What if I Don’t Feel Attractive Anymore?

I will touch quickly on the treatments that we have been doing one way or another for some time. The last part of this discussion will deal with Michelle’s newest, and for us, most exciting addition to our offerings.

Polycystic ovary syndrome causes difficulties with diminished fertility, obesity, and excessive (unwanted) hair growth. The fertility issues and obesity need to be addressed by OB/GYNs and other medical professionals. The excessive hair growth can be managed by a series of either intense pulsed light treatments (IPL) or laser treatments. These are both offered at competitive pricing by Medical Cosmetics.

Excessive underarm and/or hand sweating usually lessens a woman’s sense of feminine self-assuredness. I regularly treat excessive underarm sweating permanently (for either gender) with a one-time treatment known as miraDry. Very recently, I treated a ballroom dancer who felt much less desirable as a dance partner because of her continually moist hands. This was successfully remedied by a Botox treatment. On average, Botox will need to be repeated every nine months or so to keep this condition under control.

Frequently, chemo or radiation therapy can diminish eyebrow growth. Sometimes the eyebrows are severely or even permanently reduced or eliminated. Very natural-looking, semi-permanent micropigmentation techniques can be done by Michelle to lift a woman’s self-esteem tremendously. Michelle utilizes both the traditional and the more modern microblading techniques to achieve beautiful and natural-looking eyebrows.

Just last week in fact, one of her patients was so overwhelmed by the beauty and naturalness of Michelle’s microbladed new eyebrows for her that she was engulfed by tears of joy!

Finally, and we are all very excited by this, is Michelle’s newest skill of PERMANENTLY tattooing nipples and areolas on the breasts of women who have lost their natural ones from breast cancer surgery. She was trained by some of the most skilled artists in the country, and she graduated from her program at the top of her class! We are very proud of her. Invasive breast cancer will affect 1 in 8 women in our country. This is 12 percent of the female population (breast cancer is 100 times less common in men). If one also includes the noninvasive breast cancers, the prevalence goes up to 15–16 percent of U.S. women! Many of these breast cancer patients are left without nipples. Surgical reconstruction of the central aspect of the residual or replacement breast has been disappointing and usually does not give nearly as cosmetically pleasing a final result as skilled tattooing.

We are absolutely thrilled to be able to offer this much-needed service to the women of central Pennsylvania.

As is true of all the services we offer, a one-time 30-minute complimentary consultation is available and encouraged. We look forward to exceeding your expectations with this newest service as well as all of our services and products.

Michelle Phillips, LME

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

Michelle provides:
- Noninvasive Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins)
- Collagen P.I.N.™ Micro-needling
- Collagen P.I.N.™ Noninvasive Lipo
- MiraDry®
- Ultherapy®
- Kybella®
- Permanent Makeup (Microblade and Traditional)
- Esthetic Facial Treatments
- Professional In-House Makeup Artist
- Jane Iredale Skin Care Mineral Makeup
- Medical-Grade Skin-Care Home-Care Products

William A. Carter, MD

What happens when a woman doesn’t feel attractive any longer? What causes this, and what can be done about it? There are certainly many reasons for this to occur, and all of them are both isolating and devastating. What will be discussed in this article are specifically just the specific things that we can help people with here at Medical Cosmetics. And one of these techniques is only available locally via my gifted medical aesthetician, Michelle Phillips.

William A. Carter, MD

What will be discussed in this article are specifically just the specific things that we can help people with here at Medical Cosmetics. And one of these techniques is only available locally via my gifted medical aesthetician, Michelle Phillips.
Chronic back pain is a stubborn problem for many Americans, but technology is opening the door to a new drug-free form of treatment.

Argires Marotti is pleased to be the first in Lancaster County to offer a new device that uses electrical pulses to block pain signals from traveling up the spinal cord. This groundbreaking therapy for the treatment of chronic pain is the Senza® SCS system, which delivers Nevro’s proprietary HF10™ therapy (Nevro Corp., Redwood City, Calif.).

We are excited to offer HF10 therapy to our patients. The results of the SENZA-RCT have shown that this therapy offers more pain relief than traditional therapy while treating more patients. Additionally, patients can further benefit because this therapy has none of the unpleasant side effects that were inherent to other SCS systems.

The battery-powered device is about the size of a dental floss container and is implanted just above the hip, along with a wire that stimulates the spine with high-frequency signals. Once a surgeon puts it in place and sets it, the battery will last 10 years, with daily charging, done remotely by the patient. The Nevro Senza relieves chronic back pain without the annoying tingling sensation associated with traditional, lower-frequency spine stimulation pain-relief systems. Additionally, HF10 therapy is also the only SCS system approved by the FDA to be used without patient restrictions on driving while receiving therapy.

Spinal cord stimulation technology has been around since 1967 and has undergone major refinements over the past five decades. Historically, most advances have been in hardware, such as the use of different electrode configurations. Many innovations have focused on reducing the accompanying tingling or prickling sensations, known as paresthesia.

Newer wave forms such as Nevro’s HF10, approved by the U.S. Food and Drug Administration last May, do not give a tingling sensation and cannot be felt. Nearly 50 million American adults suffer from daily chronic pain or severe pain, according to a study released by the National Institutes of Health’s National Center for Complementary and Integrative Health. The study found that people in serious pain use healthcare services more frequently and suffer greater disability than people with lower levels of pain.

Spinal cord stimulation (SCS) represents another option to treat chronic pain. It involves the delivery of electrical signals to the spinal cord in order to alter pain signals to the brain. The electrical pulses are delivered by small electrodes on leads that are placed near the spinal cord and are connected to a compact, battery-powered generator implanted under the skin. SCS is a reversible therapy that has helped hundreds of thousands of people experience relief from chronic pain.

The new HF10 treatment comes at a time of growing concern in the United States over a national epidemic of prescription drug abuse that stems from the overprescription of opioid medications such as hydrocodone and oxycodone. According to the National Center for Health Statistics, a division of the U.S. Centers for Disease Control and Prevention (CDC), the total number of deaths from prescription opioid pain relievers has more than tripled between 2001 and 2014, from just under 6,000 to about 19,000.

The CDC has determined that the use of opioid-based medicine for the treatment of chronic pain is unsustainable and unsafe with a high rate of failure. The longer a patient uses opioid medications, the less they work, necessitating larger doses in what becomes a vicious cycle.

Stimulation treatments such as the new HF10 therapy give us the opportunity to reduce and potentially eliminate the need for chronic opioid use. Argires Marotti Neurosurgical Associates of Lancaster (formerly Brain Orthopedic Spine Specialists) has the experience to relieve your pain and get you back to the life you enjoy. True to our new name, our physician group is dedicated to offering the most comprehensive brain, spine and joint care in Lancaster, Pa. Our collaborative network of neurosurgeons and pain-management experts helps ensure that patients receive the right diagnosis for their pain, and the highest level of care to improve their quality of life.

For more information, or to schedule an appointment call the office at 717-358-0800.
One System, One Goal: Better Health for ALL

PinnacleHealth is excited to welcome new hospitals, outpatient services and colleagues to our health system family.

Thank you for trusting us with your health! For more information, visit welcometopinnaclehealth.org.

Health & Wellness

FREE advance guest registration online! ($5 at the door)
AGreatWayToSpendMyDay.com

Women’s Expo
Relax and unwind!
Women of all ages have enjoyed this fun-filled event!

Oct. 14, 2017
9 a.m. – 2 p.m.
Spooky Nook Sports
2913 Spooky Nook Road
Manheim

FREE ADMISSION
with coupon ($5 value)

Oct. 14, 2017
9 a.m. – 2 p.m.
Spooky Nook Sports
2913 Spooky Nook Road, Manheim
Colon Cancer Screening Saves Lives

According to the Centers for Disease Control and Prevention, colorectal cancer is the second-leading cause of cancer-related deaths in the United States. Many people who develop colorectal cancer have no symptoms during the early stages of the disease, which is why it is often discovered when it is too late. Fortunately, a simple screening colonoscopy can catch colorectal cancer easily and often stop it in its tracks.

The main advantage of a colonoscopy is that we find polyps, which can lead to cancer, and remove them.

“The vast majority of polyps don’t cause any symptoms; they just grow silently,” says Dr. Dale Rosenberg, a board-certified internist, gastroenterologist, and medical director at Regional Gi.

“If someone is at average risk, the recommendation is that they start with a screening colonoscopy at age 50. If they have other colon cancer risk factors, like a family history of polyps or colon cancer, they would start sooner, around age 40.”

Due to evidence that African Americans develop colon cancer at a younger age, they should have their first screening colonoscopy around age 45. Once a patient has had a colonoscopy, they do not need to have another one for a decade, unless polyps are detected or they experience a change in bowel habits.

Colonoscopies are quick and painless; the procedure generally takes 20–30 minutes. “In Lancaster County, the vast majority of colonoscopies are administered with Propofol anesthesia, and the patient is sleeping deeply and generally doesn’t feel anything.”

Dr. Rosenberg says less than 60 percent of people who should be screened in Lancaster County are screened regularly, but he hopes more people will be willing to schedule the procedure after learning how simple, painless and essential it is.

Medicare and most insurance companies will cover colonoscopies, which are offered at all area hospitals and three Regional Gi ambulatory surgery centers, located at 2104 Harrisburg Pike, Suite 300, Lancaster; 2112 Harrisburg Pike, Suite 323, Lancaster; and 4140 Oregon Pike, Ephrata.

For more information regarding colon cancer screening, contact your primary care physician or call Regional Gi at (717) 869-4600, or go online at www.regionalgi.com.

Deductible met?
Schedule your colonoscopy before the year ends.

Colon cancer is the #2 leading cancer killer in the United States, yet preventable and treatable with early detection.

Contact your primary care physician or call RGI at 717-869-4600 to discuss a screening colonoscopy.
Now that summer is in full swing, families can take advantage of longer days and hotter temperatures to enjoy fun-filled outdoor activities like hiking, sports, bike riding, swimming, gardening, picnics and barbecues. But as they say, it's all fun and games until someone gets hurt.

As a family physician and medical director for Lancaster General Health Urgent Care, I see patients for a wide variety of injuries and illnesses, and can tell what season we are in by the conditions we treat most often on a given day. During the summer, when people are more active outdoors, we see an increase in falls resulting in broken bones, sprained ankles, cuts and scrapes. Insect bites, bee stings, poison ivy, sunburn and dehydration are also common.

The good news? Many of these summer hazards can be avoided by taking simple preventive measures. Follow these seven tips for summer safety.

**7 Tips for a Safer Summer**

- **Avoid mosquito bites by using insect repellent spray and covering up with long sleeves and pants during dusk and dawn.**
- **We are experiencing an uptick in ticks this year due to a mild winter. To protect from tick-borne illnesses, wear light-colored clothing when hiking, and when you get home, have another person check your back and scalp for ticks. Often, ticks enter the home by hitching a ride on the family pet, so remember to check your dog or cat if they have been outdoors.**
- **Use proper protective gear to avoid injuries. All family members should wear a helmet when riding a bike or scooter. If you rollerblade, knee pads and wrist guards can help you avoid cuts and sprains.**
- **When gardening, take your cue from the professionals who cover themselves head to toe. Gloves and eye and ear protection can safeguard against injuries and hearing loss, while a hat and long sleeves will help prevent sunburn, insect bites and poison ivy.**
- **Don’t let a sunburn ruin your fun. Wear sunscreen (SPF 30 or above) and reapply after swimming or heavy sweating. And don’t be fooled by overcast skies—even when the sun is hiding behind clouds, you can get a serious burn.**
- **Speaking of burns, if you experience any type of significant burn, check your tetanus vaccination status. Any puncture, laceration or burn that breaks the skin puts you at risk. Shots typically last 10 years; five if the wound is very contaminated. You have a 72-hour window of time to get a shot after exposure.**
- **Know when to head to the ER. While Urgent Care is convenient for treating a routine illness or injury, **always call 911 or go to the nearest emergency room** in the event of a serious head or neck injury, chest pain, signs of stroke, third-degree burn or traumatic injury. Many summer ailments can be treated at home with over-the-counter items. I tell families to stock their first-aid kits with Benadryl®, hydrocortisone (1% strength), calamine lotion and an anti-inflammatory pain reliever such as ibuprofen. If you have questions or need medical attention, call your family doctor or visit an Urgent Care. Visit LGHealthUrgentCare.org to reserve a spot at one of LG Health’s five locations.
Acupuncture for Anxiety-Related Conditions—An Integrated Approach

Jo Ellen Wisnosky, L.Ac., DiplAc (NCCAOM), LMT, NCETMB
Blossoms and Roots Wellness

Stress. Gadget obsession. Decreased downtime. Increased work expectations. Traumatic life events. Financial uncertainty. Many of the environmental triggers of modern clinical presentations of anxiety have a multipronged etiology, and treating anxiety disorders has become one of the major components of modern general medical practice.

Western medical descriptions include general anxiety disorder (GAD), panic disorder, obsessive compulsive disorder, posttraumatic stress disorder, social anxiety disorder, and phobias. Historical Chinese medical terminology describes conditions similar to these, such as “internal urgency” (li ji), “fear and palpitations” (jing ji), and “panic throb-bing” (Zheng Chong).

Physical symptoms may include muscle tension, trembling, feeling restless or on edge, rapid heartbeat (tachycardia), troubled breathing or shortness of breath, stomach upset or nausea, difficulty concentrating, headache, sweating, fatigue, irritability, and insomnia or disturbed sleep patterns.

Many of the physical symptoms are unexplained as to their exact relation in Western medicine, with a malfunction of neurotransmitter production or function often cited as a major component. Eastern medical traditions also relate the emotions and emotional states directly to physical manifestations of disease. Specifically, the emotions involved from a Chinese perspective include worry, fear, and anxiety.

From a biomedical point of view, Acupuncture can be beneficial. Research has shown that acupuncture can upregulate the production of endorphins (endogenous opioi
des) in the brain. These “feel-good” chemicals are involved in managing pain and elevating mood. The biochemical result of down-modulating the autonomic nervous system’s hyperactivity via the mechanism of acupuncture is a return to homeostasis in the body. Thus, following acupuncture for anxiety, clients feel a height-
ened sense of relaxation and a last-
ing sense of calm. This can help clients function more smoothly through the transitions and challenges of modern life.

Acupuncture treatment can work well as part of an integrated approach to successfully managing anxiety in many instances. It has been noted to help when other methods are not working fully or effectively.

After a series of acupuncture treatments over time, many clients come to feel that they can manage their condition with a significant reduction of pharmacological prescriptions. They find they can more naturally maintain a calmer and more productive lifestyle, sleep better, and have a better sense of well-being.

Will It Hurt?

Acupuncture treatment involves the insertion of fine needles into points in the skin. These needles are sterile, FDA-approved, and not hollow, as they are not injecting medication or extracting blood or fluid, as many other medical procedures involving needles.

Most people feel no more than a “mosquito bite” sensation as the fine needles are inserted into the skin, and then feel a distinct feeling of relaxation both during and after the treatment.

Acupuncture treatments for sports injuries, as well as injury prevention and improving flexibility and movement, may also include other adjunctive treatments such as cupping therapy, moxibustion/heat therapy, electro-acupuncture, Tui Na Chinese medical massage therapy, and nutritional suggestions.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wisnosky has 15 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.

blossoms and roots wellness
acupuncture and therapeutic massage

122 East Chestnut Street, Lancaster, PA 17602 • 717.723.1362
email: bookings@blossomsandroots.com
www.blossomsandroots.com

Mon., Wed., Thurs., Fri. 9:15 a.m.–5:15 p.m. • Sat 8 a.m.–11:00 a.m.

Building a Healthier Gut Naturally

by Ann Reid, MA, RN

“Over the last 15 years, we have discovered that the colon—specifically the bacteria that call the colon home—is incredibly important to wellness,” according to Harrisburg gastroenterologist, Frank W. Jackson, MD. Considering this, perhaps it is not surprising then that according to Global Market Insights, in 2015 Americans spent more than $36.6 billion on probiotic supplements to improve their gut and overall health.

Usually we associate bacteria as something that makes us sick. But our bodies, particularly our gastrointestinal tract, are full of bacteria—both “good” and “bad.” Highly refined sugars and the carbohy-
drate-rich processed foods we eat also feed the “bad” bacteria, which makes us more likely to get ill.

On the other hand, probiotic bacteria—found in foods such as yogurt, kefir, fermented vegetables like sauerkraut, as well as kombucha, a cultured tea—are often called “good” or “helpful” bacteria. This is because they perform a number of beneficial roles including boosting our immunity to disease, reducing systemic inflammation, as well as increasing our ability to absorb minerals and create stronger bones.

Additionally, while it’s easy to pop a pill, probiotic supple-
mements are sensitive to light and heat in storage, and are partial-
lly destroyed by stomach acid. As such, supplements are not ordinarily as robust or effective as cultured and fermented foods in sustaining a healthy gut balance in the colon.

So, what can we do to support our “gut buddies,” the good bacteria that will help keep us strong and well? Besides reducing the sugary and highly processed foods that support the “bad” bacteria, the answer lies in increasing our consumption of prebiotics.

Prebiotics are plant fibers that your good probiotic bacteria feed, grow and thrive on—but that don’t offer the kind of nutrients your “bad” bacteria need, thus allowing you to starve them and create a better “good” to “bad” bacteria ratio in your system. And while there are many prebiotic as well as probiotic supplements on the market, you can easily create a more prebiotic envi-
ronment to host your probiot-
ic bacteria by adding certain foods to your diet.

These foods include vegetables like cabbage, sweet potato, asparagus, leeks, onions, garlic, radishes, sweet peppers and cucumbers. Fruits that are high in prebiotic fiber that your “gut buddies” will love include berries, bananas, apples, mangoes and tomatoes. Other sources of natural prebiotics are found in honey, dark chocolate, ginger root, legumes and coconut flour, as well as certain seeds like flax, pumpkin and chia seeds. So, while prebiotics intro-
duce good bacteria into our system, it is the prebiotic plant fibers found in these natural foods that will help create a greater “good” to “bad” ratio of bacteria in your gut, support your “good” probiotic bacteria and super-size your health.

Ann Reid, MA, RN, is a freelance health writer and columnist for Lancaster County Woman newspaper. She is a holistic nurse and founder of the Lancaster American Holistic Nurses Association. Contact Ann at ann.reid@holistic-nurse.net.
EDITOR’S PAGE

Dear Readers,
Welcome to our summer edition!
Summer is practically half over, and the window for family vacations and other summer activities is closing rapidly. There’s still time, but you’d better get busy. Create those warm summer memories to carry you through the rest of the year.

In this edition, we welcome back old friend Nancy Himelright, owner of Veranda Salon and Spa. She’s offering some great discount coupons for spa services: micro-needle oxygen facials; classic and deep-tissue massages; and cut, retouch color, and partial foil hair services. This is the perfect time to try a new cut and style for a substantially discounted price. Give her a call and book an appointment.

We extend a warm welcome to Doctors Perry J. Argires and Louis A. Marotti of Argires Marotti Neurosurgical Associates of Lancaster. Not only have they opened a new practice on Good Drive in Lancaster, but they are now offering a new treatment for chronic back pain: an implant device that uses electrical pulses to block pain signals from traveling up the spinal cord. This is a groundbreaking therapy and is the first of its kind to be offered in Lancaster County. You can read the complete story on page 3.

Two timely articles, Sunscreens and Sunburn Prevention by Dr. James Kelly (another old friend) and 3 Tips to Keep Your Feet Safe at the Beach by Martin Foot and Ankle, are on pages 10 and 30, respectively. Both are designed to help you enjoy your time at the beach free from sunburn and foot injuries.

Last but not least, be sure to read about Bonnie Fissella’s new FDA-approved body contouring system, known as SculpSure. Designed to boost your body’s fat-burning potential, SculpSure is a state-of-the-art, noninvasive fat-reduction system. This may be just the thing to rid your body of that stubborn belly fat that no diet has been able to accomplish.

We want to take time to salute and thank all the men and women in uniform who keep us and our nation safe—freedom is not free! May God’s blessings be upon them.

With gratitude and appreciation,
JoAnn Notargiacomo

YWCA Lancaster to Host Annual Racial Justice Institute

YWCA Lancaster hosts its annual three-day Racial Justice Institute (RJI) from Wednesday, August 16, through Friday, August 18, 2017, from 8:30 a.m. until 5 p.m. each day. Facilitated by cultural bridges to justice, a nationally recognized social justice organization that has led area workshops for more than 10 years and worked with YWCA, the event will be held at First United Methodist Church, 29 East Walnut Street, Lancaster.

The RJI deepens awareness of prejudice and oppression, particularly racism, and seeks to mobilize community members to make an ongoing commitment to eliminating racism within their communities. Participants will learn a common language and a framework within which to discuss racism; further their understanding of the historical, political, and social contexts of racism in the United States; and develop strategies for challenging racism and effecting change.

At the conclusion of the Institute, participants will be able to identify individual, institutional, and cultural racism in their organizations and daily lives, and will create an action plan to eliminate racism in their personal and professional environments.

Comments from past participants include: “As a participant, it was very important to have a time with people of color for a session, and white people had a session of their own for part of the day. The stories that were shared were affirming and life changing. And the supplemental activities, like the level playing field, were eye opening and challenging.” Another participant said, “For me personally, the RJI was life changing and perspective shifting. I highly recommend the institute for equity-minded community members.”

The cost of attendance is $300 for the three-day session. Continental breakfast, refreshments, snacks, and lunch are included. Scholarships are available. For tickets, visit racial-justice-institute.eventbrite.com. For more detail about the Racial Justice Institute, go to www.culturalbridgestojustice.org/programs/racism/racial-justice-institute.
How to Decide Who Merits Your Money as You Ponder Your Legacy

Not long ago, Jeff Bezos took to Twitter to ask the world for charitable-giving ideas.

The Amazon.com founder sought a charitable strategy that looked at the long term, and soon he was inundated with suggestions.

Of course, Bezos has plenty of money to give, but you don’t need to be a billionaire to reach a point in life when you start feeling the charitable urge.

“There comes a time when many of us want to do more than just accumulate money and property,” says Patrick Renn (www.patrickrenn.com) a financial professional and author of the best-selling book, Finding Your Money’s Greater Purpose.

“You want to distribute the bounty. You want to enjoy what you worked to acquire, of course, but part of the change in attitude is looking to see how you can do more than just take care of yourself.”

But who should your wealth—whether ambient or meager—go to? Should all of it be kept in the family when you die? Should it go to your church? A favorite charity? The college that educated you?

Ultimately, only each individual can answer that question, Renn says. But there are steps that can help you prepare for making that decision. For instance, be aware that circumstances change. When you die, whatever you accumulated can end up in the hands of family, other beneficiaries, charities—or Uncle Sam. “A lot of people I talk to think they have it all worked out and that the IRS is going to get nothing,” Renn says. “But often, when I examine their documents and analyze the numbers, I discover that’s not true. It’s not always because they did a bad job. More than likely, it’s because tax laws changed since they did their calculations, or something about their personal situation changed.”

Realize that fair doesn’t always mean equal. People often divide an inheritance into equal shares. If there are three children, for example, then each gets one-third. Renn says people should sometimes reconsider the automatic urge to do that. For example, both children may be hardworking, but one might be well off financially while the other is struggling to make ends meet. One sibling might be more adept at handling money, while the other will quickly blow any inheritance.

Understand that even small gifts can help. Many people think that leaving something to charity is for the very rich only. But Renn says anyone, regardless of net worth, can find something they care about and include that charity, organization or cause as part of their legacy. A financial professional might even be able to help you leverage your resources so that your gift accomplishes more than you would have imagined.

“We can contribute to the greater good with our time, our efforts and our money,” Renn says. “In giving financially, we are, in effect, giving all three, since money represents the fruit of our time and effort. When we share our money, we share ourselves.”
An Update on Sunscreens and Sunburn Prevention

Since the hot summer temperatures are upon us, sun protection seemed like an appropriate topic for this month’s article. The incidence of melanoma and other forms of skin cancer has continued to rise yearly in the U.S.; this includes increased cases in adults and teens.

Sunscreen advertisement and labeling often leads to confusion. Sun protection factor (SPF) has always been the primary method of marketing sunscreens. Ultraviolet radiation reaching your skin can be classified as UVA or UVB rays. While UVA and UVB rays can both penetrate the skin and cause damage, UVB causes redness and sunburn; SPF is a measurement of UVB protection only. UVA rays are linked to skin cancers, and as of 2012 a sunscreen must have UVA protection to be labeled “broad spectrum.” Thus, only a broadband (UVA-protective) sunscreen with SPF 15 or higher (UVB-protective) can claim skin cancer prevention. It is always important to confirm this labeling prior to purchasing.

A few helpful tips for sunscreen application/sunburn prevention:

1. Apply sunscreen 15 to 30 minutes prior to sun exposure to allow it to start working effectively. The American Academy of Dermatology recommends SPF 30 or higher at all times. In truth, SPFs above 50 have not been shown to be more protective or offer further benefit than 50, so don’t pay more for the SPF 60 or 75.

2. You should reapply sunscreen at a minimum of every 2–3 hours during prolonged sun exposure.

3. Sunscreen can be water resistant, but most are not water or sweatproof. Recent labeling changes will prevent manufacturers from making these often false claims. If swimming, you may need to reapply every 60–80 minutes. Also, it is a good idea to reapply if you towel off after getting out of the pool.

4. Protect your lips with an SPF 30 lip balm, and your eyes with UV-protective sunglasses. Occular (inside the eye) melanoma can unfortunately be a result of damage from UV light.

5. Wear a wide-brimmed hat to provide extra protection for your face, ears, and back of your neck.

I am often asked about sunscreens for infants and children. All labeling states sunscreens should not be used in infants under 6 months. This is because the products have not been tested on infants, but also it is generally recommended that infants be kept out of direct sunlight. I instruct parents to use hats, long sleeves, and pants to protect their infant children. If there is a chance of exposure at an outdoor event or from a reflective surface such as a pool, a small amount of sunscreen can be applied to the face and other exposed areas. This will not cause harm to a child younger than 6 months, and I encourage sunscreen use in these circumstances. Purchasing a child’s broad-spectrum sensitive-skin SPF 50 sunscreen will be the best bet.

If you do have sunburn, home remedies such as aloe and topical numbing medications often help. Anti-inflammatory medication such as ibuprofen will relieve pain. See your doctor if you have severe pain, swelling, blistering, or if the sunburn covers a significant portion of your body. Always stay out of the sun until the redness and pain resolve, and be more diligent about your sunscreen the next time!

Lancaster City & County Medical Society Installs New Board Members

As part of their recent Annual Dinner, Lancaster City & County Medical Society (LCCMS) welcomed the following physician leaders as new resident representatives to its board: Chelsea L. Cambria, from Heart of Lancaster Regional Medical Center, and Jenna L. Fox, MD, and Kristina M. Zimmerman, MD, both from Lancaster General Hospital.

“We are fortunate to have two strong residency programs in the Lancaster community, attracting some of the country’s most talented medical school graduates,” commented Beth E. Gerber, Executive Director of Lancaster City & County Medical Society. “Including their representation on our board of directors is key in addressing the issues facing residents and delivering the necessary resources to meet those needs. We hope to assist early career physicians by offering opportunities for them to meet other residents experiencing the same challenges and interact with more seasoned physicians who can share their experiences and perspectives, allowing them to add their voice to advocacy efforts affecting the practice of medicine, and providing tools and information that are significant as they begin their careers.”

For a complete list of Lancaster City & County Medical Society’s Board of Directors, visit lancastermedicalsociety.org.

For reservations, please call Sue, 989-0321. Invite a Friend and “Do Lunch” with us!
Second Act at Pleasant View

Pleasant View Care at Home caregivers come from varied backgrounds. Some have been skillfully trained in nursing; others just have an innate caring spirit. For Elta Nissley and Melanie Petticoffer, being a caregiver not only comes naturally to them, it has been a “second act” in their own careers.

Elta Nissley trained as a Licensed Nurse Practitioner following high school and cared for some of the tiniest of patients as a labor and delivery nurse. She left nursing to raise her own family, and work alongside her husband in farming and church ministry. Over the past five years, Elta has made it a point to provide personalized care to her clients, regularly bringing them fresh-cut flowers to brighten their day or sharing her favorite books or devotionals. She has enjoyed building friendships not only with her clients, but with their families as well.

Melanie Petticoffer, a career-long registered nurse, joined the Pleasant View Care at Home team in 2016. Melanie Petticoffer has a knack for listening and making her clients feel special, as she’s done so for many years as a hairdresser. Melanie’s first experience with Care at Home came as a client, as she used their transportation services for her mother-in-law who lived with her family in Penryn. When her mother-in-law needed nursing care, Melanie then joined the Care at Home team in 2016.

Are you ready for your own “second act”? Pleasant View Care at Home is celebrating 10 years of helping seniors maintain their independence within the comfortable setting of home, and is looking for dedicated, team-oriented, and caring individuals to join our team. Visit www.pleasantviewrc.org/employment for more details or to apply online.

Come on down to EPAC this summer to ‘Hear the Bells’!

The 1950s are out, and change is in the air! Hairspray, winner of eight Tony Awards, including Best Musical, is a family-friendly musical, piled bouffant-high with laughter, romance, and deliciously tuneful songs. It’s 1962 in Baltimore, and lovable plus-size teen Tracy Turnblad has only one desire—to dance on the popular “Corny Collins Show.” When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network...all without denting her ‘do! EPAC artist director Edward R. Fernandez will portray Edna Turnblad, reprising the role he played to much acclaim at The Fulton Opera House several seasons ago. Mr. Fernandez will be supported by Robert Checchia and a host of other EPAC favorite performers. Fresh to the EPAC stage will be the talented Alexandra Fleming.

Hairspray will run from July 20, 2017, through August 5, 2017, at the Sharadin Bigler Theatre. Tickets can be purchased at ephrataperformingartscenter.com or by calling 717-733-7966, ext. 1. Thursday night shows are at 7:30 p.m.; Friday and Saturday shows are at 8:00 p.m. Tickets are $15–$32. EPAC would like to thank our wonderful sponsors who made this show possible:

EPAC’s 2017 Season Sponsors are 12:34 MicroTechnologies and Commonwealth Charter Academy–CCA. EPAC’s 2017 Season Media Sponsor is Blue Ridge Communications.

Golf for a Great Cause, Wednesday, September 20

Pleasant View Retirement Community will host its 8th Annual Golf Tournament on Wednesday, September 20, at Overlook Golf Course in Lancaster. Proceeds from the annual fundraising event will benefit Pleasant View’s Cognitive Care Fund. Registration and lunch will open at noon, with a shotgun start at 1 p.m. to kickoff this four-person scramble tournament, sponsored by Werfel Construction, White Oak Mills, and Wohlsen Construction. The event will feature a hole-in-one contest for a chance to win a car, sponsored by Hondru Auto Group. Participants will enjoy a great day on the links, including lunch, dinner, on-course refreshments, cart rental, greens fees, and a golfer goodie bag.

Early Bird registration fees are $85/golfer or $325/foursome if submitted by September 1. Those interested in participating in the tournament should visit www.pleasantviewrc.org/golf/ to complete their online registration by Friday, September 8.

Through this event, Pleasant View Retirement Community hopes to raise $25,000 to directly support the needs of its residents with dementia and their caregivers by offering specialized equipment and tools, environmental adaptations, staff training and supportive programming.

For more information on registration and sponsorship opportunities, please contact Amanda Hall, Sales and Marketing Manager, at ahall@PleasantViewrc.org or (717) 664-6207.

Pleasant View Retirement Community is a not-for-profit, continuing care retirement community in Manheim, PA., known for high-quality living options and healthcare services. With a mission of striving to enhance the quality of life for those we serve, we help seniors achieve a fulfilling lifestyle in a secure, caring, Christian environment. For more information, contact (717) 665-2445 or visit www.PleasantViewrc.org.
I am about to blow your mind. The title of this article is actually true. For the majority of us, we are led to believe that negative feelings such as anger, sadness and fear are things to be avoided. Most learn this belief directly or indirectly from our family or important figures as we grow up. And if I’m being honest, it makes sense at first glance to avoid negative feelings BECAUSE THEY HURT. It’s a natural human reaction to avoid pain, as we are biologically wired to escape physical pain. However, emotional pain operates very differently if we seek to live a healthier life.

We all have an emotional part of our mind and a logical part of our mind that work together to help make decisions. Negative feelings act as an alert system in the emotional part of our mind to inform the logical part that change needs to happen. The change can be having a different conversation with someone, altering your mindset or a different environment. If we don’t attend to our negative feelings initially, then we don’t give ourselves an opportunity to ward off a cycle of negativity. I believe an example might explain this concept.

Say you come home one day to find one of the doors to your house accidentally left open. The immediate feeling of fear (the alert system) would prompt you to look around your house to ensure no items are disturbed and any pets or loved ones in the home are safe (the initiation of the logical mind). Then you would most likely create a new idea for the door, such as the routine of locking and closing it thoroughly before you leave the house (change in mindset). However, if you did not listen to the negative feeling of fear the first time, and therefore did not prompt finding a logical solution, you would feel fear every time you came home AND you would be sad if a dangerous event happened in your home AND you would be frustrated that you did not attempt to resolve the issue at an earlier time.

I fully acknowledge the example above is a somewhat minor scenario, but the connection between listening to negative feelings to help us cope better with life translates to deeper issues such as familial relationships, abusive situations, and tragic events humans endure. The more complicated negative feelings require the assistance of a mental-health professional to see the pattern shown in the “door open at home” example. An encouraging sentence I impart to my clients and will leave with you is “Negative feelings are just an indication that something needs to change.”
Miracle Times Three with Lancaster Fertility

by Susan C. Beam

Good things come in small packages…and it’s even better when those packages come in threes. For Lancaster’s Kara and Mark McMonagle, the dream of a lifetime occurred when, after several years of struggling with infertility, they were blessed with three healthy baby boys on May 11. According to the CDC, one in eight couples know the struggle with infertility: the grief, the loneliness, the stress of waiting and planning. Fortunately, says Kara, there is hope, and she credits the caring doctors and staff of Lancaster Fertility: A Division of Abington Reproductive Medicine for her three miracles.

“For people dealing with infertility, I’d encourage them to keep hoping and to know that it can get better,” said Kara. “At certain points, I lost some hope in the process. You see all these stories about how it doesn’t work,” said Kara. “How-ever, there is light at the end of the tunnel. It’s a lot of trying, and of course, there are no guarantees, but I would encourage you to keep going and keep trying.”

Born and raised in Lancaster, Kara was still a teenager when her doctor told her that she wouldn’t be able to conceive. After meeting Mark while attending college in Pittsburgh, the couple married in July 2007 and started making plans for a family. However, after several failed attempts at adoption, the couple decided to explore other options.

“In 2015, we had decided to move back to Lancaster with hopes of raising our kids here,” said Kara, and so their search began locally. The couple found what they were looking for at Lancaster Fertility, where they were impressed by the dedication and the compassion of the staff. After their initial consultation, the couple decided the best fit for them was intrauterine insemination (IUI). Then, the journey began.

“We were waiting to go into the ultrasound. At this point, I wasn’t sure if we were going to be successful. Now, looking back, I think we were blessed with triplets. It was five weeks after our procedure, and we were waiting to see all of our babies.”

But the journey didn’t end there. The couple tried again, and again, and then one more time.

“It was five weeks after our procedure, and we were waiting to see all of our babies. But the journey didn’t end there. The couple tried again, and again, and then one more time.”

“Three little miracles, and three doctors to get them there,” said Kara. Two months later, the family is thriving and on a routine through the combined efforts of Kara, Mark and Kara’s parents, Dennis and Gale Gooley of Ephrata.

“To those dealing with infertility, reach out for the support that is there,” said Kara, adding that along with the support of her doctors, friends and family, she also found a great deal of support in closed Facebook groups and is currently participating in one for moms of triplets born in 2017.

Lancaster Fertility would like to emphasize that with their current, modern treatment the usual outcome is a single baby or twins at most and this is a rare outcome of triplets. Regardless, the staff and doctors are always on the lookout for triplets as in rare cases, it can happen. For more information on Lancaster Fertility, visit their website at lancasterfertility.org.
FDA-approved body contouring like the belly. However, a new fuse to budge from certain areas, have those stubborn inches re- and exercise regimen, only to tion of adhering to a strict diet Many people know the frustra-
frame, so we can target almost
ber of options to ensure the best
ser comes equipped with a num-
- the body," said Fissella. "The la
reabsorbed and disposed of by
Sure uses heat from the laser to
"Unlike Cool Sculpting, Sculp-
But how does it work?
trapping Up with SculpSure

by Susan C. Beam
Many people know the frustra-
ded adhering to a strict diet and exercise regimen, only to have those stubborn inches re-
like the belly. However, a new FDA-approved body contouring system, known as SculpSure, may be just the thing to boost your body’s fat-burning potential.

"SculpSure is a state-of-the-art, noninvasive, permanent fat-reduction system which uses a laser treatment to pinpoint problem areas on the body," explained Lancaster’s Bonnie Fis-
sella, who began working with the treatment in the spring and now, as her first group of clients are reporting results, is excited to be expanding this offering to lo-
cal residents.

But how does it work?
“Unlike Cool Sculpting, Sculp-
Sure uses heat from the laser to
break up fat cells, which are then reabsorbed and disposed of by
the body,” said Fissella. “The la-
sor comes equipped with a num-
ber of options to ensure the best
attachment to any type of body
frame, so we can target almost
any area of the body—arms, back, belly, love handles, and
legs.”

“The treatment itself is only 25
minutes,” continued Fissella. “You have a warming-up phase
for four minutes, and then you
have a sustained phase, during
which you want to maintain a
bit higher intensity. The in-
creased heat scales up for about
30 seconds and then cools down
for a bit in a cycle that occurs
over 21 minutes.”

According to Fissella, a mini-
 mum of two treatments are
recommended, with four to six
weeks in between treatments,
and results can continue to ap-
pear up to 12 weeks after a

treatment.

“It’s a very gradual change over
time, and typically you can get
up to 24 percent of fat reduc-
tion in a given treated area,” she
explained, adding that as she is
finishing up with the first group
of her clients to take advantage
of the procedure’s benefits, she
is documenting information in
order to advise future clients on
what to expect and how to maxi-

One of the major benefits is that
the procedure requires no down-
time for recovery.

“It’s such an advantage to be
able to have a treatment and re-
turn to your normal daily activi-
ties. There are no compression
garments required or move-
ment limitations. In fact, you
are encouraged to go out and do
whatever you do normally," said
Fissella, noting that another ben-
efit of SculpSure is that it’s com-
paratively more cost-effective
than other, similar treatments on
the market.

“Diet and exercise are para-
ungram, but SculpSure can help
those stubborn areas become less
problematic. Many of my cus-
tomers have been impressed with
the results so far—SculpSure has
helped them achieve goals they
thought weren’t possible without
a more invasive procedure,” said
Fissella.

For more information on Sculp-
Sure, or for information on Fis-
sella’s other services to beautify
and enhance your skin and body,
including electrolysis, perma-
nent makeup, tattoo removal and
skin-improvement procedures,
visit her website at bonniefis-
sella.com, or call 717-572-2009.

Our practice is dedicated to following the guidelines established by the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine. Dr. Cantwell is one of only 250 dentists who have achieved Board Certification in Dental Sleep Medicine through the American Board of Dental Sleep Medicine.
The Special Advantages of Balancing Your Hormones WHILE Losing Weight:

- Actually BURNS UP fat cells, not just shrinks them.
- Our average weight loss for a woman is 20 pounds of FAT in a month!
- This PLAN takes hormones into account and corrects the imbalance for good.
- We target women ages 35–65 who find it difficult to lose weight.
- Simple grocery-store food, light exercise recommended but not required to start.
- No hunger or cravings, higher energy and clear thinking.

Get relief from:

- Headaches…Irritability…Hot Flashes…Cramps…“Heavy” Periods…Depression…Low Libido…Anxiety…Night Sweats…Bloating…Insomnia…Mood Swings…PMS

Jennifer Craft, 46 years old

The BeBalanced program has been such a blessing in my life. I had been dealing with hot flashes that progressively had gotten worse, since around age 40. I have always exercised and had a pretty healthy eating lifestyle; however, I kept putting on weight and while I might take off 5 pounds, it would come right back. My midsection was expanding, I had some joint pain and I wasn’t sleeping well. Simply put… I wasn’t myself.

I started the BeBalanced program in January of 2017 and noticed changes within a week of being in the first phase. The hot flashes completely stopped within three days and within 20 days I had lost 10 pounds. When I started the program, I was around 144 pounds; as of March 2017, I now fluctuate between 126 and 127. I am down a clothing size, I have zero hot flashes that progressively had gotten worse, since around age 40. I have always exercised and had a pretty healthy eating lifestyle; however, I kept putting on weight and while I might take off 5 pounds, it would come right back. My midsection was expanding, I had some joint pain and I wasn’t sleeping well. Simply put… I wasn’t myself.

I actually exercise less, but when I do exercise, it is purposeful and focused. This program has taught me not only how to balance my hormones and eating, but to balance exercise and stress. I am not a stressed person, but stress comes in all forms and can affect our bodies without us realizing it. I think the name of the program speaks for itself: BeBalanced is about offering a natural and healthy way for a person to be balanced as a whole. I am thankful and grateful for this program. I absolutely recommend it 100 percent… it has changed my life.

Our Guarantee:

BeBalanced stands behind our program. If you do not lose at least 15 lbs. in 30 days we will give you more supplements and time at no charge. This happens so infrequently that we can offer this great guarantee in all of our franchise locations. Hear more at your free consultation!

See our commercial on Fox 43! We have 8 more locations opening this fall!

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

A bit of slouching, sleeping on the side or stomach, or carrying a heavy bag on one shoulder seems innocent enough. It seems like everyone does it from time to time. Dr. Jennifer Green of Sheehan Natural Health Improvement Center, however, knows that chronic musculoskeletal pain often begins because of this biomechanical dysfunction. Chiropractic adjustments help correct this misalignment and relieve chronic pain.

“The body tries to compensate for the wrong position by pulling the muscles tighter on one side than the other. This pulls the joints and bones of the spine out of alignment,” says Dr. Green.

Sometimes as simple as wearing the wrong shoes can create issues down the line. Recently, Dr. Green warned two Sheehan staff members about their unsupported summer sandals. “Wearing shoes without arch support can cause hip problems,” she adds.

A chiropractor can move the bones back into the correct position with a chiropractic adjustment. Those pops and clicks heard during an adjustment are the sound of the air between the joints being moved out as the joints go back into place.

“This can create beautifully different people, depending on their case,” she says.

Once the muscles are fully trained to stay in their new position, the patient is said to be “holding an adjustment.” After an adjustment holds, the pain goes away and the patient visits their chiropractor less frequently. Although other factors (nutrition, posture, and lifestyle) influence the length of treatment, it is the amount of time the patient has had the problem that primarily influences how long treatment lasts.

“Pain is your body’s way of getting attention,” says Dr. Green. Spinal degeneration begins when the bones have been in the wrong position too long. Ignoring pain is the equivalent of ignoring the body’s warning signals.

Chiropractic care is effective for treating chronic pain in patients with pain that has gone on for years. Even if a patient has already had surgery, getting chiropractic care at this later stage can still help patients “maintain motion and quality of life,” according to Dr. Green. A patient unable to be adjusted using manual adjustment can still be adjusted using other gentler adjustment methods.

Sheehan Natural Health Improvement Center specializes in helping patients achieve optimum health without the use of drugs or surgery with an individualized solution utilizing chiropractic care, massage, and Nutrition Response Testing®. For more information, contact Sheehan Natural Health Improvement Center at (717) 392-6606, or visit their website at sheehannaturalhealth.com.

Summer Sun and Activities Can Wreak Havoc on Your Hair

The sun’s rays can have a bleaching effect on hair. While this can create beautifully natural highlights, it can also strip hair of all dimension and create unflattering tones. This can be prevented by wearing a fashionable summer hat or by using hair products that provide UV protection. Scarlet Blossom Hair Studio is proud to carry Unite hair products, many of which provide the protection your hair needs. If your hair has already reached a desirable level of lightness, Colleen (who is an American Board Certified Haircolorist), offers several professional haircoloring services to bring back dimension and improve tone. Ask her about adding lowlights or a toning gloss to your hair. A consultation to determine what would work best for your hair is always free!

Chlorinated pool water is commonly thought to be only a problem for blondes, but it’s actually a problem for all of us. The chemicals used to keep the water sanitary can be very drying to the hair. This is best remedied by using a moisturizing conditioner like Unite 7 Seconds Conditioner. The copper builds in the hair, texture can begin to feel rough and the hair may become difficult to brush or style. To minimize the negative effects of pool water on your hair, a swim cap works best. This is understandably not an option most are willing to employ. If you would like to forgo the swim cap, be sure to shampoo your hair as soon as possible after your time in the water. Clarifying shampoos such as Unite Weekender Shampoo work best to remove residue left by the pool water, but even a rinse in clear water can help when shampooing is not possible. If you can still feel or see the effects of the pool water in your hair, Colleen can help with a special treatment created to draw out any of the residue left by the pool.

Through the end of September, Colleen is increasing her new client discount from 20 to 30 percent and offering 10 percent off full-size Unite products exclusively for Lancaster County Woman readers! (Must mention this article and cannot be combined with other offers or discounts.)
The Tipping Point: A Lancaster County Woman’s Story of Double Knee Replacement

Dianne Shepherd remembers the night well. She calls it “the tipping point.”

“It came at the end of my shift. I could hardly walk to the car. And when I got home, I could hardly get out of the car,” recalls Dianne. “I thought, ‘this is nuts.’ At that point, I was just ready.”

The active 53-year-old mother of four loved her job as a waitress at a Lancaster County restaurant. But long hours on her feet, combined with worsening knee pain brought on by nearly 20 years of osteoarthritis, were making her job more and more challenging.

In addition, Dianne says the quality of her personal life had really plummeted.

“I couldn’t do the things I loved to do with my family. I didn’t want to be left behind.”

After consulting with her orthopedic surgeon, Dianne made the decision to have double knee replacement. Her surgeon scheduled her knee replacement surgeries at the Lancaster General Health Orthopedic Center, located in Lancaster General Hospital. The surgeries were completed six weeks apart.

Care Began Before Surgery

Well before the surgery, a Lancaster General Health nurse specially trained in orthopedic care visited Dianne’s home to make sure everything would be as safe, convenient and comfortable as possible for her recovery.

“LG Health was great. Any fear I had quickly dissipated,” says Dianne.

She appreciated the thorough safety assessment of her living space, as well as the instructions on exercises that would make her recovery easier by strengthening muscles around her knee joints.

“I knew they had my best interests at heart,” says Dianne.

After Dianne’s Surgery

Recovery and rehabilitation began right after Dianne’s successful surgeries. LG Health Orthopedic Center staff helped minimize her pain as she began to regain mobility at the orthopedic therapy gym, located within the Orthopedic Center.

“Whatever I needed, they were right there,” remembers Dianne.

In addition to traditional therapy, Dianne was offered the opportunity to try holistic options—including massage, Reiki, music therapy and aromatherapy—to enhance her comfort and healing.

“Everything at the Ortho Center is geared toward teaching you what you need to know to get back to where you belong,” says Dianne.

Living Life to the Fullest

Today she is back to doing what she loves—participating in activities with her family, gardening, and enjoying her work and the customers she serves.

“I forget what it used to be like when I couldn’t do things,” smiles Dianne. “I can basically do anything I want to do. I can bring my groceries in on my own. I can walk up and down steps. I can waitress. And at the end of the shift, I’m still a whole person. I’m not struggling. I have no pain.”

Dianne understands the fear that may cause some people to delay knee replacement surgery, but is so glad she made the choice she did and encourages others to consider the same. “Get it done,” laughs Dianne. “Go on living.”

You can learn more about the LG Health Orthopedic Center by visiting LGHealth.org/OrthoCenter. Orthopedic surgeons in the Lancaster area have surgical privileges at Lancaster General Hospital.
some people love decorating, others find it really overwhelming—the process of planning, of picking colors, of matching shades. We’re here to offer support, to answer questions, to offer suggestions, and in general help our clients feel comfortable with the process.”

As a licensed distributor of Benjamin Moore paint, Stoner Decorating offers premium quality paint and stain for any occasion, with the latest in field advances, including Moore’s unique Color-Track technology (available in both interior and exterior), their patented environmentally-friendly formula paint options, or their variety of finishes for a fresh and distinctive look.

If you’re looking to customize your home, Stoner Decorating offers a variety of choices, such as chalkboard paint, which can turn any wall in your home into a fun and unique decorating space; milk paint, a nontoxic, water-based paint made with milk and lime, which results in a lustrous and complex finish that actually improves with time and is perfect for furniture, Dixie Belle chalk mineral paint for furniture and other decorating projects, as well as different types of waxes to enhance them.

However, paint is just the beginning of their product line. “Our other saying is, ‘we are so much more than paint,’” said Housekeeper, adding that the store, which has the distinction of having an all-female staff, also carries a variety of stencils, brushes for every need, automotive care products from Stoner Auto Care, Nebo flashlights, wallpaper, and borders. “We look for quirky and unique items, and we try to help people figure out how to make things work in their space,” Housekeeper explained. It has been that dedication to customer service which has been the store’s driving force. “We take each individual customer, and their projects, requirements, and goals, and work with them to the point where they’re satisfied,” said Housekeeper. “I love this store, I love our clients, and I love our town. We build long-term relationships with our clientele—they keep coming back, and they trust us and the advice we offer.”

Some recent celebrations:

- Lakeview 28th anniversary at Lakeview Nature Center
- Quarryville 125th anniversary at Quarryville Library
- Williamstown 150th anniversary at Williamstown Historical Society
- Gap 175th anniversary at Gap Historical Society

For more information on how Stoner Decorating can help you achieve the living space of your dreams, call 717-786-2844, or visit their website at stonerdecorating.com.
PinnacleHealth Annville Family Medicine Welcomes
Gayle B. Sisbarro, DO

Dr. Sisbarro will join Annville Family Medicine on July 10. Dr. Sisbarro has been practicing family medicine for more than 30 years. Her experience includes serving as managing physician for both Crooked Oak Family Health Center and Lancaster General Health Express. She was voted #2 Family Physician in Lancaster County Magazine’s “Best of Lancaster 2016.”

We are so pleased to welcome Dr. Sisbarro to the PinnacleHealth family. To schedule an appointment, please call (717) 867-4671.

1251 E. Main St.
Annville | (717) 867-4671

Our growing team at PinnacleHealth Annville Family Medicine makes comprehensive care even more convenient, and because we’re located in the Lebanon Valley Advanced Care Center, you have easy access to:

- Cardiology & cardiovascular testing
- Imaging services (including 3D mammography)
- Endocrinology
- Lab draw
- Neurology
- Pediatric cardiology
- PinnacleHealth Express (walk-in care for patients 18 months and older)
- Select Physical Therapy

Lab draw, imaging services and PinnacleHealth Express are not reserved for PinnacleHealth patients. We are pleased to offer these services to all members of the community.

VERANDA SALON - MASSAGE - MEDI-SPA

LIGHT THERAPY
MICROBLADING EYEBROWS
MICRO-NEEDLING
DERMABLADING
BIO LIFT
OXYGEN FACIALS

$125 OFF
micro-needle oxygen facial plumps skin, targets deep wrinkles & tightens
reg. $375, now $250
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-17.

$65 OFF
dermablade oxygen treatment smooth wrinkles & fine lines
reg. $195, now $130
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-17.

$50 OFF
cut, retouch color & partial foil includes blowout & style
reg. $149, now $99
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-17.

$30 OFF
75-min. classic & deep tissue massage
reg. $125, now $75
VERANDA SALON & SPA
With the coupon. Not valid with other offers or prior purchases. Expires 10-31-17.

Growing our Team for a Healthier You

PinnacleHealth
pinnaclehealth.org/lebanon

VERANDA SALON & SPA
2215 DUTCH GOLD DRIVE • LANCASTER, PA 17601 • 717-396-8580 • VERANDASALONSPA.COM
For almost 50 years, RDS Professional Paving and Sealcoating, Inc., has been exceeding the expectations of customers across the Central Pa. region with regard to any and all asphalt-related needs, including paving, sealing, line painting and concrete work for both residential and commercial properties. As a family-owned and family-operated business, RDS remains committed to values of “honesty, integrity, and customer satisfaction,” according to owner BJ Reedy.

“Customer service is what makes us who we are. As a small business, we’re a tight-knit family. We consider all of our workers to be family, also—and this translates to our customers,” said Reedy, who noted that his father-in-law first began the business in Middleburg, Pa., in 1970. Later, in 2005, after working as a teacher and serving our country in a 10-month tour of Iraq, Reedy opted to take over management of the business, working alongside his wife and in-laws.

Part of their customer-focused approach is understanding each client’s unique needs.

“Our goal is to always educate our customers. When someone calls in, either with a question or for an estimate, we try to get back to them by the end of that day. Typically, with an estimate, my father-in-law will go out and meet with them and educate them on both our recommendations and our process,” Reedy explained.

“Each job must be evaluated on an individual basis with an on-site inspection. We firmly stand behind this policy in order to give our clients the best possible outcome,” Reedy continued. “When it comes to paving, we see all sorts of scenarios—from the creation of a new driveway, to asphalt covered with potholes, to driveways marred by cracks covering 30 percent or greater of the space.” It is, said Reedy, an investment in your home or business which greatly improves curb appeal.

“A properly paved driveway should last 25–30 years,” he said, adding that they also recommend seal coating your asphalt for protection.

“Even after being freshly paved, asphalt is going to deteriorate from the weather, the sun, or from certain chemicals, including many used on cars. We suggest doing a sealing process, which is a liquid coating over the surface of the asphalt. The optimal approach is to seal the asphalt two years after paving it, and then rescaling it every three to five years. It will double the life of the asphalt,” remarked Reedy.

Once a job is finished, RDS remains committed to their work. “Once the job is done, we’re not going to run. We continue to work with our clients, answering questions, handling any issues, and remaining invested in the final product,” said Reedy. “Most of our new work comes from referrals, which speaks to our customer service and what people have to say.”

Testimonials on their website attest to their dedication. One happy client commented, “RDS did an outstanding job sealing our driveway. Their customer service was courteous, and their price can’t be beat for the quality you get!” Reedy is also open to helping clients make good decisions with any contract work.

“Not only do I educate our customers about our services, but more importantly I like to educate people on how to choose a quality contractor. We always hear stories about how people get taken advantage of by bad contractors in many different ways,” said Reedy, adding that he always suggests clients do the following: ask for references, ask for their PA Contractor’s License number and verify it, check with the Better Business Bureau, and consult Internet reviews.

For more information, questions, or an estimate, call 717-361-7095 for the Elizabethtown office, or 570-837-0307 for the Middleburg office, or visit their website at www.rdssealcoating.com.
Leanna is a Lancaster native who has achieved her dream of working side by side with her mother, Tamara, owner of EgoTrip Hair Salon. Leanna has a 2-year-old daughter, Lilliana, and grew up always knowing she wanted to do hair since her mother owned her own shop. She has been featured in articles on WGAL and in Lancaster Newspaper. Her love for hair shows, and her clients realize her passion and skill as she works with them on their beauty needs. She has been employed at Ego-Trip since it opened in September 2014 and is pleased to be a part of her mother’s business growth in hopes of one day branching off and beginning her own salon story. She is skilled in women’s hair, men’s hair and mastering the straight razor and short styles. One major thing she loves about EgoTrip Hair Salon is that it’s a free-spirited salon with a Christian base and allows the work of God to move forth in his favor.
Join us for a “SPOOKTACULAR” day of friendly competition and fun! Participants may race, jog or walk the scenic 5K course through historic Woodward Hill Cemetery and Lancaster County Central Park.

Register at: www.pretzelcitysports.com

SAVE THE DATE — OCTOBER 28, 2017
The Occupational Development Center
Creating Opportunities While Serving Lancaster

by Susan C. Beam

For nearly 70 years, the Occupational Development Center (ODC) of Lancaster has provided high-quality vocational training for Lancaster County adults with developmental disabilities, partnering with local businesses and nonprofits in a joint venture that serves clientele, partnered organizations, and the community at large.

“Our main goal is to give our participants not only vocational training, but to help them find work they can enjoy and find meaningful in the least restrictive work environment possible,” explained Ken Mueller, ODC’s Public Relations & Development Manager. “We not only help with matching skill levels, but also interests and passion. Everybody wants to enjoy their job.”

Founded in 1948, the ODC was initially geared towards children with developmental disabilities. However, over the years their mission shifted to working with the adult population. At the present time, 67 individuals participate in the program at 640 Martha Avenue; some have recently joined, and others have been a part of it for as long as 45 years.

According to Mueller, there are both on-site projects and mobile crews. On-site duties include mowing, weeding, picking up trash, and general groundskeeping. Off-site projects include janitorial work and landscaping.

“It’s a situation where everybody wins. Our participants get the training and experience they need to earn a paycheck doing work they enjoy out in the community. Our partners are able to focus their attention and resources on other areas of the business, confident in our work,” Mueller explained.

Recently, within the past year, the ODC has partnered with Woodward Hill Cemetery, visiting the historic Lancaster site every other week to perform maintenance and groundskeeping duties.

“We do a lot of work with other nonprofits and we have a number of cemeteries in which we do maintenance, including picking up trash, pulling weeds, sweeping off headstones, and raking leaves,” said Mueller, adding that crews from the ODC also work at Shreiner-Concord Cemetery, where Thaddeus Stevens is buried, Greystone Manor, Therapeutic Riding Center, and the Ephrata Cloister.

“Fostering these relationships with the community is essential,” said Mueller, who noted that in the future, the ODC is working towards job placement for their clientele.

“We’re always looking for opportunities to build relationships within the community—both in business and through volunteering. Not only are our clients able to use these opportunities to gain training and experience, but the Lancaster community benefits greatly,” said Mueller.

For more information on the ODC, visit their website at odcenctr.org.

Pilot Club of Lancaster, Inc., Celebrates 70th Anniversary

On June 20, the Pilot Club of Lancaster, Inc., recently celebrated their 70th anniversary with a luncheon at the Eden Resort. Members, past members, friends, and invited guests joined together in fellowship remembering past accomplishments, reviewing present projects, and discussing future endeavors throughout the Lancaster community.

Just over 70 years ago, on May 19, 1947, sixteen women came together at the Hotel Brunswick on East Chestnut Street in Lancaster and signed Charter #22 to form The Pilot Club of Lancaster, Inc. The very active service club has now been helping local citizens without interruption since that original charter meeting.

Luncheon speakers explained local projects within the ABC focus of Pilot International, including the sponsorship of The Anchor Club of Hempfield High School; Project Lifesaver, a program to locate individuals who wander; and Meals on Wheels, which the club helped to found in 1967.

The Pilot Club of Lancaster, Inc., is one of eight clubs within the Northeast Potomac District, which includes clubs within New York and Pennsylvania and is under the umbrella of Pilot International. Presently there are over 375 clubs and 7,500 members in the United States, Japan, the Bahamas, and South Africa. Next month, members from around the world will celebrate at their annual international convention in Las Vegas, Nevada.

The local club welcomes new members and meets the second Tuesday of each month for a business dinner meeting at the Lancaster Elks Lodge #134, 219 North Duke Street, Lancaster. For more information on projects or the Pilot Club of Lancaster, visit www.pilotcluboflancaster.com or please call 368-9484.
Do Unborn Babies Have Emotions?

We are often asked if babies can show emotion in the womb. Since a baby can start hearing at 18 weeks and can respond to the sounds it hears at 25–26 weeks, the answer is a loud YES! We know that emotions are tied to thoughts and thoughts are usually derived from experiences, which do occur even with a baby in the womb.

Ultrasounds now reveal that babies have and show emotions in the womb. We believe their emotions are tied to the limited experiences that they have already encountered. For example, we once observed a baby accidentally poke himself in the eye and then follow that with a grimace on the face. Obviously, the baby felt some discomfort and showed the discomfort on his face. We caught the emotion while observing the baby in 3D during an elective ultrasound. It was perfect timing for us to be watching the baby at the very moment that he poked himself in the eye, and then reacted to the poke. On another occasion, we were observing a baby in the womb through 3D ultrasound when the sibling in the room made a very loud yell. The baby jumped in the womb, as if startled, and then made a face as if bracing for an incoming assault. Our technician immediately realized what she had seen and asked the mother if the sibling yelled much. The mother stated that her toddler yelled as a game and warning when he would run and jump on the mother. It was obvious to us that the unborn baby was already associating the yell to a familiar jarring in the womb. Probably one of the most rewarding affirmations that unborn babies show emotion is the picture that we have on our webpage of an unborn baby that is smiling. The image was taken during a 3D ultrasound at the precise moment when this baby heard his father’s voice. Such joy, to know that an unborn child can already recognize a parent’s voice. Call us today for more information, or visit our website: www.wombwithaview.com.

16 New Advocates Pledge to Provide Advocacy

Court Appointed Special Advocates (CASA) of Lancaster County recently held their 21st CASA Volunteer Swearing-In Ceremony. Sixteen new volunteers are on their way to making a difference in the lives of children and youth in foster care! All advocates stood and recited the CASA Volunteer Oath, led by Judge Thomas Sponaugle, during a ceremony held on Wednesday, June 14, at the Emerald Foundation, 2120 Oregon Pike, Lancaster, Pa. CASAs take an oath agreeing to comply with CASA directives, carry out responsibilities as ordered by the court, and maintain integrity and confidentiality of all pertinent information.

CASA volunteer advocates are appointed by the court to represent the best interests of children in foster care, with the belief that all children deserve safe, nurturing, and permanent homes. CASAs speak on behalf of children in the foster care system—ensuring they don’t get lost in an overburdened system.

“I am delighted that we continue attracting volunteers from all walks of life with a variety of professional and educational backgrounds. Regardless of their backgrounds, all of them simply want to help the most vulnerable members of their community,” said Jessica Laspin, CASA Executive Director.

This recent class of volunteers will bring the total number of trained and active CASA volunteers in Lancaster County to 177. CASA volunteers have served 542 children since the first case was appointed to CASA in January 2010.

The spring 2017 class members are:
- Rachel Albert, Lancaster
- Joy Lewis, Strasburg
- Cassandra Miller, Lancaster
- Jeanne Moran, Lancaster
- Beth Patterson, Lancaster
- Elise Ranauer, Lancaster
- Rick Reed, Quarryville
- Patty Simpson, Peach Bottom
- Gini Timmins, Manheim
- Katrina Weaver, Lititz
- Colleen Whiteside, Willow Street

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

To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280, send an email to casa@casalancaster.org or visit www.casalancaster.org.
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 teen who has taken classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate, and heal. She has a particular interest in helping those who have longed to write, but thought they couldn’t. There are no grades, tests, cell phones, or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

“Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be safe, gentle places where people can be themselves. Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel, and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today’s complicated world. The process begins with slowing down, unplugging our technology, and getting back in touch with the moment. She laughs. “That alone can lead to a happier life!”

Melissa works with schools and therapists; offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, private-tiling sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

She also conducts free workshops supporting adult cancer patients and caregivers, at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute; the Penn State Hershey Cancer Institute; Hershey, PA.; and WellSpan York Cancer Center, York, Pa.

“Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write...for the joy of it. It’s a return to our emotions—serious, funny, whatever appears on the horizon. Writing is freedom from technology, a known antidote to emotional and physical pain. Our inner lives matter—especially today—they calm and replenish us.”

Upcoming Classes

Women’s Intro: “Writing Without Fear”
Tuesday evenings, 5-week series: July 25, Aug. 1, 8, 15, 22.
Sept. 12, 29, Oct. 10, 24, Nov. 7
6:30-8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Women’s Memoir Writing Workshop: “Exploring Our Life Stories”
Monday evenings, 5-week series: Sept. 18, Oct. 2, 10, 30, Nov. 13
6:30-8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Workshop Series:
“Writing Made Wonderful”
Chilhools: Sept. 26, Oct. 2, 10, Nov. 12, Dec. 10
Teens: Sept. 17, Oct. 22, Nov. 5, Dec. 3
Sunday afternoons, 2-4 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Free Workshops for Cancer Patients and Caregivers
The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA
Wednesday evenings, 8-week series: Sept. 27-Nov. 15 • 6:30-8:30 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.

The Milton S. Hershey Medical Center/ Penn State Cancer Institute, Hershey, PA
Thursday evenings, 4-week series: Sept. 7, 14, 21, 28 • 5-7 p.m.
Registration required. Please call Center Stage to register 717-531-6421.

Therapeutic Writing Workshops for Adults, Children & Teens

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

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

Lancaster County Woman
July/August 2017
27

Don’t Fear the Bleacher

A new book by A. L. Segro

“I wrote this book because women can’t get the perm they want from their stylists.”

“A. L. Segro

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

Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request a copy.

The answers now in this No-Cost Book!

This Curl’s For You

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

“A L and Michelle saved me or at least they saved my hair.” — Mary Fulginetti, Turnersville, NJ

“Al and Michelle saved me or at least they saved my hair.” — Mary Fulginetti, Turnersville, NJ

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

If you need an immediate consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.
4 Reasons A Life Insurance Policy Could Be Your Retirement Salvation

Americans worry a lot about retirement.
Will their savings hold out?
Will Social Security still be around?
Will healthcare costs gouge a great hole in their finances?

What many of them may not be aware of, though, is that if handled correctly their life insurance policies could play a role in making retirement a little more secure.

“One of the big tricks for having a successful retirement is to make sure you have enough cash flow to pay your bills and still be able to enjoy life,” says Brett Sause, CEO of the Atlantic Financial Group LLC (www.atlanticfinancialgroup.org). “Few people have pensions any more. Social Security only helps so much. But if structured the right way, a life insurance policy could be the perfect life preserver in retirement.”

How does that work? Essentially like this, Sause says: Over the years, a person pays premiums into a permanent life insurance policy with the intent to provide a death benefit as well as cash-value accumulation for as long as the policy remains in force.

“When you need money for retirement, you can withdraw funds without paying income taxes, generally up to the amount of the total premiums you paid into the policy,” Sause says.

If you go over that amount and still need money, you can take loans against the cash-surrender value, although that means if you die any outstanding loan and interest amount would reduce the amount your policy beneficiary would receive.

Using supplemental life insurance for retirement planning comes with a number of advantages. Sause says a few of those include:

• Avoid extra costs. The policy can provide retirement income without excessive administrative costs or government reporting. That means a greater portion of the money goes directly to help the retiree with day-to-day living, rather than in fees paid to someone for managing a retirement investment.

• No contribution limits. Annual contributions, vesting and participation limits don’t apply. For example, with an IRA, you can’t contribute more than $5,500 annually if you are younger than 50 or $6,500 if you are younger than 60. That’s not the case if you have structured a life insurance policy as part of your retirement planning.

• No early-withdrawal penalty. The cash value is available for your needs without any penalty for early withdrawal. Most people probably know that if you withdraw money from your IRA or 401(k) before you reach age 59½ you are charged a penalty along with having to pay income tax on the withdrawal.

• Leave an asset that’s tax free. When you die, the death benefit is generally received tax free by the beneficiary. That’s not the case if you leave your heirs a traditional IRA or a 401(k).

“People usually view the life insurance premium they pay each month as just one more bill,” Sause says. “Instead of thinking of it as a bill, though, it should be viewed as a contribution to your retirement, just like the contribution you make to your IRA or your 401(k).”

About Brett Sause
Brett Sause, an 18-year veteran of the financial services profession, is CEO of the Atlantic Financial Group LLC (www.atlanticfinancialgroup.org). Brett is both a Life and Qualifying member of the Million Dollar Round Table (MDRT), the premier association of financial professionals. Brett is also a four-time member of MDRT’s Court of the Table.

Brett has been featured in numerous financial publications, such as Life Insurance Selling Magazine and Advisor Magazine, and has been the keynote speaker at many insurance and financial practices around the East Coast.

Spay and Neuter Pet Clinic

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

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

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

Why do we offer low-cost spay and neuter surgeries?
We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most.

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

Community

Give for the Animals!

• 100% of donations go towards helping people and pets right here in Lancaster County.

• We provide lifesaving veterinary care to strays and animals.

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

Visit www.petpantrylc.org for dropoff locations near you!
Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn. For as little as $15, you can become a Humane League member and help animals on their journeys to a forever home. As a member, you will receive Paw Prints, our printed newsletter, and you can take advantage of discounts from local businesses with our exclusive membership discount card.

After living for so many years in their homes and collecting not only valuables 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.

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 32 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

“My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old,” she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.

The Susquehanna Valley Couples Connection Presents

“The Tales, Legends & Lore” of the Susquehanna Valley
BENT CREEK COUNTRY CLUB
620 Bent Creek Drive, Lititz, PA
Sunday, August 27 • 1 p.m.
FEATURING: Dr. Bob Frick speaking on “The Impact of Great Leaders upon our Lancaster County Heritage”

OUR SPECIAL SPEAKER for the evening will be Chad Avalos, owner of Executive Limousine of Fallston, Md., sharing how “A Tragedy-Induced Revelation” changed the direction of his life.

Ashley Rineer & Chelsea Longabaugh will be our vocalists for the evening
Cost is $25 per person.

Let’s do lunch
Bring Friends and Join Us!
Please include each guest name with payment payable to:
SVCC Mail to: Eleanor Doutrich
590 Friendship Ave., Lancaster, PA 17601 or call for info, (717) 208-7136.

Become a 2017 Member and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn. For as little as $15, you can become a Humane League member and help animals on their journeys to a forever home. As a member, you will receive Paw Prints, our printed newsletter, and you can take advantage of discounts from local businesses with our exclusive membership discount card.

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humaneleague.com
Write From The Heart Joins Local Hospitals to Offer Hope to Cancer Patients

Melissa Greene, writer, teacher and owner of Write From The Heart Creative Writing Workshops, is now offering therapeutic writing workshops for cancer patients and caregivers, in collaboration with hospitals in Lancaster, Hershey, York, and Gettysburg. Workshops are free to adult cancer patients and caregivers, at Lancaster General Health/Penn Medicine’s Ann B. Barshinger Cancer Institute, the Penn State Cancer Institute at Hershey Medical Center, the WellSpan York Cancer Center, and WellSpan’s Gettysburg Hospital.

Taught in an atmosphere of warmth, whimsy, compassion, and trust, Greene’s cancer workshops are gentle, nonintimidating, and full of life. There are no grades or tests. Grammar, spelling, and punctuation don’t matter. Sharing is optional. Patients learn techniques to relax, stay in the moment, and write without fear. They discover how playfulness and humor relieve self-consciousness, perfectionism, and self-doubt, opening the door to the fun of creating. They gain the courage to explore the feelings surrounding their cancer experience, while transforming fears and revelations onto the page in an environment of sanctuary and safety.

Greene recently spoke to 250 patients and their families at the Penn State Cancer Institute’s Survivorship Celebration on the healing benefits of writing. She also taught a month-long clinical study workshop at PSCI, led by oncologists researching the effects of creative writing on the mood of a study group of 15 terminal patients. The results will be published in a medical journal this October.

A cancer patient from one of Melissa’s workshops wrote: “In class, there’s a connection between us all—a difficult one—yet through writing, it becomes uplifting and fosters courage. Creating together is healing to the very soul; it reminds us that we’re not alone in this.”

Greene teaches her year-round, private writing programs to adults, children, and teens, both in groups and one-on-one. She also collaborates with Lancaster schools and therapists, inspiring all ages to love writing. “A little laughter smooths the way!” she smiles. For more information, call 717-393-4713 or email Melissa@WriteFromTheHeart.us.
I am privileged every day to meet with amazing and accomplished estate-planning clients who share stories of sacrifice, savings and giving back. Many also express similar thoughts regarding the next generation not learning the same lessons they had to. While financial advisors and attorneys cannot replace the knowledge and know-how that parents provide to their children, professionals can be helpful in working with parents to set up an estate plan that helps teach the concepts of budgeting, saving and giving back. Also, the estate-planning process forces parents to address the topics many would rather avoid: whether a child, grandchild or other loved one can truly handle the funds they may inherit, and will they be good stewards with the funds in their own right?

Those clients who take the estate-planning process to heart will provide opportunities to children and grandchildren to invest on their own by gifting funds to them to set up their own Roth IRAs, Charitable Donor Advised Funds and similar vehicles that expose them to the importance of saving and investing for the long term. Also, through the planning process, every client must come to grips with whether a child and/or grandchild is able to handle the funds being handed down to them and whether they will invest so the assets continue to grow for generations to come. Some clients then realize that a child may likely not be disciplined enough to save and instead will use the funds to pay off debt, buy new material items or live beyond their means. If a client comes to this realization, they can plan for that child, through attorneys and financial advisors, and have funds set aside in long-term investment vehicles such as trusts. Some clients shy away from the idea of a trust due to the cost; however, when we discuss the alternative of the funds passing to a child who will simply squander them, the cost of setting up and administering the trust clearly outweighs the simplicity of having a child receive the funds outright and the child spending them on their wants or even their bad habits (gaming, drugs, etc.). A trust can be a great way for a child to be educated by a trustee (who likely may be a trusted friend or relative with the ability to demonstrate to a child how to invest) on how to budget and who can introduce a child to the appropriate professional advisors (accountant, lawyer, financial advisor), who can also help him or her prudently invest the funds. I have found that when a client has taken the time to introduce their children to their financial advisor, the children are more likely to keep assets with that advisor rather than simply spend them all. Part of this may be a way of honoring a parent’s allegiance to their advisor, but also partly because the child is already familiar with the advisor and feels comfortable working one-on-one with him or her.

Take the time now to set up a strategy to preserve your wealth, which includes having your children meet your estate planning team and exposing them to what you have learned.
Woodward Hill Welcomes New Board Members Craig Lehman and Catesby Gilbert

by Susan C. Beam

As a lovely and tranquil outdoor space just blocks away from the heart of Lancaster city, Woodward Hill Cemetery is one of the area’s most notable historic sites and the final resting place of a number of important historical figures, including James Buchanan, 15th President of the United States, and many of Lancaster’s veterans.

Located at 501 S. Queen Street and bordered by Strawberry and Chesapeake Streets, the cemetery spans 32 acres and contains approximately 13,750 graves. Founded in 1852 by Trinity Lutheran Church, Woodward Hill became a non-denominational cemetery in 1856. In 2005, it was placed on the National Registry of Historic Places.

Over the years, Woodward Hill fell into disrepair, showing signs of general neglect and vandalism, including several of the markers being toppled over. Fortunately, a group of concerned citizens launched a successful capital campaign in 2010, raised over $1 million dollars to restore the cemetery, returning it to its natural rural beauty. In addition, a new Presidential Memorial Gardens and Veterans Plaza was added, honoring those who had served our country.

For more information on Woodward Hill Cemetery, or to review options for services, visit their website at WoodwardHillCemetery.com.

About Craig
Since 2008, Craig Lehman has served as one of our three elected Commissioners for the County of Lancaster. Previously, he served as a member of Lancaster City Council from 1998–2002 and as City Controller from 2006–2007. Before entering county government, Craig worked as a budget analyst and as a research analyst with the Pennsylvania General Assembly. Craig earned a Master of Science degree in policy analysis from Penn State University in 1991 and a Bachelor of Science degree in public administration from Shippensburg University in 1989. He is a veteran, having served in the United States Navy from 1981–1985 and is a 1981 graduate of Donegal High School. Craig currently lives in Lancaster with his wife Amanda and their family.

About Catesby
Most recently, Catesby Gilbert joined Comcast Spotlight to focus on automotive advertising. Previously, he served as general manager at Blaise Alexander Ford of Ephrata, while maintaining ownership of a graphic design firm he started in 2009. Catesby earned a Bachelor of Science degree in industrial design from Virginia Tech in 2004. He is also a graduate of McCaskey High School. Catesby currently lives in Lancaster and can often be seen walking his Great Dane, Remy.
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 WGAL is available on Amazon Fire through a WGAL 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.

Mark Wiles will be joining forces with Benoit Barbe to present an exhibition in photography at Mulberry Art Studios this August. Wiles will display a collection of his work, entitled “Images of Faces and Dreams,” which consists of surreal, psychedelic works and evocative portraiture. The exhibit will run throughout the month of August, with a First Friday opening reception on August 4 from 5 p.m.–9 p.m. Mark Wiles is a self-taught artist who makes photos and surreal artworks. With a conceptual approach, Wiles creates intense personal moments masterfully created by means of rules and omissions, acceptance and refusal, luring the viewer round and round in circles.

His works don’t reference recognizable form. The results are deconstructed to the extent that meaning is shifted and possible interpretation becomes multifaceted. By applying abstraction, he tries to develop forms that do not follow logical criteria, but are based only on subjective associations and formal parallels, which incite the viewer to make new personal associations. For more information, and to preview the artwork of ‘Images of Faces and Dreams,” please visit www.mulberryartstudios.com.
Just as in humans, obesity is a common health risk in pets. Several diseases may predispose pets to obesity, but most frequently our pets are overweight because their caloric intake exceeds their output. While treats may be your way of showing Fluffy how much you care, those extra calories can take their toll. In a lifetime study of free-fed dogs compared to dogs fed a restricted diet and kept at ideal body weights, the restricted dogs lived an average of two years longer than those that were free fed! In addition, the restricted dogs had a lower incidence of diseases such as arthritis and diabetes. That is two more healthy years you get to spend with your beloved pet!

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

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

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

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

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

– Aimee Miller

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

– Shea Stevens, DMD, FICOI

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

– Dawn Cutillo

**Change by Choice Hypnotherapy**
“I have been advertising with LCW for 10 years because it gives me 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

Lancaster County Woman 35 July/August 2017
AVLC, The ONLY Vein Certified Center in the Region!

Summer is Here!

42 Years of Combined Experience Treating Venous Disease

Most Treatments are Covered by Insurance!

Call about your insurance today!

Free Ultrasound Screenings Wednesdays 1-3pm. Call to schedule today!

DAVID WINAND, MD, FACS
896A Plaza Blvd., Lancaster, PA 17601
717-295-VEIN (8346)

There’s No Vein We Can’t Treat

Spider Veins, Varicose Veins, Swelling of the Legs and Ankles, Fatigue and Heaviness in the Legs

Call Us Today for Your Free Vein Evaluation!