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How to Choose an Aesthetic Provider

William A. Carter, MD

You’re age 53 and have made a momentous decision. It has finally gotten to the point that an awareness threshold has been reached. The person looking back at you in the mirror each morning is no longer the individual you once recognized as yourself. It is now time to act! “I should do it more!” you think, almost. It is never ideal to have your treatment options within the framework that you provide. There will be every consideration.

Fourth, choose a practitioner who is willing and able to decide with you the best treatment options for you. Some decisions are made by one of these individuals.

Fifth, you deserve a practitioner who is willing and able to accept responsibility and work with you to correct whatever “therapeutic mistake that can be made.” Most of the mistakes that can be made with Botox have either made or know personally people who have made them. We are fully aware that you have not, take your time. Start the path toward an evolutionary improvement in your appearance, not a revolutionary change.

Fourth, choose a practitioner who is willing and able to decide with you the best treatment options within the framework that you provide. There will be every consideration.

Downtime should be planned for, lessened, or eliminated. Timing is important. When do you need to look your optimum? Are you the mother of the bride who is getting married in six months, for example? Is your 25th college reunion in just two months? All of this matters.

Fifth, you deserve a practitioner who is willing and able to accept responsibility and work with you in a sympathetic and fair way to correct whatever “therapeutic misadventure” occurred because of their efforts. What I am saying is that the best practitioners are extremely capable but at the same time possess humility. None of us is perfect. Not every treatment will provide results in a grade “A” performance. I always strive for the “A” result. Frequently, I am rewarded with that type of outcome or very close to it, but not always. Sometimes a less-than-ideal result is my fault, sometimes not. I know of practitioners who never make mistakes. These people are not being honest with themselves or their patients. Unless your ego strength is much greater than mine, you would be better served to not be cared for by one of these individuals.

Choose wisely. Most of us in this arena do complimentary consultations. Start there and interview your potential aesthetic provider. Thank you for shopping!
Lancaster Fertility Recognizes National Infertility Awareness Week

Beth N. agrees. Sobel’s advice is the reason why she is currently working with Dr. Sobel on infertility issues of her own. “It’s a very long process, and I never realized how complicated it could be,” said Beth. “The number-one recommendation I would give [is to] make sure you find a doctor you are comfortable with, because it is confusing and complicated at times. It’s an exciting journey, but at the same time it can be scary.”

She tried working with three other fertility practices before finding Dr. Sobel and Lancaster Fertility. “They walked my husband and me through every single aspect. A lot of places seemed to assume I knew what the process was,” said Beth. “Dr. Sobel was so informative and explained everything to my husband and me.”

The October newlywed started the IVF process in February. Her preliminary bloodwork and diagnostic surgery is complete, and she looks forward to starting the next phase of medication. Beyond IVF Lancaster Fertility (a division of Abington Reproductive Medicine) offers infertility treatment options and reproductive services, which can include fertility medication therapy, intrauterine insemination, intracytoplasmic sperm injection (ICSI), preimplantation genetic diagnosis (PGD), autologous endometrial coculture, egg donation and/or surrogacy. All of these treatments will be described in full by Dr. Sobel upon consultation.

“We feel so personally connected to Dr. Sobel,” said Beth, who commutes 45 minutes each way from her Berks County home for her appointments at Lancaster Fertility. “We are so comfortable with him, my husband and I said, ‘we’ll drive; we don’t care.’”

Sobel, who is board certified in both reproductive endocrinology/infertility and obstetrics/gynecology, joined Lancaster Fertility after serving as the clinical director for the Reproductive Science Institute in Wayne, Pa., for 12 years. This fact is only part of the experience he brings with him. He received his undergraduate degree in chemistry from F&M College and completed medical school at the University of Medicine and Biosciences in Kansas City, Mo. It was while receiving his postgraduate medical training and completing his residency at the University of Medicine and Dentistry of New Jersey that he found his passion for infertility treatment.

“There was a time, especially in the 1980s, where the field of reproductive endocrinology was not well known,” said Sobel. “Science at the time was more surgical than medical. In vitro fertilization was in its infancy.”

He continued his specialization with a clinical and research fellowship in reproductive endocrinology at Thomas Jefferson University Hospital. Sobel remained at Jefferson Medical College as a full-time assistant professor from 1992–1997.

“My interest evolved because it’s a science that involves the tools of internal medicine—surgery and laboratories. It’s an interesting field that contains so many aspects of science that have fascinated me for my entire career,” said Sobel.

He explained there are also myths about infertility to avoid. Just relaxing will not necessarily increase chances of fertility—infertility is NOT a psychological problem. Sobel called the misnomer that adoption increases the chances of becoming pregnant “a total myth.”

“If somebody agrees to adopt, it’s not because they cannot have a child,” Sobel said. “Adoption is something parents choose. They want to create a family. It’s a choice.”

With National Infertility Awareness Week upon us, now is the time to “start asking,” says the National Infertility Association, the force behind the campaign. Started in 1989, the awareness movement aims to—among other things—enhance public understanding that infertility is a disease that needs and deserves attention.

For more info on National Infertility Awareness Week, please visit www.resolve.org/niaw. #StartAsking

Lancaster Fertility
1059 Columbia Ave.
Lancaster, PA 17603
(717) 517-8504
www.lancasterfertility.org

We provide comprehensive female & male infertility evaluation/treatment:

- IVF (in vitro fertilization)
- ICSI (intracytoplasmic sperm injection)
- Egg donation (we have immediate availability for recipients)
- IUI (intrauterine insemination)/donor insemination
- Assisted hatching
- Blastocyst culture and transfer
- Ovulation induction
- Andrology services
- Autologous endometrial coculture for IVF
- Gestational carrier/surrogacy consultation and monitoring
- LGBT family building
- Fertility preservation—egg and sperm freezing/storage
- Genetic counseling
- Preimplantation Genetic Diagnosis (PGD)
- Treatment of recurrent pregnancy loss
- PCOS (polycystic ovarian syndrome)
- Endometriosis
- Da Vinci Robotic Surgery—removal of uterine fibroids/tubal ligation reversals
- Management of ectopic pregnancy
- Reproductive urologist for male infertility

Dr. Michael Sobel
Lancaster Fertility

by Michael C. Upton

With National Infertility Awareness Week running April 23 through 29, 2017, Dr. Michael Sobel, DO, FACOOG, of Lancaster Fertility wants women to know they are not alone with infertility issues and that treatment is an ongoing, personalized process.

“The most important thing to know about infertility treatment is that it depends upon each individual situation,” said Sobel. “The best advice to give a new couple coming to our office is to assume I knew what the process was—or at least, I told them what I knew.”

In the 1980s, where the field of reproductive endocrinology was in its infancy, Sobel explained there were also myths about infertility to avoid. “Generally, the source of infertility problems is split equally among men and women. Essentially, almost half the time it will be a male diagnosis, and almost half the time it will be a female diagnosis. Maybe about 10 percent of the time it will contain both.”

With National Infertility Awareness Week upon us, now is the time to “start asking,” says the National Infertility Association, the force behind the campaign. Started in 1989, the awareness movement aims to—among other things—enhance public understanding that infertility is a disease that needs and deserves attention.

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- Management of ectopic pregnancy
- Reproductive urologist for male infertility
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 look for polyps, which can lead to cancer. “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 (RGI).

“If someone is at average risk, the recommendation is that they start screening 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 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. Rosenberg informs patients that the only side effect they are likely to have when they get home is a bit of mild gas.

“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.”

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 and essential it is.

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

Rosenberg and the other specialists at RGI would like you to consider that “20-30 minutes of screening could mean many more years of health and happiness.”

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.
Before, when I looked in the mirror all I saw was my weight.

Now I see the real me.

The happy, healthy, active me.

As I’m getting smaller, my world is getting bigger.

Weight loss surgery changed my life.

FREE WEIGHT LOSS SURGERY SEMINAR
Tuesday, March 28, 7-8 p.m.
Tuesday, May 23, 7-8 p.m.
Heart of Lancaster Regional Medical Center
Register today at LancasterBariatrics.com or call 717-627-0398. Online seminars also available.

Ask about same-day primary care doctor appointments at our 10 locations.

If you’re looking for convenient, accessible healthcare for your whole family, you’ll find it with us. With 10 locations and extended hours available, there’s no long wait to see a doctor.* Also, ask about preventive care services your health insurance may cover at no cost to you, including flu shots, immunizations, annual checkups, and colon and breast cancer screenings.

Visit LancasterMedGroup.com for more information.

*Patients may be seen by a physician, nurse practitioner or physician assistant.
Physician as Son: When Advance Care Planning Became Personal

As a geriatrician, I work every day with individuals with changing health. Discussions of disease, functional changes, clinical decline, and end-of-life care are very common. I routinely encourage people to consider health options, make treatment choices, and share these through discussion and advance care planning documents.

But suddenly it was personal.

I got the phone call no child wishes to receive. When I arrived at the hospital, my father lay unresponsive on the emergency room cart, my mother at his bedside. My father’s normally smiling 94-year-old face was blank. There was no response to my voice or touch. His pulse and blood pressure were worrisome.

My physician brain instinctively realized he was probably dying. As a son, my heart cried out against the end of life for this vibrant and compassionate man. A man who had given life to me and six siblings. A man who had given his heart and soul to family and church. A man who had survived other serious illnesses.

Of course I did not want him to die, but even more, I did not want him to endure a prolonged dying in a sterile medical environment if death was inevitable. I knew the many possible medical treatments—the harder part was deciding which things should be done.

Understanding my father’s wishes

I turned to my mother, starting my usual medical discussion of code blue, mechanical breathing, and medical heroics. She listened briefly and then said, “Oh, we discussed that several weeks ago with our doctor, and completed a paper about those wishes. The paper is over there on the counter.”

They had discussed and completed a POLST document (Pennsylvania Orders for Life-Sustaining Treatment). It is one of several documents used in the advance care planning discussion to document the wishes of an individual. The POLST form is used for people with significant illness, and allows specific medical orders about resuscitation, medical interventions, antibiotics and feeding tubes.

Based on this document, I quickly confirmed with my mother that they did not want a code blue, mechanical breathing or invasive life support. They would accept medications and comfort treatment. The document clearly established his wishes for the medical team. As a son, the document gave great comfort to our decisions, knowing we honored his values.

Making choices

Based on his wishes, we chose supportive care, focused on comfort. If he had died, we as a family were at peace knowing that we followed his wishes. Remarkably, he slowly improved and returned to independent living. I’m delighted to still have him in my life, but I know his wishes if we face a future, similar situation.

An ongoing discussion for people of all ages of life

Advance care planning is an ongoing discussion about life priorities and goals, an evaluation of options, a choice about how we want to live, and a sharing of that through conversation and documents.

Advance care planning was essential for my father. It is important for me at mid-life. It is appropriate for my young adult children. The priorities are different at various stages of life, but everyone after age 18 should consider and document the appropriate portions. Talk with your medical provider and family about your goals.

My father gave my family a great gift by having this discussion before his illness. Please give yourself and your loved ones the gift of having this discussion in the near future. It’s one of the most important conversations you can have.
Acupuncture for Carpal Tunnel Syndrome  
New Study Shows Measurable Benefits

Jo Ellen Wisnosky, L.Ac., Dipl.Ac (NCCAOM), LMT, NBCTMB
Blossoms and Roots Wellness

Carpal tunnel syndrome is one of the most common nerve entrapment complaints, which affects the function of the median nerve at the wrist. Symptoms can include tingling in the hands or wrists, sharp pain, numbness and decreased mobility. Common contributing factors to the condition are repetitive strain injuries related to computer work, posture issues, as well as sports-related injuries and work-related overuse of wrists and overhead work over long periods of time.

A recent study published in the medical journal Brain: A Journal of Neurology, and reported in the journal Acupuncture for Carpal Tunnel Syndrome: New Study Shows Measurable Benefits, has provided a new and rigorous scientific research, featuring objective, measurable outcomes, and showed improvement at the time of treatment, as well as at 3-month follow-up. Other studies have shown positive results for acupuncture in helping relieve and manage mild to moderate carpal tunnel syndrome.

If you already feel some of the effects of carpal tunnel strain, or want to prevent carpal tunnel from developing, here are some holistic tips you can try to decrease your pain and increase your ease of movement:

• Move as much as you can at work. Avoid maintaining the exact same position for more than 45 minutes at a time.

• Keep warm. Often, people who frequently have cold hands are more prone to developing carpal tunnel. Keep your circulation strong.

• Try to use each hand evenly. Don’t let one overcompensate for the other.

• Maintain correct posture at your desk. The longer you sit in one position in front of a computer, the more you’re likely to sloouch. Sloouching puts strain on the neck and shoulders, which in turn affects your wrists and hands.

• If you’re working on a keyboard, try to keep your forearms level with the keyboard. Avoid bending your wrists for long periods of time.

• Rest. If at all possible, take some time away from the computer. Mix up what you do during the day so your wrists aren’t always in one position.

• Acupuncture is a natural alternative to try, especially before deciding on surgery for carpal tunnel. Acupuncture can reduce pain and increase mobility. It can also work as a complementary treatment if you do need surgery, as acupuncture can speed up your recovery process.

A fundamental of Chinese medicine is to not just treat the symptoms of a disorder, but to discover the cause and work on a treatment that targets the root of a problem. When working on your carpal tunnel, be sure you know what’s causing your symptoms, and try to develop your plan accordingly. Is it long hours in front of the computer every day? Keep a squeeze ball on your desk, and set a timer to stretch your hands every 40 minutes. Go on a walk at lunch instead of eating at your desk (where you’re compelled to surf the internet and be on the computer even during your break). Small steps add up. It’s never too late to make a difference in your health and to impact how you feel each day.

Acupuncture treatment involves the insertion of fine needles into points in the skin. The aim of the treatments is to stimulate the body’s natural ability to heal. The needles are sterile, FDA-approved, and fine as a human hair. One course of acupuncture is six to 12 treatments, once or twice per week. In a typical acupuncture treatment, needles are left in the body 20–40 minutes. Treatments are tailored to each individual’s needs, ensuring the best level of care.

There is an ongoing review between the person and the acupuncturist during a treatment course, in order to measure progress and keep the individually tailored treatment plan on track.

Acupuncture treatments may also include other adjunctive methods as part of treatment, including 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.

Acupuncture is a natural alternative to try, especially before deciding on surgery for carpal tunnel. Acupuncture can reduce pain and increase mobility. It can also work as a complementary treatment if you do need surgery, as acupuncture can speed up your recovery process.
Dear Readers,

“The day the Lord created hope was probably the same day He created spring.” —Bern Williams

With tons of snow still on the ground and frigid temperatures in place, spring made its arrival on March 20. Maybe if we all think happy, spring thoughts, warm weather will arrive to stay in the next few weeks!

In recognition of National Infertility Awareness Week, April 23–29, Lancaster Fertility wants couples to know they are not alone with infertility issues and that treatment is an ongoing, personalized process. Located on Columbia Avenue, their specialized physicians can customize a treatment plan designed just for you. For further information, you can visit their website, www.lancasterfertility.org, to book an appointment.

Among the many upcoming events featured in this edition is the Pilot Club’s Annual Spring Fashion Show, April 29, at the Four Seasons Golf Club in Centerville, and the Annual Presidential Wreath Laying and Buchanan Birthday Celebration at Woodward Hill Cemetery, Saturday, April 22, at 10 a.m. LancasterHistory.org has just about all the information you’ll need. So come on out and enjoy this wonderful event while contributing to an excellent cause.

Mark your calendars for Saturday, May 13, for the LCW-sponsored 2nd Annual Moon Dancer Rocks the Arts Festival in Wrightsville. Popular local bands “Love Haters” and “Wild Llamas” will headline this event, an afternoon and evening of fashion, art, and music. Twenty-five fine artists will exhibit their work while the bands play. This year’s event will also feature a hair-and-makeup runway show. The day concludes with a performance by fire dancer Lydia Lux and dancing under the stars to the music. All proceeds from this year’s event will benefit Cancer Treatment Centers of America. If you’ve never visited Moon Dancer Winery in Wrightsville, this is the perfect opportunity. Fine art and great music deserve a stage, and Moon Dancer is the perfect setting. For more information, visit www.moondancercwinery.com. We hope to see you there.

My late husband Joe was a Navy pilot, and I will always end this column by thanking our military personnel and their families. Freedom is not free! Thank you for your service.

With blessings, JoAnn Notargiacomo
New Officers for MOAA


The Susquehanna Valley Couples Connection

“Out of This World”

FIRESIDE TAVERN
1500 Historic Drive, Strasburg
Saturday, March 25, 6:30 p.m.

FEATURING: A Thrilling Video – Apollo 16 Moon Flight
Astronaut Charles & Dotty Duke Jr. World Renowned Ret. Brigadier General USAF Test Pilot will speak on “My Journey Out of this World”
Special Musical Guest will be Ric Zimmerman of Servant Stage Company

Bring Friends and Join Us!  •  Cost: $32.00
For reservations, mail to: Eleanor Doutrich, 590 Friendship Ave., Lancaster, PA 17601. Please include each guest name with payment payable to: SVCC  •  For info call (717) 208-7136
Acute Low Back Pain

Nearly all Americans have low back pain from time to time, up to 80 percent of us in any given year. Lower back pain is commonly related to home, work, and sports activities. We will review the symptoms that you should worry about, and how to take care of your own back when you experience pain.

“Red Flags”

Doctors have a special term for signs or symptoms of serious back problems, called “red flags.” If you have one of these symptoms, you should contact your doctor rather than simply proceed with a course of first aid for your own back pain. If you have a history of back pain AND a history of cancer, fall from a height, unexplained fever, difficulty walking, bowel or bladder disturbance, weakness in the legs worsening over time, or persistent numbness in your legs or feet, then you have a “red flag” that may require immediate medical attention.

If you don’t have any of these “red flags,” it is usually fine to start with self-care for your lower back pain. Over-the-counter pain medications such as acetaminophen, ibuprofen, or naproxen are often helpful in relieving lower back pain. If your back pain is associated with a twisting or lifting injury, then applying ice/cool compresses over the area may be helpful. Some individuals prefer heat, or alternating heat and ice, after the first few days. Ironically, bed rest has been shown to be counterproductive, so light functional activities are recommended to speed recovery. In addition to topical modalities and oral medication, physical therapy techniques may also help relieve back pain more quickly.

What about Diagnostic testing?

X-rays of the back are sometimes needed if you have “red flags” or direct trauma to the back. If not, regular X-rays will show only the bones of the lower back, and not the ligaments, muscles, and discs, which are more likely to be the source of acute low back pain. Advanced imaging techniques such as MRI or CT are usually reserved for individuals with red flags or those who fail to improve with six weeks of conservative therapy. It turns out that over 95 percent of individuals have “abnormal” findings on their MRI even if they have NO low back pain, and the specific source of the pain is not as easily identified as once hoped. Thankfully most individuals see improvement in their pain within the first 4-6 weeks, so surgery or injections around the spine are only needed occasionally.

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

Doctors and Patients—Preserving the Relationship

The Lancaster City & County Medical Society

480 New Holland Avenue, Ste. 8202, Lancaster, PA 17602
Tel: 717-393-9588
Email: info@lancastermedicalsociety.org
lancastermedicalsociety.org

Is It a Sinus Headache or a Migraine?

If you have ever missed work because of a severe headache, you are certainly not alone. Migraine headaches are the third most common illness in the world, with an estimated 37 million Americans suffering migraines at least occasionally, costing the country billions of dollars in medical care and lost productivity each year. Additionally, 1 in 10 school-aged children suffer from migraine headaches.

One of the more challenging aspects of treating headache conditions is distinguishing between the various types—most notably, the difference between a migraine and a sinus headache. Recent research revealed that headaches have been frequently misdiagnosed and mistreated.

“We find that self-diagnosed sinus headaches are often migraines,” said James Pacelli, MD, a neurologist with Regional Neurology and Pain Management Associates, located on the first floor of Lancaster Regional Medical Center at 250 College Ave., Lancaster. “A sinus headache is actually a migraine accompanied by sinus symptoms, which makes self-diagnosis difficult and inadvisable if you are a regular or chronic sufferer.”

The confusion is not surprising, as the symptoms and causes have many similarities. In both cases the pain occurs near and around the sinuses. Sinus headache—or sinusitis—is associated with a pus-like nasal discharge that represents a potential infection in the sinuses. Migraine may be associated with watery eyes and runny nose, but the fluid is clear and not the cause of the pain. Sinus headaches are not normally disabling, while migraine pain can be severe to disabling. The key distinguishing features of migraine are:

- Nausea or vomiting.
- Sensitivity to light or noise.
- Moderate to severe pain in head and/or neck, usually located only on one side of the head.
- Pulsing/throbbing pain.
- Headache is worsened by activity or movement.

Experts advise that you go beyond the location of the pain and pressure, and look for a headache associated with the inability to function normally at school or work, nausea and light sensitivity, and triggers such as weather change, menstrual cycle, and physical or emotional stress. Most notably, it is commonly assumed that a headache associated with weather change is a sinus headache, while weather changes are actually a common trigger for migraines. Additionally, migraine may be hereditary. If other family members are migraine sufferers, it’s more likely that your headaches are migraine as well.

Ask yourself these questions, known as the ID Migraine Questionnaire, developed by Dr. Richard Lipton:

- In the past 90 days, have you experienced headaches that interfere with your ability to function normally?
- Are your headaches ever accompanied by nausea?
- When you have a headache, does bright light make the pain worse?

If you answered “yes” to two of these three questions, migraine is the likely diagnosis 93 percent of the time. If all three are true, there is a 98 percent chance the diagnosis is migraine.

Most patients included in the recent research studies who complained of “sinus headache” were taking a large amount of over-the-counter and prescription decongestants, antihistamines, nasal sprays, analgesics and NSAIDS, but expressed significant dissatisfaction with the results.

“An effective method for diagnosing your headaches with certainty is to ask your doctor for a migraine-specific medication,” said Dr. Pacelli. “Try the migraine medicine for your next three ‘sinus headaches’ and evaluate the impact on symptom relief, compared to the sinus medicines you’ve used in the past.”

In some cases, your physician may recommend a more extensive evaluation, such as a CT scan of your sinuses to rule out sinus disease, or an MRI to rule out any issues associated with the brain. These diagnostics can help reassure you that your condition is truly a migraine, and that you are treating it appropriately.

Determining the right cause frequently leads to the appropriate solution and path to relief. For assistance in finding a family physician who can help you diagnose and manage your headaches, please call 1-844-784-DOCS or visit LancasterMedGroup.com. To contact Dr. Pacelli’s office directly, please call 717-735-3918 or visit RegionalNeurologyandPain.com to learn more.
Can’t seem to catch your breath? Huffing and puffing after your daily exercise? Is that rumbling cough becoming more and more frequent? Shortness of breath and decreased cardiovascular fitness are often attributed to being out of shape or “just getting old.” Don’t be so quick to dismiss breathing difficulties—they may signal the onset of chronic obstructive pulmonary disease, a serious respiratory condition.

“Chronic obstructive pulmonary disease (COPD) is one of the most common respiratory diseases—and the fourth-leading cause of death in the United States,” said Chineya Emuwa, MD, pulmonologist with Lancaster Pulmonary & Sleep Associates, located at 233 College Avenue, Suite 300, in Lancaster and affiliated with Lancaster Regional Medical Center. “COPD is a serious respiratory condition. COPD most commonly affects current and former smokers, women and individuals over age 45. It affects quality of life by severely compromising the ability to breathe, which leads to decreased physical activity and increased risk for other chronic diseases such as obesity, cardiovascular disease and cancer.

Diagnosis COPD can be diagnosed with a simple lung test, known as a pulmonary function test, or spirometry. This test measures the amount of airway obstruction in the lungs by calculating the force and volume of air that a patient exhales over time. A blood test, a chest X-ray, electrocardiogram or CT scan can suggest the diagnosis, but pulmonary function tests are needed to be certain.

Treatment COPD can be treated in several ways, from medication to supplemental oxygen to respiratory therapy. Pulmonary rehabilitation, a hospital-based program that combines education and exercise classes, can help COPD patients improve lung function and reduce symptoms.

People with COPD should be vigilant about getting an annual flu vaccine, since they are prone to complications from flu and pneumonia. Research has found that an annual flu vaccine actually reduces serious illness and death in COPD patients by 50 percent. Good oral hygiene is also important, to prevent germs in the mouth from developing into more serious infections.

Contact your primary care physician today for an appointment to assess your lung health or learn more about our rehabilitation therapy offerings for COPD patients. If you need a primary care physician, please call 1-844-784-DOCS or visit Lancaster MedGroup.com. To contact Dr. Emuwa’s office directly, please call 717-735-0336 or visit LancasterPulmonaryandSleep.com.

Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health. For more information, visit www.lungusa.org or www.nhbi.nih.gov.


March Is Colorectal Cancer Awareness Month

Screening and Early Detection Is Key to Effective Treatment

March is Colorectal Cancer Awareness Month, and a good time to learn more about colorectal cancer (cancer of the colon and rectum) and how it can be prevented or best treated. Colorectal cancer is the second-leading cause of cancer-related deaths in the United States for both men and women combined. This year, approximately 140,000 new cases of colorectal cancer will be diagnosed, and 56,000 people will die from the disease.

“Colorectal cancer is a disease that can be prevented through regular screenings, a healthy diet and regular exercise,” explained Robert Conter, MD, a general and oncologic surgeon with General and Surgical Oncology Specialists of Central Pennsylvania at 233 College Avenue, Suite 203, in Lancaster and affiliated with Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center.

How can I lower my risk? To lower your risk of colorectal cancer, the American Society of Colon and Rectal Surgeons recommends that you:

• Get regular colorectal cancer screenings after age 50. Between 80 and 90 percent of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stages.

• Eat a low-fat, high-fiber diet.

• If you use alcohol, drink only in moderation. If you use tobacco, quit. If you don’t use tobacco, don’t start. Alcohol and tobacco in combination are linked to colorectal cancer and other gastrointestinal cancers.

• Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening or climbing steps may help.

Can colorectal cancer be cured? Since there are very few symptoms associated with colorectal cancer, regular screening is essential. Screening is beneficial for two main reasons: Colorectal cancer is preventable if polyps that lead to the cancer are detected and removed, and it is curable if the cancer is detected in its early stages.

“If detected, colorectal cancer requires surgery in nearly all cases for complete cure, sometimes in conjunction with radiation and chemotherapy,” said Dr. Conter. “Between 80 and 90 percent of patients are restored to normal health if the cancer is detected and treated in the earliest stages. However, the cure rate drops to 50 percent or less when diagnosed in the later stages.”

In addition, studies have shown that patients treated by colorectal surgeons—experts in the surgical and nonsurgical treatment of colon and rectal problems—are more likely to survive colorectal cancer and experience fewer complications. This is attributed to colorectal surgeons’ advanced training and the high volume of colon and rectal disease surgeons they perform.

Who is at risk for colorectal cancer? The risk of developing colorectal cancer increases with age. All men and women age 50 and older are at risk for developing colorectal cancer and should be screened. Some people are at higher risk and should be screened at an age younger than 50, including those with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer.

Current screening methods include fecal occult blood testing (a simple chemical test that can detect hidden blood in the stool), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon, performed in a doctor’s office), double contrast barium enema (barium X-ray), colonoscopy (a visual examination of the entire colon) and digital rectal exam. Colorectal cancer screening costs are covered by Medicare and many commercial health plans. You should find out from your colorectal surgeon or other healthcare provider which screening procedure is right for you and how often you should be screened.

Contact your primary care physician today for an appointment to assess your colorectal cancer risk. If you need a primary care physician, please call 1-844-784-DOCS or visit LancasterMedGroup.com.
Life Span Psychological Services

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

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

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

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

LIFE SPAN works with a broad range of mental health issues, including but NOT limited to:
• Depression/Anxiety/Panic Disorder
• Grief/Bereavement
• Phobias
• ADHD/ADD
• Postpartum Depression

• Obsessive Compulsive Disorder
• Oppositional Defiant Disorder
• Discipline/Behavioral Problems
• Anger and Stress Management
• Family/Children/Couples Issues
• Learning Disabilities
• Play Therapy
• Psychological Testing
• Bipolar Disorder
• Eating Disorders

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

Italian Cuisine with a Global Twist

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

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

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

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Meditation Lowers Stress Levels and Creates a Healthier Life

Dr. Jayaram Thimmapuram is an Academic Hospitalist at WellSpan York Hospital, where he primarily focuses on educating and mentoring Internal Medicine Residents. He has a special interest in research, and has had research articles published in reputed medical journals. He is a recipient of the “Outstanding Teacher of the Year Award for 2015.” Most recently, Dr. Thimmapuram has completed a research project on heartfulness meditation and its effect on lowering stress levels, burnout and its impact on telomere length. The study has been accepted for publication. He actively practices heartfulness meditation and offers meditation training.

Heartfulness meditation, a practice that involves gently focusing and resting the mind on the source of light within the heart, has helped me immensely in many ways. With this background, we completed a research study at WellSpan York Hospital with residents, faculty physicians and nurses to evaluate the effect of heartfulness meditation on burnout and telomere length. Telomeres are an essential part of human cells that affect how our cells age. Telomeres are the caps at the end of each strand of DNA that protect our chromosomes, like the plastic tips at the end of shoelaces. Telomeres are shortened as we age, but telomeres can also be shortened by other factors, such as stress.

We offered heartfulness meditation practice to our study participants for a period of 12 weeks. The results showed statistically significant improvement in all dimensions of burnout along with most attributes of emotional wellness. Also, in the younger subset of meditators, even their telomere length increased with statistically significant change. There were no changes noted in those who did not participate in meditation activities. In our hospital we now offer heartfulness meditation sessions weekly to enhance the wellness of employees.

I must admit, at first I questioned practices of meditation, but when I felt the changes myself, my opinion changed into a personal conviction. As the saying goes, “proof of the pudding lies in eating.” Meditation is a wonderful tool to open up the inner treasure of the wisdom of the heart and refine our intellect for us to lead a life with its challenges in a state of inner equanimity. The guidance of one’s heart and utilization of a refined intellect can act as two wings of a bird to help us soar higher and higher.

Rock The Church to Include The Wheatland Chorale

Resurrection Catholic School is pleased to announce that the Wheatland Chorale, under the artistic direction of Eric Riley, will join Rock The Church this year. The Wheatland Chorale has been recognized by the Pennsylvania Council on the Arts for artistic excellence.

This year’s event is scheduled for Friday, April 21, 7 p.m., at St. Anthony’s. Also available this year is a light meal in the school cafeteria, adjacent to the church, from 5:30 to 6:30 p.m. at $5 per person.

Rock The Church III features the Resurrection school choir, The Singing Saints, and guest choirs and ensembles from St. Mary, St. Joseph, St. Anthony and San Juan Bautista churches.

In all, more than 100 men, women and children sing pieces that reflect the diversity of the parishes, the styles of the groups and the scope of their talents. They include bilingual musicians who play guitars and congas, traditional church choirs singing a cappella and contemporary ensembles with a modern sound.

Directors of music are Robert Grabowski of St. Anthony of Padua, Dorothea Parrish of St. Joseph Church, Stephanie Sands of Historic St. Mary, Anthony Wiker of San Juan Bautista, and Joshua Vyskocil of Resurrection Catholic School.

Rock The Church was named in 2015, its inaugural year, when the school’s theme was “Resurrection Rocks.”

Rock The Church is free, though donations may be offered.

Event sponsors are Tomlinson Bomberger Lawn Care, Landscape & Pest Control, Custom Prescriptions of Lancaster, Donegal Insurance Group, Knights of Columbus 867, One2One Computer Services, Charles F. Snyder Funeral Home and Crematory, Dottie Horst-Realty Settlement Services, Andrew T. Scheid Funeral Home, Don Spica-RE/MAX, and Crooked Oak Dental Associates.
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Put Your Best Look Forward: Lancaster’s Bonnie Fissella
by Susan C. Beam

Our skin—as our largest organ, it is a major part of who we are and who we put forth to the world.

“It’s our canvas, and there are countless ways to enhance and beautify your skin depending on your goals and tastes,” explained Lancaster’s Bonnie Fissella. With 25 years of expertise in related fields of epidermal treatments, including electrolysis, permanent cosmetics, tattoo removal, and laser treatments, Fissella’s primary focus is helping clients achieve their goals, and ultimately discover that place where they’re happy in their own skin.

“Many of my clients come in because they’re not happy with something about themselves, or because they want to improve or simplify their daily routines. First and foremost, I want them to feel safe and comfortable,” said Fissella.

She understands those goals because she, too, once had similar insecurities. “Growing up, I had a medical issue, which led me to seek out treatment through electrolysis,” explained Fissella. “And because of how life-changing the results were, I knew that I wanted to pursue electrolysis to be able to offer others the same incredible feeling of renewed self-esteem.”

Shortly after graduating from art school (Pennsylvania School of Art and Design), Fissella completed her electrolysis training and joined a partnership with Jill Sherman, which became Jill & Bonnie’s Electrolysis. It is one of the only electrolysis businesses that remains from “back in the day,” and is still going strong.

After a year and a half, Fissella decided it was time to expand her repertoire, ultimately opening The Finished Line Permanent Cosmetics. “I was really curious about permanent cosmetics, but back then it was definitely taboo—people didn’t talk about it much,” said Fissella, adding that, happily, times have changed, and many individuals have embraced the convenience of having permanent eyeliner and lip liner, or the confidence they feel knowing their brows are always there!

“It’s so gratifying to see my clients gain self-confidence and feel so much happier with the face they see staring back at them in the mirror,” said Fissella.

Not one to rest on her laurels, Fissella then trained in the fields of laser tattoo removal, opening Disappearing Ink, and at the same time intense pulsed light (IPL) treatments for the removal of unwanted hair, age spots, rosacea and acne. Three years ago, she began offering micro-needling to her clients, which is designed to effectively treat fine lines and wrinkles, scarring, and hyperpigmentation by creating micro-channels in the epidermis and mid-dermis. This sends the skin’s natural repair mode into high gear, producing collagen and elastin. Skin becomes firmer, regains elasticity, reduces pore size, and because of the increased circulation, the overall condition of the skin improves.

Still, regardless of the type of treatment an individual is seeking, Fissella says it all comes back to the client service and the joy she receives when working with them.

“When I was going through my own personal hardships, one of my mentors told me that she enjoyed her work so much, she would do it for free if she didn’t have bills to pay! I totally understand that feeling. There is so much gratification in helping someone achieve their full potential,” she commented.

For more information regarding services, or to see before-and-after photos, visit bonniefissella.com.
Franchise Figures It Out: Hormones Matter!

BeBalanced offers a fresh, non-medical approach for women’s weight, mood, and sleep.

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

“Women deserve to look and feel their best at any age. As a woman ages, she wants and deserves to know what is going on with her hormones, which are causing frustrating symptoms,” states Dawn Cutillo, founder of the BeBalanced Weight Loss Centers franchise and author of The Hormone Shift. “Being in the health field for over 28 years, I observed a trend in women over 35 that both the medical community and the health and fitness community were not addressing. Women are intuative and they know when something is ‘off’ with their body, but no one explains this to them. I wanted to have a safe and comforting environment where women could come to understand and start the process of balancing their bodies within a few days. That’s when I started BeBalanced.”

Many health professionals are unable to figure out why the traditional “calories-in-calories-out” dieting method does not work for women as they age. According to the perts at BeBalanced, over 50 million women in the U.S. are in their perimenopause and menopausal years, where hormonal imbalances can become almost intolerable. BeBalanced aims to solve this mystery.

Sandra dropped 4 dress sizes and 3 medications!

“I absolutely LOVE food! So the thought of doing this program was a bit unnerving, if not somewhat terrifying for me. I’ve been for a very long time that I was a carb-addict. Bread, pies, cakes, etc... you name it. I could eat the whole thing without batting an eye! However, I was getting older and bigger every day. When I was younger, I was pretty thin and didn’t need to work as much. But after I had my second son, the weight just didn’t come off like it did with the first pregnancy. I have lost 30 pounds, 2 years later, I am 50 lbs lighter and more comfortable in my own skin. I tried other programs, but they never really worked. September 2016 was the second time I came to BeBalanced. It was on Facebook. I took the Free Hormone Assessment and found out that I was extremely ‘out of whack.’ I was contacted for a consultation and decided to check it out. I am so very glad I did! The first month on BeBalanced, the weight seems to melt off pretty quickly, which keeps you motivated. When my husband saw how well I was doing, he decided to jump on the bandwagon and join me. It is awesome to have a partner in all of this. I’ve been able to discontinue my medications for high blood pressure and high cholesterol, and my irritable bowel syndrome is also gone. I’ve gone from a size 14 to 10 to a size 6. I’ve lost 45–50 lbs, and at last check, over 27 inches. I sleep better and more soundly. As time goes by, when I try to eat some of those starch-containing foods again, I really don’t feel that great. The biggest surprise of all is that they don’t taste that great anymore. Overall, I feel much better physically and emotionally. I just feel better about myself in general. I love it in this program.”

Gary dropped 3 pants sizes and lowered his blood pressure and triglycerides!

“I am a 51-year-old truck driver who is diabetic with high blood pressure, high cholesterol and high triglycerides. I was always worried about having to give up the life I was used to. But BeBalanced was able to adjust my plan to help with this situation, so I decided to try it. It was the best decision I ever made! I am down between 50 to 55 lbs. I am off all of my medications for my “ailments,” except for one of my diabetes drugs, but am in the process of weening myself off the last drug with the supervision of my doctor. I am a lot more alert and sharp all day long. The life planning at the end of the weight loss has been a big help also, as I have found a couple foods that will be my “trigger” foods, which cause me to throw myself out of whack. As a result, I don’t eat those foods anymore. I strongly recommend this program to everyone. I told them that if I can make this work, anyone can. I can now justify buying myself a new wardrobe, as I have gone down at least three pant sizes, and even my shirts can be smaller if cut right.”

Gary and Sandra

“Hormonal imbalances are worse today in our modern-day society,” Cutillo adds. In return, this stress causes women who tend to multiskill to have high stress hormones, like cortisol. The high demand for cortisol will cause the body to run out of the reserves to make it. The body takes the sex hormone, progesterone, and converts it to the needed cortisol.”

This, she says, leaves a woman low in progesterone and higher in estrogen, also referred to as “estrogen dominance.” This simple imbalance leads to stubborn weight, especially around the midsection and makes it almost impossible to lose weight no matter what the woman does.

Estrogen dominance, she adds, also causes all PMS and menopausal symptoms that correlate with mood, sleep, energy, thyroid, to name a few. This imbalance also makes it difficult for a woman to enjoy her life or even make good lifestyle choices. By balancing the hormone insulin, and sex hormones while decreasing cortisol, BeBalanced clients not only lose weight quickly, but see dramatic and quick improvement in mood, sleep and energy. This is done with a hormone balancing diet, sound wave relaxation therapy and professional supplements.

“Our philosophy is ‘Natural Hormone Balancing,’ which is much safer, faster and less expensive than traditional hormone replacement therapy (HRT) or bio-identical HRT,” Cutillo explains. “With these HRT therapies, many women have some symptoms go away, but they cause more symptoms and almost always cause added weight.”

BeBalanced also ensures that clients keep their weight off by detoxifying, eliminating excess Candida yeast and pinpointing food sensitivities so the client learns to eat “smarter” by avoiding foods that cause weight gain and symptoms. In addition, clients use natural hormone balancing creams that aid in hormonal balancing, causing a decrease in cravings and bloating, and ensuring PMS/menopausal symptom relief, allowing women to feel well enough to make the best lifestyle choices.

Until now, Cutillo says, women often suf- fered or accepted these hormonal changes with age. BeBalanced has already made a significant change in women’s lives by helping over 7,000 women reach their weightloss and health goals in their budding Pennsylvania franchises. There will be close to 25 franchises by the end of this year (see website for current open locations).

“When a woman loses that last stubborn 15–20 lbs, her mood improves, she sleeps more deeply and no longer deals with hot flashes,” Cutillo notes. “Not only is her life improved, but her family and career benef- it as well. Our centers are improving the quality of women’s lives by balancing their hormones.”

“An added long-term benefit is slowing the aging process and decreasing the chances of high blood pressure, diabetes and estrogen receptor positive breast cancer,” she contin- ues. “We deliver what we promise and women need to know that there is hope and that we offer so much more than weight loss.”

To get answers on hormonal changes happen- ing in your body and receive a free complimentary hormone assessment, please contact one of our local centers.

BeBalanced offers unique hormone assessments at no cost to help women understand their bodies. More information can be found at bebalancedcenters.com.
Moon Dancer Winery Rocks the Arts Festival, Saturday, May 13

This year will be the second annual Moon Dancer Rocks the Arts at Moon Dancer Winery in Wrightsville on Saturday, May 13, from 3–10 p.m. Mark your calendar for this destination to experience an event that will be a feast for the senses, with great art, energizing music and delicious food and wine!

The purpose of Moon Dancer Rocks the Arts is to provide a platform for local artists to express themselves, as self-expression deserves a stage!

It is a charity event, with tickets at the gate costing $25 for the entire day. This year the proceeds will be contributed to Cancer Treatment Centers of America’s cancer patients.

Local artists will get the chance to connect with art connoisseurs by exhibiting their works while being accompanied by the rhythms of some of the Lancaster area’s best bands, including Love Haters, Wild Llama and kicked off with Angela Michele. To add to the excitement, this year, special runway and stage shows will be scheduled throughout the day. The New BLU spa at Universal Athletic Center will be presenting a Bohemian hair and makeup show. Artists will be presenting “live moving” art of fire dancing and painted models.

There will be food and wine all day, ending with dancing under the stars to make the day complete. The vision of the founders of Moon Dancer Rocks the Arts is to create an event unlike any in Lancaster. The goal is to draw the interest of local art lovers and allow a way to promote music as well as traditional and moving art all together in a fun-filled day benefiting charity!

Photography
Robert Sleeper

“Although I specialize in portrait photography, I definitely don’t narrow my scope of work to the exclusion of anything. You could see anything from nature work, to abandoned urban scenes, to artistic nudes in my portfolio. As with most artists, 95 percent of motivation is the enjoyment of others.”

Sculpture
Kelly Farrell

“Kelly has been sculpting for most of his life. After years of working at fine art foundries, bronze has become his medium of choice. Capturing the human form in motion is the driving force behind his work. “If it’s 3-D, it’s from me.”

Oil Painting
Alice Schwager

“I believe that everything in this universe is energy, and everything in life is vibration. Vibrational art is artwork that was created with a healing intention. My experimentation with vibrant colors, texture, collage, mixed-media materials and manipulation of form is intended to create paintings that have an important mission. They are messengers of HEALING.”

Wood Burning
Chat Osborne, Founding Artist

“Early in my teens, I bought a cheap Walnut Hollow wood-burning set and a pattern book. Over time I started my own methods of shading with torches and making some of my own tips for my upgraded detail master. I’ve learned to focus even more on fine detail by experimenting. It is very satisfying and with every burn, I still learn something new.”

Bohemian Hair and Make-up Show

Lead Stylist/Team Leader Bethsaida (Betsy) Valentin from BLU Salon & Spa—Universal Athletic Club will be presenting the runway show.

Kingdom Ink Tattoos will be displaying this year! Owner and lead artist William Mason opened six years ago. With over 15 years’ experience as a tattoo artist, William runs the shop with his wife, Trisha Mason, who co-owns the shop and works there as a body piercer. Two other artists work at Kingdom Ink: Gillian Gartner and Cory Fodor.

Live Art, Tattoo Show
**MoonDancer Rocks the Arts**

**Music • Art • Food • Wine**

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1282 Klines Run Road, Wrightsville, PA 17368

More info posted on moondancerwinery.com

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**Saturday**

May 13, 2017

3–10 p.m.

at Moondancer Winery

**Bands Play While Artists Display!**

**Wild Llama • Love Haters • Angela Michele**

**Fire dancer Lydia Lux**

“I had been hula hooping without fire for about a year before I saw fire dancing in the flesh. I have been an artist for my entire life, but I had never been pulled in by something so beautiful and extraordinary before. I gave it a shot and was hooked instantly. Another year went by, and I realized I needed to share this magic with audiences everywhere. I have now been fire dancing professionally for the past three years, doing everything from private parties and corporate events to major music festivals around the country. I wouldn’t trade the magic and joy I bring people for anything.”

**Ian Fisher** is a 14-year-old rapper, singer, and producer. He goes by the stage name Teras, which means “a monstrosity.” Being emotional, Ian likes to write out his feelings in his song lyrics. He strongly feels we all need to express our emotions. If we are not able to do this, our feelings can build up and erupt in us like monsters. Teras states, “I have been writing music since I was in third grade; it has always been very important to me. My inspiration for music comes from my life and the things around me. I always like to provide a good message in my music and express my emotions, without any profanity.”

**Angela Michele**, singer/songwriter, originally from Charleston, S.C., has been writing since a young age and has always been passionate about sharing her music with others. Her southern roots can definitely be heard in her soulful songwriting. As a bluesy pop rock vocalist, she truly puts her soul into each and every song and performance. She has been writing and developing her voice in songwriting since her youth, and has always been inspired by her life experience and the world around her. She always gives a memorable show by getting the audience dancing and singing along.

(L–R) Tom Singer (drums), Sean McEvoy (lead guitar), Brian Thomas (lead singer), Jason Grey (bass, not pictured)

(L–R) Sluggo (bass guitar), Trent Sprenkle (drums, lead vocals), Greg Deshong (lead guitar)
One-Stop Dental Office

At Smiles By Stevens we take a caring and family-friendly approach when treating our patients. We consider ourselves a multispecialty practice. We offer all services under one roof, and we treat all ages.

Dr. Stevens continues to learn new techniques and train in new procedures so that he can continue his state-of-the-art dental treatments and so that we can treat our patients in the comfort of one dental office without having to refer them to multiple dentists to get their treatment completed. This concept has kept our patients happy and well taken care of.

We offer routine services such as hygiene and restorative care, as well as root canal treatments. Dr. Stevens is specially trained in implant dentistry and grafting, and can place and restore your dental implants. We offer Botox services for facial esthetics as well as for the treatment of clenching and grinding. Juvéderm filler is another cosmetic option that our patients can experience in our practice. We are now offering procedures to relieve and help cure sleep apnea, as well as snoring devices. The list is quite long and we continue to add to our list of services for our patients in order to offer every benefit that is out there to them.

Celebrating Our 10th Anniversary!

Smiles by Stevens is celebrating its 10-year anniversary! Dr. Shea F. Stevens has had the privilege of meeting great patients and working with a great staff. He is proud to have achieved Top Dentist in Pa. four times, Top Dentist in Lancaster five times, and awarded Who’s Who amongst Cosmetic and Implant Dentists. Smiles by Stevens will always stay up to date with modern trends in dentistry in order to provide quality dental care for the Lancaster community. We look forward to welcoming you and your family to our state-of-the-art dental practice.

Shea F. Stevens, DMD, FICOI

• Dr. Shea F. Stevens specializes in cosmetic and implant dentistry. His dental practice has earned BEST DENTAL PRACTICE IN LANCASTER in 2011 and 2012, and PA’S TOP 20 DENTISTS in 2010 and 2011.
• Dr. Stevens trained at Temple University School of Dentistry for his DMD degree and furthered his postgraduate education at New York University by completing a surgical residency in oral implantology.
• One of the youngest dentists to receive his Fellowship status in the International Congress of Oral Implantology.

Dr. Shea F Stevens resides in Lancaster, Pa., with his wife Aileen, beautiful daughter Rowan, handsome son Colton, and his dogs Jada, Spartacus and Coco. He still plays soccer in a men’s league and trains at CrossFit. Dr. Stevens trains for military-style mud runs, which are trail runs with obstacles and mud! He loves his family and looks forward to spending every free moment with them.
On Behalf of the Medical Executive Committee, THANK YOU to the physicians who support Heart of Lancaster Regional Medical Center

In honor of National Doctors’ Day
March 30, 2017

Health & Wellness

Lancaster County Woman 19

March/April 2017
‘Spring’ into Fun and Food at Mulberry Social

by Susan C. Beam

Ready to celebrate spring with delicious food and a rotating selection of local craft beers in an upbeat and inviting atmosphere? Since their opening in August 2015 at 300 W. James St., Mulberry Social has been delighting guests with their innovative menu choices and eclectic assortment of beer, wine, and spirits.

“I’ve always described Mulberry as a favorite neighborhood bar. It has a fun and casual ambiance with a little something for everyone to enjoy—from great food, great service, great drinks and good wine,” said Tara Welsh, formerly of Gibraltar Restaurant and now Mulberry Social’s general manager and owner, along with Pete Keares of Lancaster Brewing Co. and Chef Carl Vitale of Gibraltar.

This spring, expect to see some updated and inspired pairings of locally-grown, fresh produce with seafood and meat, perfectly prepared for the warm weather.

“Spring is a great time for light fare, and we’ve been experimenting in the kitchen, looking for the ideal pairings of something new, something fresh, and some classic dishes with a twist,” said Welsh, adding that some recent winners have included dishes featuring seafood, duck, and elk meat.

And for those already familiar with Mulberry’s menu, no need to worry—old favorites will also be sticking around, especially their popular pizza and pasta dishes, each made with freshly prepped dough straight from the kitchen.

“I love our fresh dough, and I know our guests love it, too. It’s so gratifying to see familiar faces at Mulberry enjoying their favorites,” said Welsh.

In addition to their excellent fare, Mulberry also offers a variety of beer, and with 11 taps, everyone is sure to find something to their liking.

“We have rotating taps, so there’s always something new to try, and we stick with all local beers. The majority are from Pennsylvania, although occasionally, for variety, we’ll try one from Delaware or Maryland,” explained Welsh.

“We also have some fantastic wine and cocktail offerings,” Welsh continued. “We use all fresh ingredients, and our bartenders love being creative with new spirits, from trying the latest trends in flavor fusions to experimenting on their own and creating original drinks.”

Mulberry will also be continuing their popular weekly specials this spring, so stop by on Wednesdays to enjoy braised beef short ribs, or come in on Thursdays to snack on freshly shucked oysters.

For more information on Mulberry Social, or to check out some of their delicious fare, visit their Facebook page for nightly updates on what’s cooking.

Mulberry Social
300 W. James St.
Lancaster; (717) 947-7163; www.mulberrysocial.com

Gibraltar
The Shoppes at Worthington Square
488 Royer Drive
Lancaster, PA 17601

Co-owners Tara Welsh, Chef Carl Vitale at Mulberry Social Kitchen and Bar. (Pete Keares, not pictured, is also co-owner)
Spring Fusions and Flavors at Gibraltar by Susan C. Beam

A staple of the Lancaster restaurant scene, Gibraltar has been delighting guests with innovative flavor pairings, extensive wine and spirits listings, and a warm and welcoming atmosphere since 1997. Now, in their new location at the Shoppes at Worthington Square, just off Oregon Pike at 488 Royer Road, executive chef Carl Vitale and his dedicated staff are ready to bring Lancaster some exotic new dishes perfect for enjoying in the warm spring weather.

“Spring is the best time of year for cooking because there’s so many options, so many flavors and so many different things to do,” said Vitale. “Winter is a time of heavier food, and of course, the temperature limits options. With the growing season, there’s so much variety, you can really create something special.”

As a chef committed to using local agriculture, Vitale is now looking forward to bringing the best of Lancaster County farms to Gibraltar’s tables.

“We’re very happy with the new space and the neighborhood. The vibe is fantastic, and we have a wonderful outdoor space to enjoy,” said Vitale, who also noted that the restaurant will be adding a trellis with an outdoor seating area and fireplace just in time to enjoy balmy spring evenings.

Vitale also said guests should be on the lookout for fun, spring-inspired cocktails and desserts, with infusions of basil and locally grown strawberries. These innovative flavors are the perfect counterpart to Gibraltar’s new location, which opened its doors in June 2016 after a move from the previous location on Harrisburg Pike.

Being in the new space has also allowed Vitale to expand into new opportunities, which includes the addition of a Sunday brunch menu and a weekday bistro menu featuring high-quality food for under $20.

Vitale commented, “The bistro menu is great to stop in after work, grab an appetizer and enjoy a cocktail, and the brunch menu is a really fun take on traditional brunch food.”

According to Vitale, Gibraltar now has something for everyone.

“As in the past, we’re still dedicated to making special occasions truly unforgettable, but with our new additions, we’ve now also become a place where you can get quality food and flavors every single day, whether you’re celebrating or just relaxing,” said Vitale.

For information about upcoming events, including April’s Wine Pairings and Special Easter and Mother’s Day menus visit Gibraltar’s Facebook page.
A Healthier Life for You and Yours

There are times in our lives when we may experience changing relationships, trouble managing stress, or difficulty interacting with family members. In those challenging situations there are simple things we can do to work towards a healthier, more balanced life.

Choosing to begin therapy can be a life-changing first step. A licensed therapist is a coach who is trained to help people make healthy improvements in their lives. From dealing with stress to navigating relationships, a therapist provides strategies that are focused on the individual. Studies show that if you’re depressed or experience anxiety, therapy is more effective than trying to control symptoms on your own.

If you’ve noticed that a family member or friend may benefit from therapy services, you can help. The best thing you can do is have an honest conversation with your loved one. Tell him or her that you’ve noticed changes from his or her usual self, and suggest that if he or she is feeling sad or anxious, talking to a professional may help.

If you’re not quite sure professional help is needed, Mental Health First Aid (MHFA) training can help you recognize someone who is struggling and give you the tools to assist someone experiencing a mental-health crisis, until the crisis is resolved or professional help has been obtained. MHFA teaches you more about critical signs in the workplace, including absenteeism, poor work performance, undesirable behavior, low productivity and low morale.

At Community Services Group (CSG), we listen to everyone we meet from the very beginning. All information is held in the highest confidence. The first appointment is an individualized evaluation in which the therapist will ask what the individual would like to accomplish, and what type of treatment they are most comfortable with pursuing. This approach produces a customized process that focuses on the whole person.

In addition to traditional one-on-one talk therapy, CSG offers several specialized services. For example, one of our new support groups brings together women who have experienced trauma in their lives. We also offer specialized coaching to parents to help them modify their children’s difficult behavior.

Beginning your journey to a healthier life may be easier than you think. At CSG anyone can sign up for MHFA training or make an appointment for any of our services. We even have walk-in hours for first-time clients at our Lancaster office. These hours allow anyone to make the first step to a healthier life without delay.

To ask about services, or to make a referral or appointment, please call 877-907-7970 or visit us online at csgonline.org.

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For a full service listing, please visit csgonline.org or call 717.907.7970 to speak to our referral center.

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Annual Presidential Wreath Laying and Buchanan’s Birthday

The 226th anniversary of President James Buchanan’s birth will be commemorated on April 22, 2017, and will feature the annual presentation of the White House wreath for the President’s grave site at Woodward Hill Cemetery, starting at 10 a.m., followed by a Birthday Celebration at Wheatland, starting at 12 p.m. and lasting till 2 p.m. Both events are free and open to the public.

The day’s events begin at 10 a.m., at Woodward Hill Cemetery with the Presidential Wreath-Laying Ceremony. The Ceremony includes remarks delivered by Brigadier General David Wood and County Commissioner Joshua G. Parsons. The James Buchanan Elementary School Fifth Grade Chorus will sing the national anthem after which two tours of the President’s beloved home, Wheatland, are available from 12 p.m. until 2 p.m., with a tour beginning every 15 minutes and the last free tour beginning at 1:45 p.m. These tours will be led by the Buchanan Elementary School students as they interpret the history of Wheatland, James Buchanan, his family and his life. Enjoy a slice of James Buchanan’s birthday cake with some punch provided through the generosity of the James Buchanan Elementary Parent Teacher Organization (PTO.)

The wreath laying will take place in Woodward Hill Cemetery, followed by the Buchanan Birthday Celebration at President James Buchanan’s Wheatland. For more information, go to LancasterHistory.org.

March/April 2017 22 Lancaster County Woman
Diplomacy, Respect and Unconditional Love: The Three Most Important Tips for Grandparenting Success

Healthcare for every stage OF A WOMAN’S LIFE.

Women & Babies Hospital is as unique as you are, because we’re the only specialty hospital in the region just for women. Every woman’s health needs are different, so we offer easy access to healthcare and wellness services, whether your lifestage is maternity, midlife or maturity.

Maternity Services:
• 4,000 plus babies delivered each year
• Childbirth and new family education classes
• Lancaster County’s most advanced intensive care unit for newborns
• Pennsylvania’s first and only Baby-Friendly USA designation — recognizing our commitment to breastfeeding education

Specialty Services:
• Women’s Specialty Center
• Menopause education and services
• Minimally invasive surgery
• Personalized care and private rooms
• Diagnostic testing
• Holistic therapies

Don’t stop focusing on your unique needs. Visit LGHealth.org/women to learn more.

In my line of work, I spend a lot of time with expecting mothers and new families. It’s such a stressful time, when the weight and gravity of every decision seems overwhelming, and it feels like even the tiniest misstep can have lifelong implications. Becoming a parent is serious business. But becoming a grandparent, it appears, is anything but!

Full disclosure, I am not a grandparent. So I turned to my friends Jo and Mary, two seasoned grandmothers with nine grandchildren between them, and they were happy to share their wisdom—and indulge in their favorite subject.

Their mood was starkly different than what I’m used to. They were so light and humorous and, as Mary described it, purely joyful. They laughed about sending the wrong birthday card to one child and the potty-training challenges of another, the similarities between menopause and pregnancy (The weight gain! The cravings! No sleep!), and the importance of knowing when to “zip it.” They had a wealth of serious, and not-so-serious, advice.

Diplomacy is key
Diplomacy, they agreed, is the hallmark of good grandparenting. Knowing when to step back and stay quiet is the most difficult challenge. New parents want to make their own choices for their baby and figure out their own parenting styles. Try to remember they’re scared, tired and doing the best they can. Trust them. They’re doing everything out of love so they’ll make the right decisions.

Respecting those decisions, especially when you might not agree with them, is critical. Listening—and affirming and encouraging—will often be much more meaningful than asserting your advice, no matter how well-intentioned.

Respect generational shifts
Recognize that good grandparenting starts during pregnancy, good diplomacy extends to embracing the choices and decisions facing all expecting and new parents. There have been enormous generational shifts in how we view labor, labor support, pain management, breastfeeding and newborn care. No single generation has all the right answers (believe it or not!), and we make the best choices with the best information we have at the time.

For example, Jo shared that when her son was born, the breastfeeding rate was around 14 percent. Today, that rate is closer to 90 percent (at Women & Babies Hospital) because research has shown such vast benefits for mother and baby. Be open to learning about the latest research and evidence; talk frankly about current options; and reserve judgment to set a foundation for good communication.

Consider taking a grandparenting class to learn more about all these topics.*

The value of unconditional love
Both Mary and Jo were overwhelmed by the purity and simplicity of their roles as grandparents. They both started sentences with, “We loved our children, but...” and then laughed. “Every child deserves to have someone who thinks they’re the greatest person in the world,” Mary said, “and a grandparent can fit that role. This is the time when you can love that baby without reservation and leave all the worrying up to the new parents!” Diplomacy, respect and unconditional love...it’s as simple as that.

*Grandparenting in the 21st Century is designed to foster understanding between new parents and grandparents. Offered several times a year at Women & Babies Hospital, the two-hour class explores the latest information on delivery and child development, and includes a tour of the maternity area. Cost: $10. Learn more at LGHealth.org/Classes.
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.

Local Artist Rachel Victor Debuts a New CD with Original Music and Lyrics!

Love Is Where You Are…
A pop classical album featuring original music as well as popular Broadway songs from Evita and Westside Story, as well as original pieces such as the title love ballad, “Love Is Where You Are,” among others. Rachel Victor is a classically trained vocalist with a background in professional musical theater, opera, and the concert stage. The daughter of musician parents, she is a native of Lancaster and a former lead soloist in the Pennsylvania Opera Company, performing in a number of operas. In addition to opera, she has performed in numerous musical theater productions, including West Side Story. She has been a featured concert soloist at the historic Fulton Opera House with the Lancaster Symphony and has performed in several seasons at Sight & Sound Theatres.

Love Is Where You Are…

Copyright 2004 Rachel Victor
Lyrics: Rachel Victor
Music: Nancy Groff
Available on iTunes, Amazon, CD Baby

Poets tell me true love is a dream.  
History shows me love is blind.
But when I am with you,  
you help me to see
That love, that kind,  
that makes the dream reality.

My fears, my doubts are all erased  
with one look at your beautiful face.  
And it is in the warmth of your embrace,  
this wandering heart at once is safe.

You show me love is patient, strong, and true.  
Love knows no boundary when I am with you.  
‘Til at last we are in one place

(Chorus)
I would cross an ocean;  
I would wade through streams.  
For love is where you are, and where you are is where I want to be.
Agreement Signed to Sell LRMC and HLRMC to PinnacleHealth

Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center have announced they will soon become affiliated with PinnacleHealth through an acquisition agreement that includes the sale of the hospitals and their associated assets. A total of four hospitals are being sold as part of the agreement, including Memorial Hospital of York in York, and Carlisle Regional Medical Center in Carlisle.

PinnacleHealth has been a leading provider of inpatient and outpatient healthcare services in central Pennsylvania for more than 140 years. Its three acute-care hospitals serve a five-county region through their commitment to providing patient-centered, nationally recognized care at a lower cost. PinnacleHealth invests in its facilities, technology and physicians to provide patients with access to the most advanced treatment options, while its net operating revenue continues to grow and exceeds $1 billion.

“Our hospitals play a crucial role in providing convenient and quality health care for our patients,” said Brooks Turkel, market chief executive officer of Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. “PinnacleHealth will help us maintain our critical positions as anchor institutions and employers in the community.”

The purchase agreement includes a commitment from PinnacleHealth to offer employment to all active employees in good standing when the transaction is complete. Privileges will continue for all physicians in good standing on the medical staffs.

“Lancaster Regional Medical Center, Heart of Lancaster Regional Medical Center and PinnacleHealth share a commitment to improving the health of our communities. Aligning the hospitals’ resources and assets with PinnacleHealth will combine our strengths and create an even stronger system that continues to offer personalized care and quality healthcare services locally,” said Phil Guarneschelli, President and CEO of PinnacleHealth System.

The transaction is expected to close this summer, subject to customary regulatory approvals and closing conditions. Until the transaction is complete, current ownership remains in place.

About Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center

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

Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are owned in part by physicians.

About PinnacleHealth System

PinnacleHealth System has been a leading provider of inpatient and outpatient healthcare services in central Pennsylvania since 1873. The 627-bed system has three acute-care hospitals (Community General Osteopathic, Harrisburg and West Shore Hospitals) on four campuses (Community, Harrisburg, Polyclinic and West Shore) serving a five-county service area and supporting rural hospitals through affiliations and telehealth services. PinnacleHealth pursues innovative treatment options for the region through cardiac and cancer clinical trials, while offering convenient community services, including medical home-certified primary care, urgent care, Magnet-recognized nursing excellence, emergency services, imaging, high-volume maternity care and a level III NICU, and workplace-based wellness services. PinnacleHealth includes a CardioVascular Institute and Cancer Institute, as well as a Bone and Joint Institute, Neurosurgery and Neurosciences Institute, and Spine Care Center that combine a multidisciplinary approach to comprehensive spine, bone, joint, orthopedic and sports medicine services. PinnacleHealth is recognized for high-quality care with national and regional recognitions for volumes, outcomes and safety. For more information, visit pinnaclehealth.org.

Hop on board for Rails & Ales, the Railroad Museum of Pennsylvania’s second annual craft beer-tasting event on Saturday evening, April 8, 2017. Rails & Ales will be held among the historic trains in the Museum’s Rolling Stock Hall and features breweries, live music, food trucks and more!

Tickets for Rails & Ales may be purchased—online only—at www.railsandales.org and are:

- $50 per person VIP: 6:30 p.m. entry
- $40 per person General Admission: 7:30 p.m. entry
- $15 per person Designated Driver
- $160 Five Pack, 4 General Admission and 1 free Designated Driver: 7:30 p.m. entry

A service charge will be added to each ticket. As with the first year’s event, which sold out, a limited number of tickets will be available and are going fast. Mad Chef Craft Brewings will be crafting a special Roggen Express, to be previewed at Rails & Ales. This Bavarian-style beer is brewed with rye malt and hefeweizen yeast, giving it a unique flavor combination of banana, clove and citrus with a light spicy note. Isaac’s Famous Grilled Sandwiches will again create and present the Choo Choo Brew Review, select food and beer pairings, during the VIP hour.

Breweries so far confirmed for Rails & Ales are the Columbia Kettle Works, Cox Brewing Company, Howling Henry’s Brewery, Lancaster County Cider, Lancaster Homebrew, Mad Chef Craft Brewing, Molly Pitcher, Moo-Duck Brewery, Raven Beer, Shy Bear Brewing, Snitz Creek Brewery, Swashbuckler Brewing Company, The Brewery At Hershey, Twin Lakes Brewing Company and Wacker Brewing Company. Interested breweries are invited to contact the Museum’s volunteer/program coordinator to participate in Rails & Ales.

Food trucks participating in Rails & Ales include Classic Concessions, Lancaster Burger Company, Mad Sandwiches, Mara-Leo’s, Rocky’s BBQ, Speckled Hen, Sven’s Café and Uncle Paul’s Stuffed Pretzels. Food from participating food trucks is not included in the Rails & Ales admission prices. Sponsors confirmed to date include Classic Concessions, Isaac’s Famous Grilled Sandwiches, Little Engines, Reading Soda Works, Red Caboose Motel & Restaurant, Savoca Justice, Strasburg Rail Road, Strasburg Scooters and Tanger Outlets Lancaster. Interested sponsors are invited to contact the museum advancement director to participate in Rails & Ales.

Performing live at Rails & Ales will be the Vinegar Creek Constituency, pioneers of American string band music, and Mark DeRose & the Dreadnought Brigade, a rootsy and soulful rock-and-roll band. Rails & Ales logo-branded merchandise, including custom beer steins from Eldredth Pottery, pint glasses, T-shirts, aprons, baseball caps and growler bags, will be available for purchase at the event.

Join us for this evening of responsible, adult fun in our unique venue among the historic trains in Rolling Stock Hall! Proceeds from Rails & Ales benefit the nonprofit Friends of the Railroad Museum of Pennsylvania.

The Railroad Museum of Pennsylvania is home to a world-class collection of more than 100 historic locomotives and railroad cars, a working restoration shop, an immersive education center, a vast library and archives, special events and exhibits, and a museum store.

The Railroad Museum of Pennsylvania, a Smithsonian Affiliate, is one of 24 historic sites and museums administered by the Pennsylvania Historical & Museum Commission as part of the Pennsylvania Trails of History®, with the active support of the nonprofit Friends of the Railroad Museum of Pennsylvania.

For more information on Rails & Ales, visit www.railsandales.org. For more information on the Railroad Museum of Pennsylvania, visit www.rrmuseumpa.org or call (717) 687-8628.
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 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.
Finding the Way to Your Creative Self

Upcoming Women’s Classes

Intro: “Writing Without Fear”
Tuesday evenings, 5-week series:
April 18, May 2, 9, 16, June 6, 20
6:30–8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Memoir Writing Workshop:
“Telling Our Life Stories”
Monday evenings, 5-week series:
March 27, April 3, 10, 17, 24
June 26, July 10, 24, August 7, 14
6:30–8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Fiction Writing Workshop:
“Bringing Our Characters to Life”
Tuesday evenings, 5-week series
April 4, 11, 25, May 9, 23
6:30–8:30 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. Bardshinger Cancer Institute, Lancaster, PA
Wednesday evenings, 4-week series
March 29, April 5, 12, 19, May 3, 10, 17
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:
June 1, 8, 22, 29  •  6–8 p.m.
Registration required. Please call 717-531-6422 to register.

Wellspan Health, York Cancer Center
Apple Hill Medical Center, York, PA
Tuesday evenings, 4-week series:
April 20, 27; May 4, 11, 18, 25  •  6–8 p.m.
Registration required. Please call 717-741-8000 to register.

Lancaster County Woman
March/April 2017

Arts & Leisure

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 together. It’s my writing home,” says a teen who has taken classes regularly for nine years.

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

“Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel, and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today’s complicated world. The process begins with slowing down, unphasing 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-timing 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. Bardshinger Cancer Institute, the Milton S. Hershey Medical Center/ Penn State Cancer Institute, 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.”

Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm, I tell them absolutely.

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

Then, with the straightening trend happening 15 years ago, perms seemed reserved for the “classic girls.” Believe me, they are back and back big!

New Products
Meet Mature Hands

Here’s the problem: Today’s newer stylists aren’t familiar or confident with the perm process and therefore don’t offer perm services. Stylists that do REALLY know how to do this well are stuck in the ’70s—nobody wants to look like Farah Fawcett. Well, my team and I are on the forefront of the newest perm chemicals available, have the mature tenacity to perform this service the way you want it done, and we KNOW the most current styles.

If You Have Knowledge, You Have Power

I want every woman (not just my clients) to have the curl and volume she desires! That’s why I wrote This Curl’s For You. This easy-to-read book will not only give you the basic information about perms, but will answer all of your questions and give you the information you need to get the perm you want—not a perm your mother would’ve loved.

Anyone who would like a copy of this book at no cost to them should just call 888-795-6727, 24 hours a day, or visit us at www.ThisCurlsForYou.com to request a copy.

Dedicated to your beautiful hair,
A. L. Segro

A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call 717-299-9592.

“A negative experience can lead to a happier life!” — Ann B. 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 it. Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A. L. Segro.

“This isn’t a book because women can’t get the perm they want from their stylists.” — A. L. Segro

“A negative experience can lead to a happier life!” — Mary Fulginetti, Turnersville, NJ

“If 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 717-299-5952 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster
Meet the Council of Friends of Lancaster County Public Libraries

by Susan C. Bean

For a bibliophile, to open a new book is to dwell in the excitement of possibility: new adventures to be experienced, new characters to love, new words to marvel over.

For the past 17 years, the Council of Friends of Lancaster County Public Libraries has promoted that feeling of excitement by supporting one of Lancaster’s most valuable resources—a public library system which annually circulates 4 million items in 17 locations countywide and includes a Bookmobile that makes no fewer than 50 stops on its route. Made up of volunteers, the Council’s goal is to “promote Lancaster County’s public libraries, literacy and offer support to member libraries through countywide fundraising efforts and volunteer services.”

And they have a lot of fun. “I always say, this organization began as a ‘fun raiser’ and has turned into a ‘fundraiser,’” said Mary Ann Heltshe-Steinhauer, public relations manager for the Library System and Council member, at their January 25 committee meeting. Several members agreed, describing the Council as a group of “passionate readers and friends who believe in sharing that passion with others.”

Their largest and longest-running event is the Annual Author Luncheon, which is held during National Library Week each April. Initially conceived as an event to promote literacy, the Luncheon soon became a fund-raising event and since 2011 has raised nearly $60,000. Past speakers include nationally-known and best-selling authors such as Anita Shreve, Rick Bragg, Sue Monk Kidd, Erik Larson, Geraldine Brooks and in 2016, Anna Quindlen.

This year, the Council is excited to host Adriana Trigiani, best-selling author of 16 books, including The Shoemaker’s Wife, All the Stars in the Heavens, and The Supreme Macaroni Company. “Trigiani’s appearance is generating much excitement among readers who look forward to hearing about her upcoming book, Kiss Carlo,” said Heltshe-Steinhauer.

As an added bonus before the luncheon, guests can participate in a raffle with prize baskets that include a variety of handmade items, edible goodies and gift certificates donated by committee members, local businesses and other supporters. There will also be personal items donated by Trigiani up for raffle. All funds are distributed to member libraries for the purchase of adult collections and adult literacy programming. Historically, each library and the Bookmobile within the Lancaster Public Library System annually receive an equal share of the total proceeds raised.

Last year’s distribution was the highest yet, as each library received $200. In 2010, the Council formed a partnership with Aaron’s Books in Lititz, which gives the committee honorarium-vaied access to best-selling authors who are on scheduled book tours. Due to the success of the partnership, the group began hosting best-selling authors in more intimate evening gatherings in the fall. Aaron’s Books will have many of Trigiani’s books for sale at the April event.

Though the Council works tirelessly to organize these events, they credit public support as key. In a joint statement by several of the members, the Council said, “We are grateful for the community support and their faithful attendance. Without them, this couldn’t happen.”

For more information about the Council of Friends of the Lancaster Public Libraries, contact Mary Ann Heltshe-Steinhauer at mheltshe@lancasterlibraries.org. For information regarding the Author Luncheon, contact Sue Newswanger at 717-354-8016 or email at news1165@gmail.com.

Community

Pilot Club Plans Spring Fashion Show

The Pilot Club of Lancaster will hold its annual spring fashion show on Saturday, April 29, at the Four Seasons Banquet Facility, 949 Church St., Landisville. Doors open at 10:30 a.m., with the program and fashion show at 11:30 a.m., followed by a served luncheon at 12:30 p.m.

Fashions and accessories will be from Ruthie’s, along with beautiful donated gift baskets, door prizes, and a grand prize vacation drawing. Tickets for the event may be purchased from any Pilot Club of Lancaster member or by calling 717-368-9484. Ticket order deadline is April 22.

The Pilot Club of Lancaster, Inc., chartered in 1947, is a nonprofit service club affiliated with Pilot International, headquartered in Macon, Georgia. The club provides support and outreach to many community organizations. Currently, the main club project is the expansion of Project Lifesaver throughout Lancaster County. This lifesaving service uses transmitters, worn by at-risk individuals who may wander, and receivers managed by local police departments. When an individual wanders from a caregiver and the police and/or 911 are notified, the receiver can be used to quickly find the individual.

The club also sponsors an active Anchor Club at Hempfield High School, where scholarships are offered to students to participate in Freedom Foundation in Valley Forge, as well as scholarships to Anchors for furthering their education. Additionally, hundreds of Lancaster County children in preschool and daycare centers participate in BrainMinders programs presented by club members. Other local organizations benefiting from the club include Meals on Wheels, Arch Street Center, Aaron’s Acres, Lancaster YWCA’s Women’s Shelter, Lancaster County Children & Youth, The Long Community at Highland, and the Ronald McDonald House in Hershey.

Club meetings are held the second Wednesday of each month at the Lancaster Elks Lodge #134, 219 N. Duke St., Lancaster, at 5:30 p.m., with a served dinner followed by a business meeting and program. Individuals who are interested in visiting or wish more information may call 717-368-9484.

Proceeds from the fashion show will benefit Project Lifesaver and other community services.
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.

**Lancaster Christian Women’s Club**

*Cordially Invites All Ladies*

“Celebrate Spring”

*BENT CREEK COUNTRY CLUB*

620 Bent Creek Drive, Lititz, PA

*Wednesday, April 5, 12 Noon*

Our Special FEATURE will be Laura Lapp

Indoor Gardening

Our SPEAKER, Jan Edgerton

“How to Have a Fulfilled Future Despite the Past”

SPECIAL MUSIC will be provided by the Servant Stage Co.

Cost is $20.00 Inclusive

For reservations, please call Sue, 989-0321.

Invite a Friend and “Do Lunch” with us!

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**Lancaster County Woman**

March/April 2017

**Lancaster Christian Women’s Club**

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“Celebrate Spring”

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Shakespeare Face to Face Residency: Romeo & Juliet
Week of May 8

Celebrity Bartender Event
Character's Pub
Wednesday, June 15, 2017
Shaking Up Shakespeare Camp
July 2017

seventhsister.com

Theater of the Seventh Sister 2017 at-a-glance

Romeo & Juliet
by William Shakespeare
Directed by Kristin Wolanin
April 7 & April 8, 7:30 p.m.
April 8 & April 9, 2:00 p.m.
Lancaster Country Day School’s Steinman Theater
725 Hamilton Road, Lancaster PA

Guilty Parties of New Orleans
by Jeremiah Miller
Directed by Josh Dorsheimer
Friday, April 28, 7:30 p.m.

Spoken Word Play 15: TRUTH
Co-directed by Marie Winger and Daina Savage
Saturday, April 29, 7:30 p.m.
Community Mennonite Church of Lancaster
328 West Orange Street
Lancaster PA

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Many of us would rather avoid difficult conversations where emotions run high and conflict may occur. Unfortunately, because many business owners and families want to avoid potential conflict and difficult meetings, proper business and estate planning is not done. Families fall apart and businesses collapse when the potential issues are not addressed and planning is put to the side. A good amount of my work would go away if everyone took the appropriate measures to make sure everything is in order.

So how do you make sure your estate plan and business are well planned?

Once you have defined your wishes and goals, the first step in any planning process is to seek expert legal, financial, and tax/accounting advice on how best to structure an estate and business plan that meets those wishes and goals. Once you know what you want and how best to structure it, determine whether a family or business meeting is necessary. If such a meeting is necessary, the next question is how to bring together all the family and/or business owners to discuss the plan and to address questions and concerns any one may have. Some will have the family attorney lead such a meeting to help redirect pointed questions, avoid discord and facilitate a productive outcome. Others may bring in a trusted spiritual or personal advisor or a business coach. Those families and business owners that exercise this level of stewardship reap the reward of having issues addressed and resolved while everyone is alive and competent to discuss them.

The goal of the family meeting is to address conflict head-on and put a plan in place that spells out who is in control and the positions and responsibilities of all others involved. The final plan should include a well-thought-out Will, beneficiary designations, Durable Power of Attorney, Healthcare Power of Attorney and Living Will, and identify who is to carry out the plan and who will receive your assets when you die. For business owners, this means having an agreement between the owners that addresses their ownership rights and addresses what happens upon death, disability, and bankruptcy.

The other benefit of this type of planning is that if tragedy occurs, there are no surprises because everyone knows the plan that is in place. I have attended too many meetings where everyone is surprised, causing beneficiaries and business owners to lawyer up. Taking these steps can be a challenge, but at the end the benefit of having a solid plan in place is more than worth the effort. Your business will enjoy a smooth transition of leadership and continued success, while your family remains whole and unscathed. If that alone does not convince you, consider this: The costs and expenses of legal, financial and tax/accounting fees are much less to put such a plan in place versus the costs and expenses to sort out the mess without a plan in place.
According to the Parkinson's Foundation, over 1 million Americans are currently living with Parkinson's disease, a chronic, incurable and progressive disorder which affects the body's ability to move and maintain flexibility, coordination and balance. At Lancaster's Rock Steady boxing program, director/owner Sue Ludwig is giving those afflicted a chance to literally fight back.

“Parkinson’s disease makes you shrink. Boxing is a way to feel bigger and stronger,” she said with a smile.

Located at the Emerald Foundation, at 2120 Oregon Pike, Rock Steady Boxing incorporates traditional boxing training, including the use of heavy bags, punching mitts and speed bags, with exercise designed to enhance flexibility and motor skill. According to Ludwig, exercise can dramatically slow, stop or even reverse the progression of Parkinson’s, reducing the occurrence of falls, reducing or eliminating freezing and improving coordination.

And it’s a lot of fun.

“We have such a great time. The class is like a family, and it’s so rewarding seeing people laugh, smile and have fun,” said Ludwig.

“It’s such an incredibly gratifying experience, watching the progress patients make in just a few weeks.”

Ludwig knows well the difficulty of a Parkinson’s diagnosis.

“My grandmother was diagnosed in her 40s and, in keeping with the advice of the times, was sent home to rest. It was the worst thing for her. She ended up in a wheelchair robbed of her independence,” explained Ludwig.

While working as a personal trainer, her interest in Parkinson’s rekindled while working with a client who was afflicted with it.

“Working with him and watching him improve with exercise ignited a fire inside of me. I set out to become as educated as possible on the connection between Parkinson’s and exercise. I quickly learned that, although the science is very new, it truly does work. People with Parkinson’s don’t have to lose their independence and allow their condition to deteriorate like my grandmother did,” she commented. “Instead, we can use exercise to change the brain and improve the areas that become impaired with Parkinson’s.”

According to Ludwig, those afflicted with Parkinson’s will suffer the degeneration of their neural pathways, which deliver dopamine. Exercise actually creates new neural pathways, and with these new connections, movement which had been lost can be regained.

“If you look at brain scans of people with Parkinson’s disorder on medication, they look very similar to those of unmedicated people with Parkinson’s who exercise,” Ludwig explained.

In order to maximize her understanding, Ludwig undertook a number of certifications, and is currently an ACE Certified Personal Trainer, Parkinson’s Wellness and Recovery (PWR Moves) Certified Instructor, Delay The Disease Certified Instructor, Rock Steady Boxing Coach, and owner of NeuroSci Fit LLC in addition to her work at Lancaster’s Rock Steady Boxing.

It is a labor of love.

“My fees are such a joy,” said Ludwig.

When a new client comes to class, Ludwig performs a careful evaluation to determine their needs. Rock Steady holds classes twice a week, with two levels of classes running weekly. Loved ones and caregivers are invited, but not required, to attend.

For more information about Lancaster’s Rock Steady, visit their Facebook page at Rock Steady Boxing at the Emerald Foundation.
Today, there are many different styles, options and features for your windows and sliding doors. With so many details, it can become confusing, especially with different types of windows and applications. Every home and workplace has unique needs and wants in addition to color schemes and styles.

Energy Savings. Whether it is the heat of summer or the cold of winter, your window treatments can help energy efficiency and maintaining the interior comfort of your home. Honeycomb blinds are a great option to cover your windows. Hunter Douglas carries a honeycomb blind called Duette Architella that has an excellent R Value. Blinds with slats or vanes will help with keeping the cold or heat out when they are closed, but a solid fabric blind such as a honeycomb is a superior option for insulating your windows. If your windows are older and drafty, honeycomb shades are less expensive than replacing windows.

Privacy. Of course, when your blinds or shades are closed, you have privacy. The “top down/ bottom up” feature is a great option for privacy while still allowing lots of natural light into your home. It is an excellent feature for bedrooms, bathrooms and first-floor rooms, where you want privacy but still have the ability to see outside through the top half of your window or open the top window for fresh air. This feature is available with cord or cordless lift system.

Vertical or horizontal blinds offer the flexibility of tilting the slats or vanes for the degree of privacy that is needed. If you have a second-story window, you can tilt the slat upward so you have privacy from the ground level and are still able to see the sky.

Light Control. Glare on your TV or computer? Semi-opaque blinds and shades can cut the glare without making your room a dark cave.

Horizontal or vertical blinds allow you to redirect the light direction.

Room Darkening. If you like the option of sleeping in or sleeping during the day, room-darkening blinds, shades and draperies are the answer. Some of our clients like the combination of room-darkening shades with draperies that are lined with blackout lining. You can cover your windows, sliding doors and skylights to darken your room.

Cordless Lift System for Your Blinds and Shades. If you have children and/or pets in your home, a cordless lift system, a retractable cord system or motorized blinds and shades are a safe option. No more tangled cords!

Motorized Window Treatments. Motorized window treatments are a great option for hard-to-reach windows. They can be operated via a remote control, wall control or your phone. They can be programmed to open your blinds at a certain time in the morning and close in the evening. You can set different times for weekdays and weekends. Even when you are away from home, you can still operate your blinds.

Shutters. Also known as plantation shutters, they are available in multiple stains and paint colors. Multiple configurations of panels are available for your windows and sliding/French doors. Café, bifold, sliding, double-hung and special shapes are available as well.

Special Shapes and Sizes. Oversized windows and special-shaped windows can be a challenge, but there are solutions available. Most special-shaped windows generally need templates so the blinds can be correctly made. Flame-retardant fabrics are available.

Professional Measuring and Installation. Don’t let a wrong measurement ruin your investment. Let the window-treatment experts take care of the details. Another benefit is getting help with the pros and cons of the many window-treatment options.

Ready Made or Custom Made. Ready-made window treatments can be a challenge. Fewer fabric choices and colors, limited sizes, fewer features, unlined/thin lining and poor quality of fabric are some of the negatives. Ready-made blinds and shades use plastic head rails and parts, which do not hold up over time.

Custom-made window treatments are designed specifically for your windows, offering thousands of fabrics and color choices, measured and made to the size and shape needed using many lining options, and quality fabrics. Custom-made blinds and shades use quality materials and parts that offer a warranty to protect your investment.

There are so many window-treatment options today. From stationary panels on decorative rods or draw draperies to valances or cornices, offering multiple colors, patterns and textures for your windows, bedding and accessories. You may consider adding trims and a band of color for a beautiful accent, or a decorative rod, which can be metal, painted or stained.

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

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

Let Us Help You Dress Your Windows!

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Periodontal disease is the most common clinical condition affecting dogs and cats. Periodontal disease involves inflammation of the supporting structures of the tooth due to bacteria in plaque that accumulates over time. The inflammation causes detachment and recession of the gingiva, and bacteria release destructive enzymes that cause bone loss and eventual tooth loss. Periodontal disease is also linked to heart disease and other organ damage, due to this bacteria entering the bloodstream.

Fractured teeth are another common condition which occurs when dogs chew on rocks, ice, and other hard objects. If the central pulp of the tooth is exposed, bacteria pass through and create a tooth root abscess. Tooth wear occurs when dogs chew on tennis balls or cage bars excessively or when a malocclusion causes improper tooth-to-tooth contact. The removal of enamel too rapidly can cause pulp exposure and lead to inflammation. Tooth resorption occurs very commonly in adult cats. In this disease, the root erodes and is replaced by bone while the crown of the tooth may eventually fracture off.

Your cat or dog may not show overt signs of dental disease, which emphasizes the importance of regular dental exams by your veterinarian. However, you should be alert for signs of disease, which include bad breath, tooth loss, bloody gums, or discolored tartar on teeth. Also, keep watch for signs of pain such as drooling, pawing at the mouth, or a decreased appetite.

The first step in treatment of dental disease is an oral exam by your veterinarian. At routine wellness visits, your pet’s oral cavity will be examined, and your veterinarian will let you know if a professional dental cleaning is recommended. This procedure requires anesthesia, so your veterinarian will recommend bloodwork to assess overall health. After a detailed oral exam to check for disease, an ultrasonic scaler is used to remove plaque and tartar from above and below the gums, then the teeth are polished. The teeth are inspected with a probe to check for pain, pulp exposure, or periodontal pockets. Dental radiographs are recommended, as they allow assessment of the health of the teeth, the roots, and the surrounding bone. If extractions or other treatments are necessary, your pet may be sent home with pain medications and antibiotics.

The gold standard for prevention of dental disease is at-home care, specifically toothbrushing. Daily brushing with a pet-safe toothpaste is recommended to prevent the accumulation of plaque. Gradually acclimate your dog or cat to brushing from a young age, and keep the routine a pleasant experience. There are several videos available online, and the American Veterinary Dental College has good resources on at-home care. While not a substitute for daily brushing, there are also several diets and dental chews on the market which have been specially designed to decrease plaque and tartar accumulation. Check for the Veterinary Oral Health Council (VOHC) seal of acceptability that shows that a specific product has been proven to have a beneficial effect. If you have questions on your pet’s dental health or how to get started with at-home dental care, please consult your veterinarian!
Lovely Clothes for Loyal Friends: Lucy’s Dog Dudds

by Susan C. Beam

“Dogs,” said author Orhan Pamuk, “do speak, but only to those who listen.” York resident Lucy Blessing, owner of Lucy’s Dog Dudds, is a master at listening to dogs, and even better at caring for, loving, and creating both practical and whimsical outfits for our most loyal furry friends.

Miss Lucy credits her heritage for her afflection for dogs. In addition to creating amazing dog clothes and accessories, she owns five dogs and fosters a number of others, taking them in, training them, and adopting them to loving families.

“I believe my love of dogs comes from my parents,” she said. “Both my mother and father were American Indian, and there was a tremendous love and respect for the earth and all animals. It’s born into you.”

Unfortunately, after a childhood marked by difficulties, including the loss of her parents before age 6, Miss Lucy was forced to drop out of school at age 14 and enter the workforce to support her adoptive family. “I am a survivor, and I had to be ingenious in caring for myself,” said Miss Lucy, explaining that she picked up sewing and other crafting skills and gained expertise over time.

However, it was with the help of her dearest dog, Bud, that Miss Lucy was inspired to use her talents to make canine finery. “In 1990, I rescued Bud from a puppy mill, and he was so small, he could fit into a pocket. After a few weeks, he broke out into blisters, and after a series of tests, we determined his genes were so closely mutated, he had no immune system,” she explained, adding that in order to prevent Bud from scratching and biting at himself, she made him little clothes.

“I called them Angel Jammies because they saved him,” she said. “Bud was an absolute angel. He died in 2010, but I believe he wanted me to continue helping other dogs be happy and comfortable. He always lives in my heart.”

Miss Lucy handcrafts a wide variety of outfits, including jackets and raincoats, booties, T-shirts, aprons, collars, hats and dresses ranging from casual to fancy. She also creates carriers and steps for dogs. And, of course, she creates Angel Jammies to help with skin disorders.

Each piece is custom-created and fitted specifically to a dog’s measurements, from neck to chest to length to leg length, in order to create the best and safest fit.

“Depending on a dog’s measurements, I may taper down or let out the material slightly for the best possible fit. I guarantee my pieces to fit, and if not, I either alter or remake them,” said Miss Lucy. Prices are affordable, ranging from $8 to $45, depending on size, type of piece, and level of customized work. For fancy pieces, she allows her creativity to shine.

“I love adding bits of lace, fancy stitching, or appliqués to make a truly unique piece. My clients know that they’re getting something which is one of a kind,” said Miss Lucy, who has created for a number of dog fashion shows as well as canine sensation Lola the Positive Pug.

For more information, or to view some of the fun and unique outfits created by Miss Lucy, visit Lucy’s Dog Dudds on Facebook, or stop by her website at www.lucysdogdudds.com.
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