. Sometimes people who are suicidal walk around trying to cheer up others with a smile on their face because they know what it feels like to be hurting inside. For example, celebrities such as Robin Williams and Chester Bennington took their own lives unexpectedly. Some signs to look for may include a noticeable change in behavior, if they are future oriented or not, mood swings, and feelings of hopelessness.

Counseling can be an excellent tool for helping work through suicidal ideation and depression. When it comes to counseling, some people think, “Oh no, I do not want to be put in a psych ward.” They think they are going to be hospitalized against their will, so they are afraid to try counseling. There are many misconceptions of what counseling actually is and how the process works. Some people automatically think if they have suicidal thoughts, they are also going to be put away. Some people will not admit they are having the thoughts because they are afraid they are going to be involuntarily committed. Some people hear key words and do not understand the context for which these words are used. In the first session, confidentiality and the exceptions are explained. If they are not, the client has the right to ask for this information. This is very important for the client to know because it explains the counseling process and the rights of the client. It explains legally what to expect but also what the limitations are to their rights. Safety of the client is the most important thing, and therefore a therapist will do a risk assessment.

In order to understand these misconceptions, we must first go over some basics. What goes into a risk assessment? There have to be thoughts, intent, plan, and access to means for a therapist to report. What does that mean? Well, let us look at the thoughts: Are they fleeting thoughts or are the thoughts every day and constant? What is their intent? Do they mean to do harm to themselves? Have they lost all hope? Do they not see a way out? Is there a plan in place? Have they gone over and over in their head the way they would kill themselves? How would they do it? Do they have access to those items or location? Do they have a way to get there? If you are unsure, trust your gut and seek professional help. Better to be safe.

It is also important to explain voluntary versus involuntary services. Voluntary means clients are agreeing to a higher level of care and are going willingly, say by ambulance or driving themselves, and thoroughly cooperating. This also means patients can check themselves out of treatment if necessary. Outpatient services can be voluntary. Inpatient services can be voluntary or involuntary. Involuntary commitment means they are at risk, they are not cooperating, are exhibiting threatening behavior, and involves police transport. Involuntary commitment only applies to clients who are not adhering to safety precautions and risk is involved.

If you or someone you know is having suicidal thoughts, encourage them to make an appointment at Life Span for a risk assessment, or call Crisis Intervention at (717) 394-2631. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.

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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, and 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!

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…but do not seem to be getting the results your husband or younger friends get for the SAME effort? At BeBalanced, we understand and can help! SLOW results just make you want to give up! We completely understand. Many health professionals do not seem to understand or are even able to figure out why the traditional “calories-in-calories-out” method does not work for many women over 35 years old. Doctors, personal trainers, nutritionists and even holistic doctors are stumped as to why you cannot get the results you deserve. Well, that has come to an end. At BeBalanced, WE KNOW what the issue is...it is a simple HORMONE IMBALANCE that we can explain and rebalance 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 franchise and our Lancaster home office. 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! With our fast, risk-free method of “natural hormone balancing,” we can resolve issues of stubborn weight or mood, sleep and energy. By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will not only lose weight quickly, but your mood and sleep will improve as well as any type of female-related condition (almost all PMS and menopausal symptoms).

Our philosophy is simple stress management, diet changes (getting rid of foods you’re sensitive to) combined with natural supplements to balance sex and stress hormones naturally...these lifestyle changes are the foundation to our scientific, proven system.

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Come in for a free consultation to see what areas we can work on, hear the science behind this treat, and see amazing before-and-after pictures. We guarantee we are the least expensive in the area, and we are offering limited introductory specials!

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484 Royer Drive, Lancaster, PA 17601 (Along Oregon Pike in the Worthington Complex)
November Lab? To understand, indeed. Located in Lancaster County: home of farmlands, Pennsylvania Dutch family-style cooking…and a cutting-edge innovation center for testing the latest healthcare technology? Indeed. Located in Lancaster Square at 100 N. Queen Street, Smart Health Innovation Lab is set to begin offering their first round of testing in 2018. What is a Smart Health Innovation Lab? To understand, one first needs to understand the mission of Aspire Ventures, one of four regional companies involved with the lab.

“Aspire Ventures focuses on investments in transformative healthcare technologies that will make a positive impact in society. We wanted to find the best way to quickly and effectively bring healthcare technology to the market, where it can help to change the healthcare industry and benefit the community,” said Kimberly Ireland, who has 15 years of experience in the healthcare systems industry and who presently serves as CEO of the lab and Vice President of Healthcare Solutions, a division of Aspire Ventures.

Ireland further explained that Aspire Ventures conflates technology with the quadruple-aim approach in healthcare: a focus on patient experience, lower costs, increasing overall health outcomes and reducing provider burden. The Smart Health Innovation Lab is part of that vision for Lancaster’s medical future.

“The Smart Health Innovation Lab is a brainchild from a unique partnership, formed in 2016, of four Central PA-based organizations: Aspire Ventures, Clio Health, Capital BlueCross and Lancaster General Health,” Ireland said, adding that specifically, the role of the Smart Health Innovation Lab is to act as a gateway where new technologies can be tested in a simulated environment to have their effectiveness certified.

For example, if an entrepreneur creates new technology that will benefit at-home care, they could come to Lancaster to test it during a 12-week period in the Smart Health Innovation Lab’s simulated studio apartment environment—one of several available, with other simulated environments including an outpatient clinic, a physical therapy room and a hospital room. The entrepreneur would work side-by-side with physicians, insurers and technology experts to assess their product’s effectiveness prior to becoming certified and moving to the healthcare market.

According to Ireland, the first classes of testing will begin soon, and the company is not only exploring applications from across the nation, but internationally as well.

“We know these technologies are out there, and we want to bring them here—to improve the population health of Lancaster and central PA and beyond,” said Ireland, noting this model benefits all parties: The entrepreneur can get the help they need to get their product to market, and the population receives beneficial technology much faster and with greater cost-effectiveness. Additionally, said Ireland, this is about community helping community.

“Everyone involved in this project is local, and we want to impact our community. We also want the community to be involved—to build a community of people interested in innovation, to offer opportunities to local entrepreneurs,” she said.

For more information on the Smart Health Innovation Lab or to submit an application, visit their website at smarthealthinnovationlab.com.
Creating confidence... one smile at a time.

General Dentistry
- preventive care
- root canals
- extractions
- whitening
- all-porcelain crowns and bridges (no metal)

Cosmetic Dentistry
- veneers and smile makeovers
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Dental Implants
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- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation

Sleep Apnea Devices
- affordable option as opposed to CPAP or invasive surgery
- proven to increase patient compliance because it is a thin and comfortable device
- documented clinical success in mitigating and even preventing disruptive and unhealthy effects of snoring and sleep apnea
- patients see a change in quality of sleep, restfulness, and morning energy immediately
- increased restfulness of sleeping partners (spouses) due to less audible disturbances
- durable and BPA-free appliance
- clear device—discrete to wear but available with vibrant blue, green, or pink S-shaped side links to make it easy to find while outside of the mouth (provides a touch of personalization)

Botox Treatment for TMJ
The Botox alternative treatment for TMJ disorders and jaw tension is usually quick, straightforward, and effective. We can tell you from our patients’ experiences that it has made a big difference in their lives and comfort.

You may wonder if you’re a candidate for Botox jaw treatment. Botox is a safe alternative treatment for most people who experience jaw tension or have a TMJ disorder. This treatment helps to alleviate joint pain and pain from muscle spasms associated with TMJ.

There are a multitude of benefits in treating TMJ disorders and tension with Botox. Botox injections often provide substantial relief while reducing the ability of facial muscles to engage in problematic, excessive grinding.

Botox also allows muscles to perform daily activities such as talking, chewing, and swallowing. In addition, the treatment can help safeguard dental health, since excessive grinding can result in worn teeth and damaged gums that may require costly treatment.

How long does the TMJ Botox treatment take and results last?
The TMJ Botox treatment is a nonsurgical procedure performed in our dental office that takes just a few minutes. Most patients experience noticeable improvement within one or two days of their first treatment, although relief can take up to a week. Results last anywhere from 4 to 6 months.

Trouble with Sleep Apnea and Snoring? You’re Not Alone!

Another option Smiles By Stevens offers for troubled sleepers is oral appliances known as sleep apnea devices. Oral appliance therapy is an effective treatment option for patients with mild to moderate obstructive sleep apnea. Although continuous positive airway pressure (CPAP) therapy is the first line of treatment for sleep apnea, many patients prefer an oral appliance to CPAP. An oral appliance is a small plastic device that fits in the mouth like a sports mouthguard or orthodontic retainer. Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake. Oral appliances may be used alone or in combination with other treatments for sleep-related breathing disorders, such as weight management, surgery or CPAP.

For the majority of snorers, the most affordable, noninvasive, comfortable and effective snoring solution remains a dentist-prescribed snoring preventive device, such as Silent Nite.©

Silent Nite is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway tube and reducing air velocity and soft-tissue vibration. Special connectors are attached to transparent, flexible upper and lower splints. A simple dental impression is needed for us to send to our lab to have this device made. The splints are custom-laminated with heat and pressure to fit the mouth like a sports mouthguard or orthodontic retainer. Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake. Oral appliances may be used alone or in combination with other treatments for sleep-related breathing disorders, such as weight management, surgery or CPAP.

If you have been looking for a solution for your snoring or sleep apnea, this may be what you are looking for. Please call our office and let us know if you would like to set up a consult. We would be happy to answer any questions you may have.

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.

Shea F. Stevens, DMD, FICOI

101 N. Pointe Blvd., Suite 201, Lancaster, PA 17601
(717) 581-0123
www.smilesbystevensdmd.com

Dr. Shea Stevens received the prestigious award of Top Dentist in Lancaster 2017

Lancaster County Woman
In just 4 years Lancaster Roots & Blues has earned a reputation as one of the hottest music festivals in the East. With more than 60 concerts performed on 10 stages, the festival draws music fans from across the U.S. – and even Canada and Europe. The festival is held each year in beautiful downtown Lancaster, Pa. Lancaster is a walkable and vibrant city with a thriving arts community and is a leading cultural hub in the Eastern U.S. With its unique shops and more than 100 great restaurants and nightspots, Lancaster has been acknowledged as #4 in a list of the most exciting small cities in the country.

**Artists Appearing March 2018 and Many More!**

JJ Grey & Mofro • Peterson Brothers • Eric Johnson
Tommy Conwell and the Young Rumblers • NRBQ
Shemekia Copeland • Kenny Neal • Clarence Spady
Brandon “Taz” Niederauer • Samantha Fish
Lil’ Ed and the Imperials • Magic Dick and Shun Ng
Johnny Nicholas • Morgan James • The Meditations
Vanessa Collier • Anthony Gomes • Billy Burnett
Commonheart • Doug Deming & The Jewel Tones
Gabe Stillman • Ray Fuller and the Bluesrockers
Ron Holloway Band • Slam Allen • Sweet Leda
Ursula Ricks Project • Billy Kemp • Corty Byron
Corsair Blue Jazz Band • Happy Sally • Mama Tried
Lower Case Blues Band • Kid Davis and the Bullets
Linwood Taylor • Miss Melanie & the Valley Rats
Phil Gammage • Ray Owen • Rockett 88
The Probables Rue de la Pompe band
The Town Pants • Tommy Z • Trey Alexander Band
Andy Mowatt’s Steely Jam • Bailey Fulginiti Trio
BOTL • Little Buddy • Little Leroys • Mangoso
Moe Blues Band • The Ardvark Felon
The Dull Blue Lights • Willie Marble Experience

This year marks the 5th annual event and the festival has experienced growth in every aspect of its operations, including ticket sales, attendance and corporate and community participation. 2016 attendance is projected to be more than 12,000 music fans over three days.

for more information 717.875.2772
www.lancasterrootsandblues.com
New Development Director Joins Clinic for Special Children

Teresa Rineer, of Washington Boro, PA, has joined the leadership team at the Clinic for Special Children, Strasburg, Pa., as Development Director. Rineer is responsible for providing opportunities for support and stewarding philanthropic relationships. Rineer previously served as Associate Director of Development for Brethren Village Retirement Community in Lititz.

Rineer graduated magna cum laude with a Bachelor of Science Degree in Communications and concentration in Public Relations from Millersville University, where she served an internship at Pennsylvania Dutch Convention and Visitors Bureau in Lancaster. She is a member of the Association of Fundraising Professionals.

“I am honored to be a part of the Clinic for Special Children’s team and feel grateful to share my experience and passion for helping others in a way that will support the Clinic’s mission of providing pediatric care to those who suffer from genetic or other complex medical disorders,” she said. “I look forward to building lasting relationships with donors, patients and their family members, as well as the Clinic’s staff and Board.”

A native of Lancaster County, Rineer is a graduate of Penn Manor High School, where she met her husband, Craig, who owns Rineer Renovations. The couple has two sons, Collin and Corey, and will celebrate their 25th wedding anniversary in June.

Teresa Rineer
Premiere Speech and Hearing proudly announces the opening of their new office location at 100 Highlands Drive, Suite 307, in Lititz, Pa. Premiere Speech and Hearing has an office in Collegeville, Pennsylvania. Our team has been serving the speech and hearing needs of people in Montgomery County for over 40 years. We had the honor of being named “Best of Hearing Care” in Montgomery County by Debbie S. Lombardi, Au.D., in 2017. Due to the growing demand for individualized, patient-focused, private hearing and speech healthcare services, we have opened a second location in the heart of Lancaster County. Both the Collegeville and Lititz locations are staffed with certified and licensed Doctors of Audiology and speech-language pathologists. A full range of services are offered, including audiology, speech pathology and educational services for both adults and children.

Our audiology services include auditory processing evaluations and treatment plans, hearing evaluations, medical-grade hearing aids with customized service packages, value-level assistive listening technology, tinnitus treatment and hearing aid repairs.

Speech and language services include private evaluations and treatment plans specializing in articulation disorders, language disorders, voice disorders and auditory/language processing disorders. In addition, our Lititz location will offer educational tutoring and support in areas of special education. Support for deaf/hard-of-hearing students is also available.

The Lititz office will be staffed by Debbie S. Lombardi, Au.D., and Bonita S. St. John, Au.D. Dr. Debbie S. Lombardi has been the owner and service provider at Premiere Speech and Hearing (formerly Collegeville Speech and Hearing) since July 2004 following the retirement of Judith W. Cooke. Dr. Lombardi is a dually certified and licensed Doctor of Audiology and speech-language pathologist.

Dr. Bonita S. St. John worked as an educational audiologist with Lancaster Lebanon IU 13 until her retirement in 2014. She has extensive experience working with deaf/hard-of-hearing children and children with special needs. Dr. St. John is familiar with fitting hearing aids and assistive listening technologies for both children and adults.

“Our new Lititz location provides the opportunity to bring our combined areas of expertise in speech and hearing to the residents of Lancaster County,” said Dr. Debbie Lombardi. “We have a great team of highly trained professionals, and we look forward to working with patients in both our Collegeville and Lititz offices.”

Our team at Premiere Speech and Hearing pride ourselves in doing things a little differently—we focus on you and your communication needs. We pride ourselves in treating you like we would treat our family. We value your feedback and appreciate the opportunity to serve you.

Visit Premiere Speech and Hearing online at premierspeechhearing.com, and follow us on Facebook (facebook.com/PremiereHearing).

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- Care
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- Bone-Anchored Hearing Device Programming
- Hearing Aid Consultations
- Hearing Aid Fitting for Children and Adults
- Hearing Aid Supplies
- Assistive Listening Devices
- Discounted Battery Plans
- Aural Rehabilitative Program
- Tinnitus Treatment Program

Speech Pathology Services
- Evaluation and Individual Therapy Plans for Children and Adults
- Articulation Evaluation and Therapy
- Voice Evaluations and Therapy
- Fluency/Stuttering Therapy
- Receptive and Expressive Language Evaluation and Therapy
- Oral Motor Evaluation and Therapy
- Stroke and Cognitive Therapy
- Auditory Processing Therapy
- Preschool Speech/Hearing Screenings as a group orient or individual in-office

Educational Tutoring and Support at Lititz Office
- Reading
- Language
- Writing
- Spelling
- Study Skills
- Attention/Memory

Implantable Hearing Program at Collegeville Office

Lancaster County Woman 21

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January/February 2018
Want to feel good, look good, and do something good for the community? On Friday, February 2, the Lancaster School of Cosmetology & Therapeutic Bodywork will be holding their annual “Color Me Red” event to coincide with National Wear Red Day, and all proceeds will benefit the American Heart Association’s Go Red for Women campaign, which raises awareness about heart disease and women’s health.

“We love having this event—it’s not only great for our students but also a wonderful way to give back to the community,” said Deborah Dunn, president of the Lancaster School of Cosmetology & Therapeutic Bodywork.

According to Dunn, it will be a day of fun and pampering, with all-day refreshments available and giveaways occurring from 9 a.m. to 4 p.m. All services, including hair, skin and nail care, will be 50 percent off, and anyone who chooses red as part of their service will receive an entry to the day’s grand prize: a basketful of cosmetics totaling $400. Additionally, the school will also be offering spa experiences unique to this event, including $5 facials and $7 chair massages.

Dunn said the school began this event several years ago to support women’s health care.

“Heart disease is the number-one killer of women, and since the majority of our students are women, it made sense for us to want to support this cause,” explained Dunn. According to the American Heart Association, cardiovascular diseases, including stroke, claim the life of one woman every 80 seconds.

Additionally, said Dunn, it’s a nice way to spend a day. “Our services are a great way to relax and destress, which is essential for physical and mental well-being, and our students really enjoy the event,” she said. “It’s a perfect time for the community to come and check out our school.”

For more information on the Lancaster School of Cosmetology & Therapeutic Bodywork, or on their “Color Me Red” event, visit their website at lancasterschoolofcosmetology.com or call (717) 299-0200.

**Feel Good, Do Good!**

“Color Me Red” Event

by Susan C. Beam

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Give your home a new look for the new year. It is a great time to give your home a makeover. You can make small changes or do a total makeover of a room or two.

Small changes can make a big difference. Whether it’s paint, pillows, area rug, window treatments or accessories, choose refreshing colors and patterns that make you feel happy. Don’t be afraid to add a fun color or pattern, such as an animal print, stripe, check, or plaid. Texture is another way to add interest. You can change or add a cotton throw and pillows on your furniture or bed.

Add bright or light-colored floral designs to your rooms. Many flowers and greens today look real. Add some brighter colored accessories such as pottery, candles, and decorative plates. Don’t forget your front door; add a spring-colored wreath or swag to welcome your guests.

Changing your walls can alter a room’s look without switching up your furniture. With a gallon of paint, you can transform your room with little cost. Faux paint is another way to add color and texture to your home. Wallpaper is making a big comeback. Dining rooms and bathrooms are great places for beautiful wallpaper. There are timeless classic to bright, fun patterns and color ways for your walls. So consider changing an accent wall or the whole room.

Don’t forget your floors. Changing area rugs to a sisal rug with a fabric border or a fun, patterned hook rug will lighten up your space. Sometimes all you need to update a room for a new season is a fresh window treatment. Use a pretty, floral-pattern Roman shade to turn a window into a work of art. Add a decorative rod with rings so you have the option of using sheer panels for spring and summer and using heavier fabric panels for fall and winter.

As the sun warms up your home, it will feel great, but will fade your fabrics, photos, and artwork. Adding light filtering blinds or sheers can help reduce fading as well as save energy. Blinds and shades are a great option to help with your cooling and heating bills.

Heritage Design Interiors is a great place to shop for spring decorating accessories, lamps, artwork, and floral designs. We can help you with your window treatment needs and wants. With our expertise on design, measuring, and installation, they take the worries out of window treatments.

Stop by and see the beautiful and unique decorating products for your home or workplace. Heritage Design Interiors specializes in window treatments and home décor along with design and decorating consultation.

Check out our website at www.heritagedesigninteriors.com. Join us on Facebook for upcoming events, specials and decorating ideas.

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Floating Comes to Lancaster!

Imagine entering your large, private float room, where you are individually able to control the elements of soft lighting and music therapy. Your body floats like a cork on the water’s surface—thanks to thousands of pounds of Epsom salts dissolved in body-temperature water—enabling every muscle, internal organ and bone to be relieved of functional tensions. Your entire body will feel rested and at ease, perhaps for the first time ever. Your mind will no longer be able to distinguish where the air and the water meet, allowing you to lose the sensation of the body so that your mind can fully drift away. After 60 minutes of flotation therapy, you will feel refreshed and renewed.

Floatation therapy is a proven holistic health treatment that is backed by decades of scientific research. Anyone who needs a haven from life’s daily stressors will benefit from floating. Floating is the perfect time to reflect on your life, and reports of creative and personal insight abound. Float rooms can also be thought of as training wheels for meditation. After 30 minutes of floating, your mind starts producing extremely slowed brainwave patterns, which normally cannot be achieved without years of meditative practice. Interested in diving deeper? Make your float an active float and introduce audio uploads to your float session. Super-learning can occur in the theta brainwave state. In this state of mind, you will be able to distinguish where the air and the water meet, allowing you to lose the sensation of the body so that your mind can fully drift away. After 60 minutes of flotation therapy, you will feel refreshed and renewed.

Now instead of having to travel to York or Harrisburg, you can take advantage of this popular therapy right here in Lancaster. Join us at Bala Float Center, where you can “float away” your depression, anxiety, muscle pain, high blood pressure, fibromyalgia, migraines, inflammation, pregnancy pain and stress. The new Bala Float Center is located at 903 Nissley Road, Lancaster, Pa. (at the intersection of Nissley and Centerville roads, behind the Turkey Hill).

About Celtic Woman

Celtic Woman has reached #1 on Billboard’s World Albums chart. The group has been named Billboard Magazine’s #1 World Albums Artist six times. Celtic Woman received its first-ever Grammy-nomination in the World Music category for its 2016 release Destiny. As a touring powerhouse, the group has performed for over four million fans across 24 countries and six continents, with an especially devoted following in America. With a repertoire that encompasses traditional Irish classics, contemporary songs, classical favorites and originals, their shows are renowned as high-quality entertainment with exceptional musical performances and stunning visual productions, enthralling audiences of all ages.

Celtic Woman will be performing on April 6–7 at American Music Theatre in Lancaster, Pa. They will also be performing at these Pennsylvania venues:

- March 25—F.M. Kirby Center, Wilkes-Barre, Pa.
- March 27—Benedum Center, Pittsburgh, Pa.

For a complete tour schedule and ticket information, visit www.CelticWoman.com

In the Spotlight

Celtic Woman, Lancaster’s first, is ready to help you achieve a relaxed state of mind, providing numerous benefits for the mind, body and spirit through flotation therapy.

Grammy Nominee Celtic Woman Brings New Live Show, ‘Homecoming’ to American Music Theatre April 6–7

Celtic Woman, the multi-platinum international music sensation, is returning with a brand new live show for an extensive North American tour beginning Spring 2018. The much-anticipated concert, Homecoming, will play in more than 90 U.S. and Canadian cities from coast-to-coast. The tour will kick off March 1 at the RP Funding Center in Lakeland, Florida.

Celebrating Ireland’s rich musical and cultural heritage, Celtic Woman combines finest musical talent with epic stage productions to present a unique, inspiring live experience. From the debut, Celtic Woman has touched the hearts of a huge global audience. Now, with Homecoming, Celtic Woman brings the next chapter of an extraordinary musical journey. It’s a universal celebration of life. It’s traditional, it’s contemporary. It’s yesterday, today and tomorrow.

Continuing its remarkable legacy of introducing some of Ireland’s most talented singers and musicians onto the world stage, the Grammy-winning group Celtic Woman—featuring the angelic voices of Susan McFadden, Mairéad Carlin, Eabha McMahon and the breathtaking Celtic violinst Tara McNeill, accompanied by a full ensemble of musicians and dancers—will embark on a four month tour. The 90-city trek will take Celtic Woman across the country before wrapping June 17 in Rosemont, Ill.

About Celtic Woman

Following its debut on PBS in 2005, Celtic Woman has achieved massive success encompassing twelve chart-topping albums, nine DVDs and nine public television specials leading to sales of over ten million albums, with platinum success in nine countries. Each of the twelve CDs—including 2016’s Voices of Angels—has reached #1 on Billboard’s World Albums chart. The group has been named Billboard Magazine’s #1 World Albums Artist six times. Celtic Woman received its first-ever Grammy-nomination in the World Music category for its 2016 release Destiny. As a touring powerhouse, the group has performed for over four million fans across 24 countries and six continents, with an especially devoted following in America. With a repertoire that encompasses traditional Irish classics, contemporary songs, classical favorites and originals, their shows are renowned as high-quality entertainment with exceptional musical performances and stunning visual productions, enthralling audiences of all ages.

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For a complete tour schedule and ticket information, visit www.CelticWoman.com

Visit balafloatcenter.com for float tips and information.
Womb With a View moved in July 2017 to 3047 Columbia Avenue, which is one block off of Centerville Road. We are located right next door to Miracles Consignment Shop and almost dead center in the strip mall that is behind Arby's. At the new location, we now have a larger retail shopping area dedicated to specialty items not found in the popular retail stores.

We carry items for the last-minute baby-shower gift and to perfectly commemorate finding out the gender of your baby. It is hard to resist buying that first item in pink or blue to show your family your exciting news. We also carry Gender Scratch-Off Cards that allow your family or friends to scratch off an area on the card to reveal whether you are having a boy or a girl.

We started our retail shop in 2010 with Heartbeat Animals but have grown into an eclectic collection of one-of-a-kind items. Our Heartbeat Animals have found more uses than just to record the sound of your baby’s heartbeat. Since the Heartbeat Animals come in a variety of animal choices, they have also been used to hold voice messages from one person to another (like from a grandmother to her grandchild). Among our other pieces, you can find baby’s first ornaments, baby’s first teddy bear, burp cloths, blankets, rattles, pacifier holders, bows, socks, booties, onesies, MOBY wraps, infant toys, onesies for twins and much more. Our best-selling onesies are “I Did 9 Months And Just Got Out” (with jail bars on it), “I Drink Until I Pass Out” (which has a picture of a baby bottle on it) and “I’m Not Crying. I’m Ordering Dinner.”

Come in and browse. We are open by appointment, so you might want to call first to ensure that our doors are open that day. Don’t forget that gift certificates can be purchased to be used either for a scan package or for items in our gift shop. Check out our website, wombwithaview.com, for prices, pictures and more, or give us a call at 717-394-4447.

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The National Association of Watch and Clock Collectors, Inc. (NAWCC) is a 501(c)(3) educational charitable nonprofit organization with a worldwide membership over 12,000. The NAWCC is the world’s largest museum, research library, educational institution, and international community of horological professionals and enthusiasts dedicated to clocks, watches, time, and timekeeping. We are committed to being the world leader, educator, and advocate for horology and everyone interested in timepieces and horological issues.

April through November the National Watch & Clock Museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 4 p.m. December through March hours are Tuesday through Saturday, 10 a.m. to 4 p.m. From Memorial Day through Labor Day the Museum is also open on Mondays. Discounts are available to seniors, students, AAA members, and groups of 10 or more. Groups of 10 or more are encouraged to call ahead. For more program information, directions, or general Museum information, call 717.684.8261 or visit our website at museumoftime.org.

The National Association of Watch and Clock Collectors, Inc. Museum Keeps ‘Track’ of Time

The National Watch and Clock Museum welcomes a special exhibit—one that has no faces or dials and by itself does not tell time but is integral to the history of timekeeping.

From February 6 to March 2 the Museum will open its doors to members of the Lower Susquehanna Valley Modular Railroaders (LSVMR) is a group of O-gauge enthusiasts from the Lower Susquehanna Valley Region of Pennsylvania. Some customers and employees of CoolTrains Hobbies in Salunga, PA, came together in July 2009 to form the LSVMR and since then have expanded it.

“One of the nice things about our club is that we are just a group of people who share a mutual love of trains. Unlike other clubs, we do not model any specific location or era. Everything we do is for the fun of the hobby, which is why you will see all kinds of different things on our layout. From carnivals to Lego towns to the drive-in movie theater, no two setups are the same, often captivating the imagination of many children. All our trains are member owned, so there’s always something new rolling by,” shares LSVMR president Travis Moody.

LSVMR members look forward to showing off their model train layouts to visitors to the National Watch and Clock Museum from February 6 to March 2. There is no Museum charge to view the railroad display.

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

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

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.
Finding the Way to Your Creative Self!

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 therapeutic writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

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

“My creativity and I grew up there. It’s my writing home,” says a teenager who has taken classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers and helping them discover their creative spirit. After 9/11, she created Write From The Heart, a retreat designated as a safe haven for the soul.

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

“Why Can’t SOMEONE (ANYONE!) Colour and Style My Hair the Way I Want It EVERY SINGLE TIME!”

A L Segro

I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I know it can, and how can I get perfect colour and still have healthy hair?”

I’ve made it my mission to solve these problems for women once and for all, and it’s turned my salon in Lancaster into a haven for women who are done with being frustrated with the colour and health of their hair.

You can have the colour you want and your hair CAN be healthy.

The basics of getting exactly the hair colour you want are easy to understand. The hard part is using the tools correctly so that the colour is beautiful, just right, and your hair is healthy. It takes a lot of skill and knowledge to do it correctly. I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

I want every woman to have all the information she needs to understand and solve this problem for good. That’s why I wrote “Don’t Fear The Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

Anyone who would like a copy of this book at no cost to them at all should just call 877-702-3081 or to go to www.DontFearTheBleacher.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.

Get the answers NOW in a Free Book!

I wrote this book because women can’t find the right shade or they just don’t know what colour to go with and no one seems to be able to tell them.” — A.L. Segro

Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about hair colour and why the best efforts of their stylist continue to produce lackluster results. And he is offering it to the community for free.

Just call toll-free 1-877-702-3081 or go to www.DontFearTheBleacher.com and request your Free Copy of “Don’t Fear the Bleacher” by A.L. Segro.

If you need an emergency colour 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.

Upcoming Classes

Women’s Intro: “Writing Without Fear”
Tuesday evenings, 5-week series: Feb. 6, 13, 20, 27, March 6 6:30–8:30 p.m. WFTH Lancaster Studio.

Women’s Memoir Writing Workshop: “Exploring Our Life Stories”
Monday evenings, 5-week series: March 12–April 9 6:30–8:30 p.m. WFTH Lancaster Studio.

Teen/Children Winter Workshop: “Writing Made Wonderful”

Therapeutic Writing Workshops for Adults, Children & Teens

Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mishcief a must! No grades, grammar, spelling or red pen.

A safe haven for the soul.

Contact Melissa Greene:

717-393-4713 or visit www.writefromtheheart.us
“Brass Night” Inaugurated Allegro’s 2018 “Music in the Round” Performances

It started when the conductor of The Ware Center’s future resident orchestra stood under its glass atrium and was suddenly inspired to think of the Chicago Cubs and their Wrigley Field ballpark—a setting loved by fans through the years because of its intimacy.

Since then, one of the most popular performance formats for Allegro Orchestra Lancaster has become Music in the Round, where the audience surrounds the musicians in a condensed concert preceded by a festive reception.

Allegro launched its 2018 season with its latest Music in the Round performance on Friday, January 12 at 7:00 p.m. in The Ware Center atrium. Under the direction of Dr. Brian Norcross, “Brass Night,” featured energetic works, both familiar and less well known, for brass orchestra.

The program appropriately included the triumphal “Fanfare for Fenway,” written by award-winning movie composer John Williams. Other works included the lyrical lines of Elgar’s “Nimrod from Enigma Variations,” the fun and exuberance of the Brazilian dance “Tico Tico,” and a stunning symphony for brass by Dutch composer Jan Koetsier.

The intimate setting in The Ware Center atrium allows the audience to be part of the music rather than spectators. The format is intended to create a special intimacy and interaction between conductor, performers and their audience. All Music in the Round events offer part concert and part reception for a the low $25 ticket price. Allegro serves local cuisine, wine and other beverages before the concert, creating a sense of community and relaxed socializing before the performance begins.

Dr. Norcross believes the intimacy is heightened by mingling with the audience.

“I think it’s wonderful when I get to introduce each piece to the audience, to be able to walk around in a circle and have close contact with the entire audience,” he says.

The concert itself is kept to one hour, which Dr. Norcross believes allows audiences to have an emotional classical music experience and enjoy the rest of their evening without being worn out by a two-hour program.

The Allegro conductor explains that the symbolic connection between Wrigley Field and the Ware Center atrium were almost immediate for him.

“I often marvel at the Chicago Cubs baseball team. For a long time they were cellar dwellers in the National League. But they always had a full house at Wrigley Field,” he points out.

“Part of the draw for the Chicago fans wasn’t the Cubs at all. It was the intimacy of the venue, Wrigley Field.”

Dr. Norcross says that when Allegro first toured The Ware Center and walked into the atrium on the third floor, he made that Wrigley Field connection and turned to the president of Allegro, Gene Clark.

“I know exactly what we need to do here. We need to put some of the orchestra in the middle, right under the glass atrium, and have the audience sit around them. It would be Music in the Round.” Clark said, “Yes, that is exactly what we need to do here.”

Allegro is now the year-round resident orchestra of The Ware Center, performing full-length core concerts in Steinman Hall in addition to the innovative Music in the Round in the atrium.

Tickets can be purchased on-line at www.allegrolancaster.org or by calling The Ware Center box office at (717) 871-7600. Tickets will also go on sale at the concert one hour prior to the performance, subject to availability.

Spay and Neuter Pet Clinic

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

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

If you have a dog or cat that is not spayed or neutered, please read the facts below on the importance of having this simple and potentially lifesaving procedure performed on your pet.

Why spay or neuter dogs and cats? Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner, you can help make a difference by having your dog or cat surgically sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet’s health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts, such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostate hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

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

Give for the Animals!

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 lifesaving veterinary care to strays and animals.

We have rescued and adopted out over 350 cats this year.

PET PANTRY OF LANCASTER COUNTY
26 Millersville Road
Lancaster, PA 17603
(717) 983-8878

Visit www.petpantrylc.org for dropoff locations near you!
Making House Selling and Buying Easier for Seniors

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 identify how I can help them 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 advisers, lawyers specializing in mature adult concerns, insurance advisers, 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 33 years are widows from a generation when men made the transition to a new lifestyle with as little stress and worry as possible. “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.

Need a Speaker for Your Group? Let Rocky Share Her 33 Years of Downsizing Experience.
Call 717/615-6507
See our ad page 31.

Derby Ball 2017 Awards

At the end of each season, the Dutchland Rollers celebrate with an awards ceremony known as the Derby Ball! Here are the 2017 winners:

- **Best Bout Day Makeup:** Schmid Vicious
- **Joker of the Pack:** Dash Ketchum
- **Behind the Scenes (assists with administrative and nonprofit responsibilities):** Mell Raiser
- **League Workhorse:** Mama Moscato
- **Skater to Watch:** Dead Pull
- **Most Improved:** Mega Pixel
- **Best Attendance:** Bash-a-licious and Woomerine
- **Spirit of Dutchland:** Marie Antoithreat

- **MVPs**
  - **All-Stars:** Schmid Vicious
  - **Blitz:** Cape Mayhem
  - **Home Team:** Mugs Shot

- **Best Jammer**
  - **All-Stars:** Genghis Bon
  - **Blitz:** Mugs Shot
  - **Home Team:** Mega Pixel

- **Best Blocker**
  - **All-Stars:** Marie Antoithreat
  - **Blitz:** Cape Mayhem
  - **Home Team:** Leah Loveless

- **Best Pivot**
  - **All-Stars:** Mega Pixel
  - **Blitz:** Kid Daver
  - **Home Team:** Dash Ketchum

- **Unsung Hero**
  - **All-Stars:** Venus Van Dam
  - **Blitz:** Tinasaurus Wrecks
  - **Home Teams:** Dash Ketchum

- **Booty to Beat**
  - **All-Stars:** Char Bizarre
  - **Blitz:** Bash-a-licious
  - **Home Teams:** Bash-a-licious

- **Rink Beneath My Skates**
  - **All-Stars:** Mell Raiser
  - **Blitz:** Mama Moscato
  - **Home Team:** Steel Wool

Visit our website at www.humanepa.org

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(717) 393-6551

HUMANE LEAGUE OF LANCASTER COUNTY
A Humane Pennsylvania Partner

Make a Gift and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn. For as little as $15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.

Rochelle “Rocky” Welkowitz
Mature Adult Relocation Specialist

After living for so many years in their homes and collecting not only valuable but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle “Rocky” Welkowitz, Lancaster County’s first Real Estate Specialist for mature adults (with Prudential Homesale Services Group) is making the entire process easier for seniors. Rocky is a fabulous resource for mature adults who are thinking of making a change. 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 advisers, lawyers specializing in mature adult concerns, insurance advisers, 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.

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Why Falling in Love is the Best Weight-Loss Trick There Is

by Nancy Bryan, author
*Thin is a State of Mind*

The ability to lose weight effortlessly while in love is, in fact, not a trick, but a proven biochemical reality. In fact, the word “trick” is entirely inadequate to describe what should really be termed “an astonishingly complex accomplishment.” As Dr. Ronald Gatty wrote in his book *The Body Clock Diet*, “In my experience, there is a curious fact about women: if they fall in love, they can lose weight with phenomenal ease and rapidity no matter what kind of food you put in front of them.”

In the intervening decades since Dr. Gatty’s anecdotal remarks, which summarized his experiences from a long medical career, numerous studies have confirmed that the limbic system in the brain of a woman in love begins to output a variety of substances (including the “bonding hormone” oxytocin; phenylethylamine; androgen and estrogen) that as a side effect depress appetite (as a side effect depress appetite), while the “mind” is preoccupied with blissful feedback-reinforced thoughts that don’t involve overeating.

Although it had long been conventional medical wisdom that on her wedding day a woman is as close to her ideal weight as she will ever be, doctors never bothered to ask why this was so. The answer is clear. A bride-to-be receives constant praise and positive feedback not only from her fiancé, but also from the rest of her circle of acquaintances, who have temporarily been turned into adoring courtiers. Her bodymind has no choice but to act on all these unanimous positive instructions and make her into someone as perfect as she can be.

Again, it is just a question of what items in your perceptual universe you are choosing to pay close attention to: if you’re focused on gratification from sex, as a matter of course desire for gratification from overeating (always a substitute for more genuine pleasures) will recede into the background of your mind, where it rightfully belongs.

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“Growing Your Business”

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Tuesday–Saturday Hours by Appointment Only
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All Credit Cards Accepted

2938 Columbia Avenue, Suite 1501, Lancaster, PA 17603
(In Manor West Commons across from Arby’s at traffic light.)

717/208-7391

Frances Jones Sanchez
Owner/Massage Therapist/Esthetician

Frances has been in the beauty business for over 25 years. Her calming and friendly manner enhances the client’s overall experience. Her knowledge of skin care and skillful application of therapeutic massage provide a relaxing retreat.

Magnolia Day Spa provides an atmosphere that is relaxing and welcoming to clients. The majority of the staff have over 18 years of experience and continue to further their education. We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered. We have great discounts on our packages for massages and facials.

We also offer a wide range of services. Massages including hot stone and bamboo, spa facials, enzyme/oxygen facials, 4-layer facials, and microdermabrasion treatments are also available. Exfoliating scrubs and body wraps available for everyone to remove toxins, hydrate and tone are perfect treatments for dry, dehydrated skin. Manicure and pedicure services provide a nice, healthy look for your nails year round.

Gift certificates are available in any denomination and, if you prefer, may be purchased by phone using a credit card. We will gladly send your purchased certificate in the mail.

For more information or to schedule an appointment, call 717-208-7391.
Appointments only; call for hours.

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We provide Bookkeeping, Payroll, and Human Resources Consulting services to fit your business so you can focus on what’s important:

“Growing Your Business”

442 Trena Avenue
Lancaster, PA 17601
717.304.7210
kroth@keybusinessessentials.com

Magnolia Day Spa

Massages • Waxing • Body Wraps • Facials • Pedicures/Manicures

*Bring a friend! Packages for massages and spa facials available. Call for information.*

Tuesday–Saturday Hours by Appointment Only
Closed Sunday & Monday

All Credit Cards Accepted

2938 Columbia Avenue, Suite 1501, Lancaster, PA 17603
(In Manor West Commons across from Arby’s at traffic light.)

717/208-7391

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While many of you are thinking about how the tax laws will affect your bottom line, a major issue for nonprofits is that the new law may affect the amount that individuals and businesses contribute due to the loss of the ability to deduct the donation as a charitable contribution. It is all of our hope that donors are not basing their giving on the amount they can deduct, but it is clearly a factor in what people give. Under the new law, charitable deductions for most residents will no longer be able to be itemized due to residents not having in excess of $24,000 in itemized deductions (married couples exemption; $12,000 for an individual). Based on the increase in the standard deduction, it is estimated that the Tax Cuts and Jobs Act individual income tax changes will reduce the average marginal tax benefit of charitable giving from 20.7 percent to 15.2 percent. This translates to a loss of over $5 in your pocket for every $100 you give compared to last year.

Our hope is that nonprofits will not lose the funding they rely on, as our community is dependent on these organizations for the benevolent care and support they give for those who cannot afford it, be it our local hospitals’ foundations, shelters and retirement communities’ benevolent funds. There are actually ways that individuals can still leverage their charitable giving to obtain tax benefits. The first is for someone over 70½ to roll their IRA directly to charity without having to report any of the income. This is called an above-the-line deduction, and it allows seniors to avoid some or all of the income tax on their required minimum distributions and may allow them to reduce the amount of their Social Security includable in their income. The second strategy is for donors to bunch their deductions for several years into one, which will allow them to use the deductions in one year, as he or she will be over the $24,000 of itemized deductions in the year they donate. For many donors who like to give annually, they may consider bunching a donation in the first year to a donor-advised fund; the fund could then give to the individual’s charitable causes in the next several years to come.

The third strategy is to consider giving appreciated assets, where capital gains tax would have been incurred, to a charitable gift annuity or similar charitable remainder trust. This avoids the tax hit and provides an income stream to the donor. These charitable giving vehicles will regain a lot more popularity under the new tax laws as larger donations will clearly have more bang for the buck.

So consider giving back whether you get a tax break or not; these organizations are what our community is all about!
If you have been wondering about streaming TV from the internet every time you open your cable bill, you are not alone. The field of TV streaming is booming. It is also in a constant state of change, with evolving technology, new products and new participants. Here we take a quick look at the two most popular options: Roku and Amazon Fire. Roku and Amazon Fire require their streaming device to be attached to the TV. These devices run from about $50 for the sticks to about $100 for the more robust boxes. There is no monthly fee for the Roku or Amazon streaming service. Smart TVs can stream directly, but the selections are very limited.

In the past, streaming was limited to prerecorded shows and movie services like Netflix. The lack of local and live TV, as well as adequate bandwidth, kept streaming a sideshow. This is no longer the case. Local news and weather are available on Roku via the free NewsON application, and WAGAL is available on Amazon Fire through a WAGAL channel application. XTV is a free Roku application which streams live TV, including most national networks, as well as Canadian and European stations. XTV is not listed on the Roku Channel store. It is one of the hundreds of private Roku channels (including adult channels) available on the web and allowed to stream on Roku. Google “Roku Private Channels” for more information.

Amazon Fire might be the best choice if you are already a Prime member. The Amazon Prime list of movies and TV shows is similar to Netflix and available free to Prime members. Amazon’s structure and channel selection is more limited and controlled so as to promote Amazon content. However, Amazon allows for the addition of third-party open-source software. For this reason, it has become a popular platform for the program known as KODI. This program is becoming popular in many countries around the world due to its ability to access streaming content of all types from across the World Wide Web.

There are also premium streaming TV services such as Sling TV and USTV-Now, which provide streaming-live TV packages similar to the cable company TV packages. These TV services can work over Roku and Amazon Fire. They generally run less than $30 a month and can be streamed simultaneously to three devices. This can be a big advantage in reducing cable bills across multiple locations.

LCW asked us to present a short article for LCW readers after recently upgrading their network and converting all their TVs to streaming. Should readers want more information or desire this type of service, please email inyork@comcast.net.
In recent years the exploration and development of natural gas from shale has led to natural gas prices that are at record lows and expected to stay that way for decades to come. Changing your heating system from oil to natural gas may be a “no-brainer,” depending on the circumstances of your location and the availability of gas at your location.

The LCW Newspaper editor’s home was recently converted from oil heat to natural gas. This article will focus on that experience and the knowledge learned for the benefit of our readers who are considering such a conversion. There are other benefits derived from converting to natural gas besides the money it will save in long-term energy consumption. These benefits include:

• Unlike with oil where you have to purchase your fuel ahead of time, with natural gas you don’t have to pay for your energy until after it’s consumed, and you only pay for what you have actually used. Add to that the convenience of knowing that when you need natural gas, it will be there. No more calling anyone to fill a tank or worrying about running out on the coldest night of the year. The gas is ready and available as needed, 24/7.

• Converting to high-efficiency natural gas equipment is good for the environment. Greenhouse gases and other pollutants are reduced by as much as 75% compared to your old oil furnace or boiler system.

• Companies like UGI Heating, Cooling & Plumbing can arrange financing at good rates and, often times, you will qualify for utility rebates just for converting to high-efficiency gas equipment.

• Converting to natural gas heat is good for our country. All the natural gas you will consume is produced in the U.S. In fact, over 99% of the gas supplied by UGI Utilities now comes from right here in Pennsylvania.

• High-efficiency gas furnaces can furnish hot water for heating as well as domestic use—on demand. You can say goodbye to that old hot water tank and take back some space in your basement.

• Natural gas in the home can also be used as an efficient fuel source for cooking, drying clothes and fireplaces. And in the summer, natural gas gives you options for outdoor grilling, pool heating, and gas fire pits.

• Your house will be tighter (less drafty) and cleaner. A conventional oil furnace sends the combustion fumes up the chimney, and that air is taken from the inside of your house, resulting in cold air drafts. A high-efficiency gas furnace will use only outside air for its source air. It is much cleaner and quieter in comparison.

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• Many contractors can arrange financing at good rates.

• Gas utilities now have rebate programs that may refund you up to almost $2,000 on the costs of converting to natural gas when installing new, efficient gas heating systems, hot water heaters, and even thermostats. If you feel it may make economic sense to convert, then we suggest applying immediately for gas service on UGI’s website.

There will be two principal companies that you must deal with in this venture. The first of those companies is the gas utility that will provide gas to your house. Many people are converting due to simple economics, and UGI has a wait that could run a month or two. The price of hookup to the natural gas main will depend on a lot of factors, including your location, so the only way to get a good estimate is to contact your gas utility. A few days to a week after submitting a request for the gas service, a UGI rep will call and review the application and give you the price for installing the gas line from the street to your home. The application does not proceed from here until the deposit is paid. This is where you can put the application on hold for as long as a year while you investigate the cost and make a decision.

In the case of LCW’s home, we estimated the savings would pay for the conversion cost in about two years and save the world many tons of carbon gases. It was a no-brainer, and we are very pleased and pleased with the results.

The other company involved in your conversion is the Heating, Ventilation and Air Conditioning (HVAC) company that will actually replace or convert your oil furnace and install the related piping and electronics that make it work. Whereas the Utility brings the natural gas to your home at the meter, the HVAC company will bring the gas from the meter inside the home to the heating system and all appliances.

UGI has a list of HVAC companies on their website that have agreed to meet UGI standards. If you use one of these companies, UGI will waive their $75 inspection fee. LCW solicited and received conversion bids from several heating companies. In the end, we chose the bid from UGI Heating, Cooling & Plumbing, a separate but sister company to the gas company. It was not the lowest bid, but we deemed it to be the most technically complete. We installed a three-zone, high-efficiency Triangle Tube gas combination hot water and heating furnace.

We also learned that water conditioning is important to the performance and life of the high-efficiency gas units. Our conversion contract included flushing the existing pipes, installing an anticorrosive agent, as well as air extraction and dirt extraction devices to maintain water quality. This kind of complete conversion to a 96% high efficiency gas furnace may not be the best fit for you. Cost will vary depending on the length of the new gas line to your house and the conversion equipment you choose. Three possible levels of conversion and their price ranges for a typical home include:

1) Install a gas burner in existing oil furnace and use existing chimney to vent: $3,000 to $4,000. (Not generally recommended)

2) Install a 90% efficiency gas boiler and standard 40-gallon hot water tank and replace old system, including new PVC pipes to vent out: $7,000 to $9,000. We also learned that water extraction and dirt extraction devices to maintain water quality.

3) Install a 96% efficiency gas combination boiler/hot water heater and replace the existing system, including new PVC pipe vents. Seal the chimney vent: $8,000 to $12,000. This is a guide only. All situations are unique. If you have any questions or suggestions regarding this article, please email this paper: jono213@comcast.net.
Imagine being in a home where everyone spoke a language you were never taught and some people used different words than others that meant the same thing—how confusing. This is what many puppies and dogs experience. We just assume they know the English language from birth. We expect that since we come home tired, they should just lie down and be good after being alone and bored all day. We think if we have a big yard, dogs don’t need the mental and physical stimulation of a walk or physical game outside of the house. Unfortunately, the sometimes unrealistic expectations of owners can lead to behavior issues with their dogs. Training your puppy or dog from the start is best, but it is never too late to teach an existing dog what we expect. Remember, it will take a little longer since you are retraining them. Dogs learn best with consistent and clear communication; they pick up on your tone of voice and body language.

Training your dog should be a positive thing; don’t react out of frustration. If things are not going well, end with something easy and try again later. It is a good idea to take at least a beginner training class, especially if this is your first dog, as puppies and dogs need socialization. You might learn something from talking to other owners, even if it is only that training a puppy or dog can be tiring and not always fun. Remember to consider what your breed was originally bred to do. If you have a herding breed, don’t get frustrated when they nip at your heels as you walk down the hall. It is important to give your dog an outlet for his breed traits. Dogs like a job. If you have a dog that likes to retrieve, you can teach him to get the newspaper or pick up dropped items. There are many activities you can do with your dog, such as agility, flyball, tracking, and herding classes; however, just getting out and taking a good walk or playing a game such as hide-and-seek or fetch can burn off the excess energy that can lead to bad behavior. After a long day at work, you will feel better if you get out for some fresh air and activity, especially if it is with your four-legged friend. Dogs are happiest when they have a good leader. If you take the time for training at the start, it will pay off for the life of the dog.

At VCA Smoketown Animal Hospital, we offer a variety of training classes for dogs of all ages. For more information, call Cathy at 717-394-5542.

Cathy Dull has been a receptionist at VCA Smoketown for 29 years. She is also in charge of the dog training program at VCA Smoketown Animal Hospital. Cathy stays busy with her family and two dogs, Joba and Roo. In her spare time she enjoys flower gardening and maintaining her fish pond.

To learn more about the services offered at VCA Smoketown Animal Hospital, please visit VCAsmoketown.com.
Lancaster County Woman

What Our Customers Say about Advertising with

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

– Ana Kitova

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
AVLC, The ONLY Certified Vein Center in the Region!

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