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Happy Mother’s Day!

Weddings by Paulette

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Happy Mother’s Day!

Happily ever after starts here

Read more on page 3.
Is Collagen Good for my Skin?

Human collagen synthesis can be boosted by us being well nourished, well rested, and well exercised. In the nutrition realm, enough vitamin-C is critical. In fact, beyond adequate basic protein ingestion, and meeting necessary calorie intake needs, the single most important dietary component for maximal collagen synthesis is how much vitamin-C someone consumes. Also, important are plant phytochemicals, dietary vitamin-A, and a little bit of copper.

But, let’s say that a person is in their 40’s or 50’s (or older!) and has already started accumulating a respectful number of wrinkles. We know that wrinkles are associated with thinner and less collagen endowed skin. And let’s further presume that this person is healthy, has an excellent diet, doesn’t smoke (more on this later), sleeps eight hours every night, drinks plenty of water, stays out of the sun, and exercises regularly. What could this person do to become less wrinkled? We are about to enter the Medical Cosmetics’ world! We must injure the skin under controlled conditions. Specifically, we must wound it in a uniform way to trick it into “healing itself.” It is the magic of healing that causes a thicker and healthier skin. So, how can we injure the skin in a way to get this beneficial healing process going? In general terms and from what is usually the least effective to the most effective goes something like this: microdermabrasion, chemical peels, micro needling, non-ablative fractional laser treatments, and then ablative fractionated laser treatments. The last two modalities are also “hot” techniques which inherently cause greater skin tightening as well as increased collagen creation. All of these treatments are established and time-honored collagen increasing techniques. A little less widely accepted and utilized are the following three techniques.

The niche filler Sculptra causes increased collagen formation. We use this for helping to fill out extremely thin aging faces. Sculptra requires several treatments over several months, and the results can be quite gratifying. The calcium-based filler Radiesse has also been shown to increase collagen formation. And, finally, PRP (platelet rich plasma) has been demonstrated to cause the skin to take on a more youthful appearance, but whether or not increased collagen is part of the transformation has yet to be documented.

Well, there you have it. Increased collagen in the skin is a very good thing. You cannot get there by putting collagen onto the skin’s surface, nor by eating collagen. We discussed above how to stimulate your skin to make more of its own collagen. And to help preserve the collagen you have worked so hard to accumulate: Limit UV exposure (especially to UVA), avoid pollution, and do not smoke. Smokers make much less of collagen types 1 and 3 than nonsmokers.

Short answer: Yes. However, there is this confusing fact: Putting collagen on top of your skin does not do it any good. What? Consider this. Collagen molecules are extremely large proteins. And large proteins cannot go through the skin’s surface. Well, what about Nectifirm that purportedly lessens superficial skin wrinkles? Ah, Nectifirm! This is a great topical product. In fact, until Nectifirm came onto the scene about six or seven years ago, I was convinced that there would never come to be a topical neck product that could change the appearance of the thin and hypermobile skin of the neck. So, how can this be? Nectifirm has peptides in it. Peptides are small pieces of protein. These proprietary peptides are small enough that they can be absorbed through the skin. And once under and in the midst of skin cells, the peptides are utilized by the skin’s fibroblasts to be made into collagen and elastin (another support protein for the skin).

OK, so there is at least one topical product that can help in the formation of collagen in the skin, even if it doesn’t contain collagen. What else can be utilized to help with the body’s own skin collagen production? Only one other group of topicals come to mind. And these are all of the products that contain retinoids. Retinoids are vitamin-A derived compounds. Examples of them are Retin-A, tretinoin, retinoic acid, and all of the retinols. Regular use of retinoids can increase the thickness of the skin’s dermis by as much as 30%. This is a phenomenal accomplishment!
Many women fantasize about their wedding—a beautiful day of making cherished memories while, in the dress of their dreams, saying “I do” in front of family and friends. At Lancaster’s Weddings by Paulette, co-owners Ethel Lawrence and Paula Pryer have been making those dreams come true since 1976.

The shop began as a shared vision between two best friends in their first location, a 500-square-foot shop in Millersville.

“We wanted to bring fashionable, affordable wedding and evening wear to Lancaster and give our clients a personable and low-pressure experience. We feel our job is to offer guidance so the bride can be happy and comfortable,” explained Lawrence, noting that the shop has remained committed to a no-commission policy to optimize a client’s buying experience.

Pryer agreed, saying, “We like to build relationships with our clients. We’re a family-owned business, created by family efforts and interested in serving the families of Lancaster.”

Their devotion to exceeding client expectations has paid off. Weddings by Paulette remains the #1 bridal shop in Lancaster and was recently voted “The Best of The Knot 2017 Bridal Salon” for the mid-Northeastern region. The shop has continued to expand, both in terms of size, moving in 2014 to their third and current location at 2503 C Lititz Pike, and staffing, increasing the number of their well-educated and helpful consultants to continue their efforts with personalized attention.

But for Lawrence and Pryer, what remains most satisfying are the relationships.

“We have whole families that return to us each generation. We now have clients who shopped with us in 1980 bringing their daughters in for their wedding gowns,” said Pryer.

With over 40 years in the business, Lawrence and Pryer have seen fashions come and go and have remained on the cutting edge of the bridal industry, from innovating Lancaster’s first bridal fashion show to keeping up with industry insiders worldwide. So what’s in style for 2018 weddings?

“We’re seeing a lot of lace at the moment—beautiful, three-dimensional lace—and very interesting and beautiful backs, some of which are very low and others which are very ornate and decorative,” said Pryer.

“We’re also seeing a lot of flowy dresses, which are very feminine and create beautiful silhouettes,” continued Lawrence.

“As for trends for bridal parties, we’re continuing to see parties who are looking for similar but non-matching styles or colors.”

In addition to bridal wear, Weddings by Paulette also carries a number of contemporary options for mother-of-the-bride and other special occasions, including proms and formal wear.

If you, or a loved one, are in the middle of envisioning your wedding or planning a special event and want to have your dream come true, contact Weddings by Paulette at (717) 553-5656, or visit their website at www.weddingsbypaulette.com.
Infertility Awareness Is a Team Effort
Men and Woman Vital for Infertility Awareness

by Michael C. Upton

April 22 through 28 is National Infertility Awareness Week, which aims to unite “millions of Americans who want to remove the stigmas and barriers that stand in the way of building families.” Infertility affects people no matter what race, religion, sexuality or economic status. A common myth surrounding infertility is that men are unwilling or hesitant to see a fertility specialist.

“Generally, men are very open to dealing with infertility,” said Dr. Michael Sobel, a Board-Certified Fertility Specialist at Lancaster Fertility—A Division of Abington Reproductive Medicine. “I’ve been practicing close to 30 years now, and I’ve generally found an openness with men to participate in the diagnosis of the condition. There will be exceptions, and that is a situation unique to the couple that they have to work out.”

Lancaster Fertility is a full-service fertility center offering comprehensive consultation and evaluation for both men and women, single folks and the LGBTQ community. Sobel wants to remind men that their condition is silent. “Men will not know anything until they get a test,” said Sobel. “Many men sign up quicker than you would think.”

There are several ways a man can come to visit Dr. Sobel at Lancaster Fertility. The first is through standard, pre-conceptual testing. Men may also come to Lancaster Fertility via referral by a urologist ordering a semen analysis. And in some cases, a gentleman may be aware of his own health history and come in because of previous surgery or chemotherapy/radiation as a treatment for an illness to the reproductive area.

“Normally it is routine testing for a team,” said Sobel. The reproductive endocrinology/infertility and obstetrics/gynecology specialist likes to refer to his patients as a “team.” “I think it gives them support and confidence that we are trying to assess all arenas of potential problems,” said Sobel.

The main arena for testing in men is an analysis of semen. This has not changed over the multitude of years of this specialty and is broken down into three different parameters: count, movement and morphology—characteristics of normal shape and size. This is not something a man can figure out on his own without coming to see Dr. Sobel. There are some general over-the-counter tests, but these do not provide the “entire picture.” The analysis comes back as normal or abnormal, and abnormal can have different levels. Treatments are then designed around this diagnosis. Moderate to severe abnormal levels require further testing, including endocrinological blood work, and patients may be referred to a reproductive urologist.

“In the past we would not treat today, from the mildest problem to the most severe.” For more information on Lancaster Fertility, visit their website at lancasterfertility.org.

We provide comprehensive female and male infertility evaluation/treatment.

Now Welcoming
New Appointments

LancasterFertility.org  •  1059 Columbia Ave.  •  717-517-8504

National Infertility Awareness Week
April 22–28

Lancaster FERTILITY

• 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
Did you know hernia symptoms include abdominal swelling, pain or discomfort, acid reflux, and chest pain — which can be mistaken for other conditions?

Don’t guess! Schedule an appointment for a free hernia screening.

Space is limited, and registration is required.

Thursday, April 5
6 to 8 p.m.

Register for an appointment online at UPMCPinnacle.com/LititzHerniaScreening.

Please enter through the Patient Services entrance and proceed to the day hospital desk to check in.

UPMCPinnacle.com/Lititz

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After cancer, get back to being you.

There are many reasons for breast reconstruction, including treatment for a diagnosis or as a preventive measure. In all cases, breast reconstruction is personal.

Dr. Bryan Cicuto and his team at Plastic & Aesthetic Surgical Associates understand this. “Patients come to me to ask for missing pieces to be replaced. However, what I have seen is that it is more than just putting pieces together. It’s helping a woman feel whole again to regain her identity and her confidence.”

Using today’s advancements in medical technology for breast reconstruction surgery, Dr. Cicuto is dedicated to providing patients with more realistic and natural-looking results.

For more information or to watch patient testimonials, visit our website at UPMCPinnacle.com/Plastic&AestheticSurgicalAssociates.

To make an appointment, please call 717-625-3509.
You may have heard about healthy lifestyle behaviors that can reduce your risk of developing colon and rectal cancer. Things like maintaining an active lifestyle and healthy weight; eating a diet with lots of vegetables, fruits and whole grains; and reducing your consumption of red and processed meats. All are important, and incorporating these habits into your daily life offers health benefits that extend far beyond decreasing your colon cancer risk.

The best way to prevent colon cancer
However, when it comes to colorectal cancer prevention, the most important thing you can do is to get screened. I cannot emphasize this enough. If it weren’t for the funny looks I would generate, I would yell it from every street corner: “Get screened. Get a colonoscopy!”

A colonoscopy—generally recommended beginning at age 50; earlier if you have a family history of colorectal cancer or signs of the disease—not only detects cancer, but also allows doctors to remove precancerous polyps (small clumps of cells that form in the lining of the colon) during the procedure. This way, colorectal cancer can truly be prevented.

Screening can also identify colorectal cancers early, when there is a greater chance that treatment will lead to a cure. Colonoscopy may not be glamorous, but when compared to a cancer diagnosis, it looks pretty good.

What to expect if diagnosed with colon cancer
Cancer is a diagnosis no patient ever wants to hear, and no physician ever wants to deliver. The good news is, the majority of times, colon cancer can be treated with the goal of a cure, especially when discovered early through a colonoscopy.

Some early-stage cancers that are found in polyps can actually be removed at the time of a colonoscopy. This is called polypectomy and may be the only treatment needed.

More often, surgery will be required. Your surgeon will determine the right type of surgery based on the location of the cancer and whether or not it has spread. Images from computed tomography (CT scan) or magnetic resonance imaging (MRI) can also help physicians decide if treatment with chemotherapy and/or radiation should be given before surgery in order to prevent the cancer from returning after surgery.

Surgical options range from removing superficial cancers and surrounding tissue with a procedure called local excision, to removing part of the colon or rectum containing the cancer with segmental resection. Segmental resection can be done with one large single incision (open surgery) or laparoscopically (robotic-assisted surgery), which allows your surgeon to see inside your abdomen using smaller incisions to remove the cancer.

Know that when faced with a cancer diagnosis, and a surgical option is the right path, your medical team will be in your corner fighting for and with you each step of the way.

A final word on prevention
To circle back to where we began, while there are a variety of effective treatment options for colorectal cancer, the very best option is always prevention. Join with me. Let’s make colonoscopy a conversation—not just during March’s Colorectal Cancer Awareness Month, but all year long.

To find a doctor who performs colonoscopies and learn more about colorectal cancer prevention, visit lghealth.org/colon.
Health & Wellness

Back Pain Care—Acupuncture Rx!

which means “free flow: no pain, no free flow: pain.” Acupuncture, in Chinese medicine, can help restore the body’s flow of qi, which is often blocked in cases of back pain. Acupuncture can help back pain by:

- providing pain relief—by stimulating nerves located in muscles and other tissues, acupuncture leads to the release of endorphins and other neurohumoral factors, and changes the processing of pain in the brain and spinal cord.
- reducing inflammation—by promoting release of vascular and immunomodulatory factors.
- improving muscle stiffness and joint mobility—by increasing local microcirculation and blood flow to tissues, which aids dispersal of swelling and bruising.
- reducing the use of medication for back complaints.
- providing a more cost-effective treatment over a longer period of time.
- improving the outcome when added to conventional treatments, such as physical therapy.

New Blood Test for Evaluating Concussions

The U.S. Food and Drug Administration (FDA) has recently approved the first blood test to help evaluate mild concussions in adults. The test is not yet approved for use in children. The test is called the Banyan Brain Trauma Indicator. The test measures two proteins (UCH-L1 and GFAP) that are released from the brain into the bloodstream within 12 hours of head injury.

A large study of 1,947 individuals suffering from concussion were evaluated with the blood test and with CT scans, and the results were compared. The blood test was 97.5 percent positive when the CT scan was positive, and the test was 99.6 percent negative when the CT scan was negative. These results compare very favorably with other diagnostic laboratory tests used for acute medical problems such as myocardial infarction and pulmonary embolism.

The FDA found that the diagnostic test could reliably predict which patients would benefit from obtaining a CT scan of the head, and those that could be treated conservatively without imaging. The FDA believes that up to one-third of patients presenting to their personal physician or emergency department could be spared the expense and radiation associated with CT scanning. The FDA is planning to work with the test manufacturer and the Department of Defense to implement this as a screening tool for military service members immediately after injury. This tool might expedite care for service members in need of advanced levels of care, and provide reassurance for those individuals with normal results.

Right now, the blood test is being used to facilitate appropriate use of imaging. Over time, additional uses could be to guide treatment for individuals with more significant neurologic impairment. The Centers for Disease Control and Prevention estimates that nearly 3 million concussion-related emergency department visits, hospitalizations, and deaths occur in the U.S. annually. If you or a family member experiences symptoms of a concussion, discuss this new diagnostic tool with your doctor or emergency department physician to see if it is the right approach for you. Additional information is available at the FDA’s website: https://www.fda.gov.

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Monday–Friday 9 a.m.–5 p.m.
Dear Readers,

When Bern Williams wrote “The day the Lord created hope was probably the same day He created spring,” he probably lived in Pennsylvania and was just as tired of cold weather as we are now. With snow still on the horizon in our daily forecast, it’s hard to believe spring arrived on March 20. If we collectively think spring, perhaps warm weather will arrive in the next couple of weeks and stay for good. Until it does, don’t put away those winter coats and boots as we begin preparations for spring cleaning.

In recognition of National Infertility Awareness Week, April 22 to April 28, Lancaster Fertility wants couples to know they are not alone with their infertility issues and that treatment is an ongoing and personalized process. Their article, Infertility Awareness Is a Team Effort—Men and Women Vital for Infertility Awareness, highlights the importance of testing for both men and women. Infertility in men is silent and can only be detected by testing. Lancaster Fertility has the most accurate, up-to-date tests available for detecting infertility in both men and women. Please contact them for the best team approach to treating this important health issue.

A big welcome back to Jim Albright, owner of Albright Opticians, who is celebrating 50+ years of service to the Lancaster community, and to Weddings by Paulette bridal salon. Owners Paula Pryer and Ethel Lawrence have been dressing brides and their bridal parties with the most beautiful gowns in Lancaster County for over 50 years, and this year is no exception. With the arrival of spring, Weddings by Paulette’s annual trunk show moves front and center stage for destination shopping in Lititz, Pa.

Smiles by Stevens is now offering the Rodan + Fields skincare line through independent consultant Aileen Stevens. Aileen can help you eliminate facial lines and clear up any facial skin problems you or someone you love may have. Carole Simons’ article, Rethink Loss, is must reading for any woman or man dealing with unthinkable loss. Her battle with suffering and pain takes you on an emotional journey through a place where no one should ever have to go. Carole’s ability to write about her experience has the makings of a best seller, and I encourage everyone to read her incredible story. Future editions of our newspaper will carry chapters of her life experience and advocacy for persons with disabilities.

This is an appropriate time of year to take stock of our many blessings and to appreciate the people we love. Please pray for our soldiers and their families wherever they may be. Their sacrifice ensures our way of life and freedom to live as we do.

With blessings for a Happy Easter and Happy Mother’s Day!

JoAnn Notargiacomo

It’s Lunch Time! The Antikythera Mechanism

Pack a lunch and join the National Watch and Clock Museum for its Lunch “Time” presentation on Wednesday, April 11. Museum Director Noel Poirier will discuss the ancient Antikythera Mechanism and the theories for its use and what it tells us about ancient timekeeping capabilities. Those attending will be able to examine the Museum’s model based on drawings made by Dr. Derek de Solla Price during his study of bronze fragments in the early 1970s. The Museum invites the public to join in a casual conversation and understanding of timekeeping, including developments beginning during ancient timekeeping. “We wanted to provide a more intimate opportunity for people to discover objects from the Museum collection or learn about important and interesting aspects of the history of time and timekeeping. We thought a brown bag lunch would be the perfect fit,” explains Poirier.

Lunch “Time” is a complimentary educational program held from noon to 1 p.m. and will continue every other month. The next program is scheduled for June 13. The National Association of Watch and Clock Collectors, Inc. (NAWCC) is a 501(c)(3) educational charitable nonprofit organization with a worldwide membership over 12,000. The NAWCC is the world’s largest museum, research library, educational institution, and international community of horological professionals and enthusiasts dedicated to clocks, watches, time, and timekeeping. We are committed to being the world leader, educator, and advocate for horology and everyone interested in timepieces and horological issues.

April through November the National Watch & Clock Museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 4 p.m. December through March hours are Tuesday through Saturday, 10 a.m. to 4 p.m. From Memorial Day through Labor Day the Museum is also open on Mondays. Discounts are available to seniors, students, AAA members, and groups of 10 or more. Groups of 10 or more are encouraged to call ahead. For more program information, directions, or general Museum information, call 717.684.8261 or visit our website at www.museumoftime.org.
Allegro Orchestra aimed to bring its trademark passion and joy to one of classical music’s most magnificent and joyful symphonies when it performed Ludwig van Beethoven’s Symphony No. 7 on Saturday, March 10, and Sunday, March 11, at the Ware Center.

Under the direction of Dr. Brian Norcross, the highly anticipated performance was the Ware Center resident orchestra’s first full-length core concert of its 2018 season. The 7th Symphony was the centerpiece of a repertoire that included an Igor Stravinsky suite and the first work commissioned and premiered by Allegro.

With the 7th, Beethoven created one of his most performed and popular symphonies as he defied the onset of deafness. The 2nd movement has one of the greatest orchestral crescendos ever written. Allegro performed the symphony with its uniquely informal, fun-filled and spirited brand of classical music. In addition to becoming the fully developed resident orchestra of the Ware Center, Allegro performs year-round at a range of venues. Most of Allegro’s professional players are from Lancaster County. To view upcoming events, visit Allegro online at www.allegro lancaster.org.

RIP Sweet Fiona
You taught us what it means to love! We miss you so much.

Love,
Anna & Kevin

Allegro Rode into Ware Center with Much Anticipated ‘Magnificent 7th’
Body & Sole Reflexology Celebrates 10th Year with Major Expansion

Ten years ago, Holly E. Walters was among a few pioneers in the area to practice reflexology. Most significantly, she was the first to open a commercial establishment solely focused on the healing modality of professional reflexology. “Alternative health in a spa setting has been my vision since first opening Body & Sole in 2008, and 10 years later it is still the essence of our environment. A truly peaceful healing environment with a tropical feel,” said Holly. “We now have a staff of nine, including an additional Certified Reflexology Practitioner, Twila Sauder, who has been practicing her passion of reflexology for over 15 years. We continue to evolve with new treatments and services, and serve clients regularly both locally as well as out of state. It gives me such a warm heart to know how many lives we’ve changed with our healing hands and hearts.”

After months of planning and anticipation, and in celebration of their 10th year in business, Body & Sole Reflexology has now expanded its practice, adding three additional treatment rooms, including “The Hideaway,” a second couples suite; two specialized therapy rooms; and a cozy sitting area to accommodate their loyal clients as well as new clientele from far and near. “Not to worry, we’ll still maintain that peaceful healing environment that many of you have dubbed ‘My happy place,’” says Holly.

“We had been turning down business for quite some time, especially on weekends, due to lack of space,” explains Holly. “A year ago, I knew it was time to expand, but the opportunity for additional space hadn’t yet presented itself. Now, as we start trips in the road in 2017, I’ll say I’m proud to say we are off to a great start for 2018!”

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

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

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

2018’s Best Places to Get Married—WalletHub Study

With couples spending an average of over $35,000 on their wedding and the industry growing to $76 billion in revenue, the personal-finance website WalletHub today released its report on 2018’s Best Places to Get Married.

To help couples find the most wedding-friendly destinations, WalletHub compared more than 180 of the biggest U.S. cities across 23 key indicators of cost-effectiveness, convenience and enjoyment. The data set ranges from average wedding cost to venues and event spaces per capita to hotel availability.

Best Places to Get Married in the U.S.

1. Orlando, FL
2. Las Vegas, NV
3. Atlanta, GA
4. Los Angeles, CA
5. Miami, FL
6. San Diego, CA
7. San Francisco, CA
8. Chicago, IL
9. New York, NY
10. Portland, OR
11. Austin, TX
12. Seattle, WA
13. Tampa, FL
14. Tucson, AZ
15. Houston, TX
16. St. Louis, MO
17. Denver, CO
18. New Orleans, LA

19. Cincinnati, OH
20. Sacramento, CA

Best vs. Worst

El Paso, Texas, has the lowest average wedding cost, $13,513, which is 3.2 times lower than in Bridgeport, Connecticut, the city with the highest at $43,165. Washington has the most event planners per 100,000 residents, 103, which is 17.2 times more than in Baton Rouge, Louisiana, the city with the fewest at 6.

Yonkers, New York has the most photographers per 100,000 residents, 183, which is 36.6 times more than in Laredo, Texas, the city with the fewest at 5.

San Francisco has the most musicians per 100,000 residents, 22, which is 66.7 times more than in Anchorage, Alaska, the city with the fewest at 0.33.

To view the full report and your city’s rank, please visit: wallethub.com/edu/best-places-to-get-married/18721.

Please let me know if you have any questions or if you would like to schedule a phone, Skype or in-studio interview with one of our experts. Full data sets for specific cities are also available upon request.

Lancaster Office of UPMC Pinnacle Lititz Wound Healing Center Recognized with National Award for Clinical Excellence

The UPMC Pinnacle Lititz Wound Healing Center in Lancaster received a Healogics Center of Distinction Award for 2017. The Center achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction higher than 92 percent, and a minimum wound healing rate of at least 91 percent within 30 median days to heal. There were 635 Centers eligible for the Center of Distinction Award, but only 427 achieved the honor.

“An achievement of this magnitude is the direct result of the immense teamwork from our physicians, nurses, hospital administration, and support staff to deliver the best possible and most compassionate care to our patients,” said Joseph P. Cavors, MD, medical director, UPMC Pinnacle Lititz Wound Healing Centers.

The UPMC Pinnacle Lititz Wound Healing Center offices are located at 90 Good Drive, Suite 101, Lancaster, and 1555 Highlands Drive, Suite 100, Lititz. Both locations offer highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections, and other chronic wounds which have not healed in a reasonable amount of time. Advanced treatments include negative pressure wound therapy, bio-engineered skin substitutes, hyperbaric oxygen therapy, biological and biosynthetic dressings, and growth-factor therapies.

“We are very proud of the excellent patient care that is delivered at the UPMC Pinnacle Lititz Wound Healing Center. This national award highlights the experienced, evidenced-based care that our patients receive,” said Deborah Willerth, MSN, RN, president, UPMC Pinnacle Lititz.

About UPMC Pinnacle

UPMC Pinnacle is a nationally recognized leader in providing high-quality, patient-centered healthcare services in central Pennsylvania and surrounding rural communities. Its medical staff of more than 2,900 physicians and allied health professionals and approximately 11,000 employees serve a 10-county area at outpatient facilities and eight acute-care hospitals with 1,360 licensed beds: Carlisle, Community Orthopaedic, Hanover, Harrisburg, Lancaster, Lititz, Memorial, and West Shore.

The not-for-profit system anticipates caring for more than 1.2 million area residents in FY2018. For more information, visit UPMC Pinnacle.com.
Five Things You’re Doing That Are Compromising Your Online Safety

by Dr. Eric Cole

Just like we work to improve our physical health and well-being, it’s also vitally important to improve our cyber health and keep ourselves safe from online danger. Here are five easy fixes to keep yourself cyber safe this year:

1. What You’re Doing: Clicking in Emails

   What You Should Be Doing Instead: Never click on a link or email attachment, even if it appears to be from someone you trust. What it could be is an adversary using an email address that is unusual or out of character for someone you know. It could be an adversary using a fake email address of someone you know. They could be someone you trust. Remember that email is not a secure method of communication, be sure to be cautious of links you click on to an unprotected public computer, you can minimize online danger.

2. What You’re Doing: Using Only One Credit Card

   What You Should Be Doing Instead: There are many credit cards available and it’s important to choose the right one for you. Consider having at least three or four different cards that you use for different purposes. Ask for a low credit line on each—I’m certainly not recommending that you run up high bills on multiple cards! But having a separate card for different types of transactions reduces your risk and the effort needed if one card gets compromised. For example, have separate cards for online bill paying, online purchases, dining and entertainment, and travel.

   Never use a debit card except at the ATM—you have far less fraud and theft protection from your bank than you do from the credit card companies. Finally, enable real-time text message alerts on your cards so that you know every time your card is used and don’t find out at the end of the month when you see unusual charges.

3. What You’re Doing: Using One Computer For All Your Cyber Activity

   What You Should Be Doing Instead: With the price of computers dropping rapidly, you can’t afford NOT to have a separate “high risk” computer for your online activities, such as email, web browsing, and shopping. On your “low risk” computer, you can minimize online activity to encrypted transactions such as with your bank or credit card company. Unfortunately, it’s likely that you’ll get compromised in the near future and it could take a long time, if ever, to recover your personal and financial files. That effort and heartache will cost a lot more than a couple hundred bucks for the second computer.

4. What You’re Doing: Using Public WiFi Without a VPN

   What You Should Be Doing Instead: Every time you log on to an unprotected public network, everyone else on that network can see your computer or device. It’s like running naked through the mall shouting “Look at me!”—you will most certainly get noticed. Cover up! There is a simple type of application called a VPN, which stands for virtual private network. It sounds fancy, but what it really does is create a private tunnel to the Internet that your device can use without being seen. Every time you want to connect to the Internet in public, you fire up your VPN and become invisible.

5. What You’re Doing: Using Weak Passwords

   What You Should Be Doing Instead: I’ve always recommended switching to pass phrases where you create a strong password from a phrase that you’ll remember but that no one can guess. This is great if you only have a few pass words to remember, because you don’t want to use the same pass phrase for multiple sites. But some people have hundreds of passwords for home and work, making it impossible to create unique phrases for each one and remember which is which. In these cases, consider using a password vault that will generate strong passwords for each site you use. You only need to remember the master password/phrase to unlock the vault, and then it will fill in your unique passwords as you visit different sites. Remember to lock your vault after each session, or have it time out after a couple minutes.

Bottom line, be smart about how you handle your online activity. Even if you adopt only one or two of these tips, you’ll be taking a big step toward being cyber safe this year and beyond.

Dr. Eric Cole is CEO of Secure Anchor, former CTO of McAfee and Lockheed Martin, member of the Commission on Cyber Security for President Obama, the security advisor for Bill Gates and his family, and author of a new book, Online Danger: How to Protect Yourself and Your Loved Ones From the Evil Side of the Internet. For more information, please visit, www.onlinedanger.com and connect with Dr. Cole on Twitter; @driccole.

The Art of Waterwise Gardening

by Melinda Myers

Making a few changes in your garden care can yield great benefits. Less time and water wasted means more time for you to relax or entertain friends and family in your beautiful landscape. Water is critical throughout the life of a plant, but deciding when and how much water to provide each plant can be a bit overwhelming. Make this task easier and conserve moisture with these simple strategies.

Start by matching plants to your growing conditions. Selecting plants suited to your climate, soil moisture and average rainfall means healthier, better-looking plants and productive gardens with less supplemental water.

Incorporate organic matter such as compost into the soil prior to planting. This helps the soil more efficiently absorb rainfall and irrigation water. Less runoff means less water wasted. Adding organic matter also increases the ability of fast-draining soil to hold moisture, extending the time between watering.

Mulch the soil with organic materials such as shredded leaves, evergreen needles or wood chips. Mulching helps conserve moisture while suppressing weeds and improving the soil as these materials decompose. Plus, you’ll be recycling landscape trimmings back into the landscape and the environment. It’s green gardening!

There will still be times you need to tend nature a hand. Sprouting seeds, young seedlings and new transplants need consistent moisture to grow and establish a root system. Most annual flowers and vegetables also need consistent moisture throughout the season.

Newly planted perennials, trees and shrubs also need more attention and water than established plants with deeper roots able to absorb more moisture. During extended dry periods, even established plants will need supplemental water.

Providing the right amount of water at the right time can be a challenge. Doing it efficiently to avoid wasting time or water can help ensure your gardening success. Take the guesswork out of watering with a drip irrigation system like the DIY WaterWell Irrigation System Drip Line Kit (gardeners.com). Drip irrigation systems allow you to apply water to the soil right above the plant roots, exactly where it’s needed.

Run a line next to each row of plants—or every 18” in planting beds. The water slowly seeps through the holes and into the soil below. The slow, steady flow moistens the root zone, encouraging the development of deep, drought-tolerant roots.

Just turn on the faucet, set the timer and let the irrigation system do the work. This reduces the risk of frequent, ineffective watering, which leads to shallow roots growing just below the soil surface, where they dry out quickly. High temperatures or missed irrigation can stress shallow rooted plants, reducing their beauty and productivity.

The use of appropriate irrigation, mulching and organic matter can make a huge difference in the quality of your landscape—and your enjoyment of your garden! Melinda Myers has written more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally syndicated Melinda’s Garden Moment TV and radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener’s Supply for her expertise to write this article. Myers’ website is www.melindamyers.com.
Heavy bleeding is a common issue in the county to offer improved endometrial ablation to women with excessive menstrual bleeding, or menorrhagia, at Heart of Lancaster. This procedure uses a heat device to ablate the endometrium – destroy the lining of the uterus. With any surgery, there are risks and it is essential to consult with skilled gynecologists. Performing this procedure makes it difficult to work, sleep, and relax, and to savor our delicious recipes. Come in today or give us a call to make a reservation and enjoy your meal with your family and friends, to have fun and to be social. 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.

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 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.

Life Span Psychological Services

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:

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- ADHD/ADD
- Postpartum Depression
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- 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.

Life Span Psychological Services, P.C.

Lynnette G. Ruch, Ph.D.
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Bread range of mental-health issues, including but NOT limited to:
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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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By appointment only
Albright Opticians: Over 50 Years of Service in Lancaster County

by Susan C. Beam

In 1965, Ronald Albright, founder of Albright Opticians, had a goal: to open a small business that would bring high-quality and affordable lenses and frames to friends and neighbors in Lancaster County. Now under the management of his son, Jim Albright, since 1991, Albright Opticians continues the same dedication to better business practices and service to the community.

“I started working with my father in the shop on weekends and during the summer in 1966, when I was a sophomore in high school,” reminisced Albright, adding that after graduating from Franklin and Marshall College, he went to work full-time in the store.

Currently, Albright Opticians has two locations—one at 29 Keller Avenue and the other at 4229 Oregon Pike in Schaum’s Corner, each employing multiple opticians with over 30 years of experience.

“We know optics. We have some of the best-trained opticians in the business, and every optician here is certified by the American Board of Opticianry. We can handle the toughest, most complicated prescriptions and assist customers in achieving not only their optimal lens, but the best possible fit for frames,” said Albright.

Indeed, Albright credits long-term experience and progressive thinking about optics as a major part of his success in addition to building client relationships based on mutual respect and education.

“With all the options on the market, having the guidance of an experienced optician can make a huge difference when investing in your eyes. For example, there are a number of progressive lenses with hundreds of different variations. We can offer suggestions as to what’s best for the individual,” Albright said, adding that they are invested in being an advocate for the client when it comes to required prescriptions.

“We believe in educating our clients both in terms of need and value. Glasses are an investment in yourself, your eyes and your comfort. With the right glasses, you not only achieve better vision, but also a reduction in eyestrain and an increased quality of life,” Albright continued.

And with a wide variety of frames ranging from contemporary fun to classic chic, Albright Opticians can meet the needs of all clients. Or, if you’re interested in a sportier look, Albright Opticians is one of the only licensed Oakley distributors in Lancaster County.

“With summer coming up, this is the perfect time to be thinking about protecting your eyes from the sun and what your outdoor needs might be,” said Albright.

Finally, Albright also credits intelligent professional practices to long-term business success. In 2014, he, along with professional associates from Miller Optical and Hocke Optical, formed Independent Optical Professionals, a collaborative venture which allowed them to combine purchasing power and shared inventory—a move which he said benefited his customers by allowing them greater access to experience and products.

“It was a move which not only helped business, but created good friendships. Now, we not only share insider tips and education, but can maximize our approach to our customers’ needs because we know if one doesn’t have it, the other one will,” Albright commented.

If it’s time for new glasses, or for a superior pair to maximize your comfort, call Albright Opticians at their Keller Avenue location at 717-399-2020 or 717-626-2020 for their Oregon Pike location, or visit albrightopticians.net.

Jim Albright

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Dear Carole,

You will not have the life you are dreaming of and planning for. You will come to learn that our future is never guaranteed. In a moment you will suffer a loss so devastating that it will seem unbearable. You will live with the guilt and pain of that one event every day for the rest of your life.

Don’t be frightened; you will also nurture a beautiful family and experience much joy! I will hold your hand during your journey and guide you with the lessons I have learned.

Please remember to trust yourself and follow your gut. If you feel like something is wrong, IT IS! You will only learn this lesson after your daughter Samantha, you call her Sammie, stops breathing during a nap. You will not forget this lesson, and it will save your younger daughter, Natalie. Remember to forgive yourself. It is the most difficult but essential act you will need to do. There is no path to your future without forgiveness. It will be something you do every day for the rest of your life.

Be fierce! You will not survive if you care what people think. You must become a general and strategically advocate for your family. You must lead with passion and resolve. Seek and respect the knowledge others possess. You cannot do this alone. You are the general making the plan, but you need an army of soldiers to fight the many battles you will face.

Finally, be Grateful, Celebrate, and Laugh! If you do these things, your journey from heartbreak to joy will be fulfilling! You will draw comfort in knowing you have done your best to honor the ones you love.

I want to leave you with this thought. When you open your heart to the greatest joy life has to offer, you become vulnerable to an equal amount of pain. Faced with that challenge, we have no choice but to embrace our humanity and move forward! Let this be your guide.

With Love,
Carole 2018

I am a mother of three beautiful girls, wife to David Simons, and proud advocate for individuals with disabilities. I’ve raised my children and nurtured my family here in Lancaster, Pa., and it’s a community I admire and appreciate.

On a foggy morning in 1988, the course of my life changed drastically. My infant daughter stopped breathing during a nap and sustained severe brain trauma. Her prognosis transformed from certain death to a lifelong vegetative state. I am sharing my journey in the hope that it will inspire those who care for a disabled loved one, bring peace to those who have suffered a great loss, and educate those who may not have experienced either.

I have learned so much from my life with Sammie. I grew from a terrified new mother into a passionate advocate. Please visit Rethinkloss.com to share your journey. My story begins with a letter to my younger self.

Rethink Loss

Carole Simons

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Shea F. Stevens, DMD, FICOI

Shea Stevens, DMD, FICOI

Shea Stevens, DMD, FICOI

Shea Stevens, DMD, FICOI
Meet Dr. Kristi Dively

According to Dr. Dively, her path to the “why” was full of “twists and turns” leading to her current position as a board-certified OB/GYN at Retreat at Lancaster County, a drug and alcohol treatment center headquartered in Ephrata. After spending her formative years in York, she did her undergraduate work at West Chester University and attended medical school at Lake Erie College of Osteopathic Medicine. She completed her residency at York’s Memorial Hospital and then worked in private practice in Phoenix, Arizona, and Lancaster before accepting a nonclinical position for four years.

“When I got to Retreat, I had been out of clinical medicine for a few years. As I was starting in this position, I learned that very few rehabilitation centers will treat pregnant women. In fact, 80 percent will just discharge them because of the complications of caring for both mothers and their children. We wanted to make a change and give moms-to-be a new chance at living sober lives with their babies,” she explained.

At Retreat, Dr. Dively was able to develop a program specifically designed for pregnant women from the initial stages up to 32 weeks. Additionally, the program is custom-designed according to detox need and requirements.

“When a patient arrives, we do a full assessment. Many of our patients haven’t had prenatal care, so we provide initial care and set up our patient with a local care provider,” said Dr. Dively, adding that after medical assessments are finished, patients are then provided with a variety of therapeutic options.

For Dr. Dively, working with addicted persons was a new experience. “In medical school, I got little-to-no training on the science of addiction. I always had the attitude of ‘just stop,’ and that’s not the truth. Addiction changes the chemistry in the brain, and no matter how much they want to stop, their brain is screaming at them to use drugs. If people haven’t had experience with someone who suffers from addiction, they won’t understand,” she explained.

It is a field of tremendous challenges and great joy. “I’m on call 24/7 for my pregnant girls. I cherish my success stories and try not to dwell on the ones who have left or relapsed. Happily, we’re currently in touch with 15 patients who completed the program, and all 15 were sober at delivery,” said Dr. Dively, adding that she credits her husband with being a huge support.

In the future, Dr. Dively said she plans to continue to grow the program and spread the word that help is available at Retreat for pregnant women who are addicted. She also plans to continue working on educating the public about addiction and resources to get help.

In her little free time, Dr. Dively enjoys spending time with her family and working on her own business as an independent LuLaRoe retailer.

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In the Spotlight

Meet Dr. Kristi Dively

by Susan C. Beam

Kristi Dively, DO, FACOG

According to Mark Twain, “the two most important days in your life are the day you are born and the day you find out why.” For Lancaster’s Dr. Kristi Dively, her “why” has been helping pregnant women struggling with addiction, or you may be interested in hosting an educational event, contact Retreat at 855-859-8808 or visit retreataddictioncenters.com.
Why not usher in the New Year pain free? There are plenty of alternatives to surgery. Not only is our highly skilled Pain Management team at the ready, but the newest, most effective procedures in treating chronic neck, spine and brain conditions are used by the doctors right here at ARGIERES MAROTTI Neurosurgical Associates of Lancaster. NEURO SPINE MONITORING is our Outpatient Electrode Stimulation Device, a new battery-powered implant in the lower back area that uses electrical pulses to block chronic back pain signals without the annoying tingling sensation of a traditional spinal cord stimulator. Comparable to a pain "pacemaker," patients can actually stay awake for the 35-40 minute procedure that delivers instant pain relief lasting up to 10 years.

Make 2018 your pain-free resolution.

CALL ON US FOR A SECOND OPINION.
If you have been wondering about streaming TV from the internet every time you open your cable bill, you are not alone. The field of TV streaming is booming. It is also in a constant state of change, with evolving technology, new products and new participants. Here we take a quick look at the two most popular options: Roku and Amazon Fire. Roku and Amazon Fire require their streaming device to be attached to the TV. These devices run from about $50 for the sticks to about $100 for the more robust boxes. There is no monthly fee for the Roku or Amazon streaming service. Smart TVs can stream directly, but the selections are very limited.

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

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

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

LCW asked us to present a short article for LCW readers after recently upgrading their network and converting all their TVs to streaming. Should readers want more information or desire this type of service, please email inyork@comcast.net.
UPMC Pinnacle Lancaster Executive Earns Top Healthcare Management Credential

M. Brooks Turkel, FACHE

“The healthcare management field plays a vital role in providing high-quality care to the people in our communities, which makes having a standard of excellence promoted by a professional organization critically important,” says Deborah J. Bowen, FACHE, CAE, president and chief executive officer of ACHE. “By becoming an ACHE Fellow and earning the distinction of board certification from ACHE, healthcare leaders demonstrate a commitment to excellence in serving their patients and the community.”

Fellow status represents achievement of the highest standard of professional development. In fact, only 9,100 healthcare executives hold this distinction. To obtain Fellow status, candidates must fulfill multiple requirements, including passing a comprehensive examination, meeting academic and experiential criteria, earning continuing education credits and demonstrating professional/community involvement. Fellows are also committed to ongoing professional development and undergo recertification every three years.

For more information regarding the FACHE credential, please contact the ACHE Division of Membership at 312-424-9400 or membership@ache.org, or visit the Credentialing area of ache.org.

About UPMC Pinnacle

UPMC Pinnacle is a nationally recognized leader in providing high-quality, patient-centered healthcare services in central Pennsylvania and surrounding rural communities. Its medical staff of more than 2,900 physicians and allied health professionals and approximately 11,000 employees serve a 10-county area at outpatient facilities and eight acute-care hospitals with 1,360 licensed beds: Carlisle, Community Osteo, Hanover, Harrisburg, Lancaster, Lititz, Memorial, and West Shore. The not-for-profit system anticipates caring for more than 1.2 million area residents in FY 2018. For more information, visit www.UPMC-Pinnacle.com.

About the American College of Healthcare Executives

The American College of Healthcare Executives (ACHE) is an international professional society of 40,000 healthcare executives who lead hospitals, healthcare systems and other healthcare organizations. ACHE’s mission is to advance our members and healthcare management excellence. ACHE offers its prestigious FACHE® credential, signifying board certification in healthcare management. ACHE’s established network of 80 chapters provides access to networking, education and career development at the local level. In addition, ACHE is known for its magazine, Healthcare Executive, and its career development and public policy programs. Through such efforts, ACHE works toward its vision of being the preeminent professional society for healthcare executives dedicated to improving health. The Foundation of the American College of Healthcare Executives was established to further advance healthcare management excellence through education and research. The Foundation of ACHE is known for its educational programs—including the annual Congress on Healthcare Leadership, which draws more than 4,000 participants—and groundbreaking research. Its publishing division, Health Administration Press, is one of the largest publishers of books and journals on health services management, including textbooks for college and university courses.

UPMC Pinnacle Physician New Brethren Village Medical Director and Primary Care Physician

Heartland Family Health physician Sawsan Zammam, MD, has joined Brethren Village, serving as both medical director and credentialed primary care physician. She sees patients on Thursdays at the Courtyard and Terrace Crossing medical suites. Dr. Zammam is committed to furthering Brethren Village’s mission to increase quality of care, reduce readmissions to acute-care settings, improve transitions of care across the continuum, and see residents in Brethren Village’s supportive living and independent living areas.

Heartland Family Health, part of Lancaster Medical Group and UPMC Pinnacle, strives to support Brethren Village leadership in the development of quality, disease-specific care paths, to help coordinate training and education of staff and residents; and to work alongside key hospital personnel to ensure communication and patient records are readily available. The overarching goal is to promote safe patient transitions between providers and levels of care, and to ultimately reduce the likelihood of readmission.

Dr. Zammam is board certified in both internal and geriatric medicine. She received her medical degree from Damascus University Faculty of Medicine in Syria. Dr. Zammam lives locally with her husband and two children, who attend Hempfield School District.

Brethren Village residents can make an appointment with Dr. Zammam by calling Heartland Family Health at 717-627-4088.

About UPMC Pinnacle

UPMC Pinnacle is a nationally recognized leader in providing high-quality, patient-centered healthcare services in central Pennsylvania and surrounding rural communities. Its medical staff of more than 2,900 physicians and allied health professionals and approximately 11,000 employees serve a 10-county area at outpatient facilities and eight acute-care hospitals with 1,360 licensed beds: Carlisle, Community Osteopathic, Hanover, Harrisburg, Lancaster, Lititz, Memorial, and West Shore. The not-for-profit system anticipates caring for more than 1.2 million area residents in FY 2018. For more information, visit www.UPMC-Pinnacle.com.
CRAFT BEER FESTIVAL

Stonebridge at Potomac Town Center in Woodbridge, Virginia

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Get the best price by purchasing in advance.

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Wine Options Available
We’ll also have a wine table so you can bring your wine drinking friends along to enjoy the merriment.

Woodbridge, just off I-95
Stonebridge at Potomac Town Center, a retail center with an Apple store, REL Carhartt, Starbucks, and more.

More Details to Come
More details will be published as they become available, such as additional breweries, food vendors, live music acts, and more — so check back often.

“Whether you are a craft beer expert or just getting started, whether you are young or old, whether you have kids or not, this festival is designed for you!”

DARYN HEISY - FOUNDER, BREW REPUBLIC BIERWERKS
Time to ‘Reimagine’ Your Home

by Michael C. Upton

Spring is a prime time for home renovations and restorative building projects. Gabriel Kienzle, co-owner with Jeff Stamper of Reimagine—a Lancaster-based residential and commercial construction company—has seen the “spring effect” firsthand for many years.

“This is when people start thinking about adding a deck, but it’s also a time when people start thinking about replacing windows and doors because they noticed drafts during the winter,” said Kienzle.

People also consider additions after being cooped up all winter. The cold makes large renovations to spaces like kitchens and bathrooms nearly intolerable after being cooped up all winter. It’s hard to be efficient with cold weather.

“We tend to meet a lot of people over the winter. It’s hard to be efficient,” said Kienzle. “Some people aren’t really big cooks, so they want to have more entertaining space. Other people want tons of cooking area. Layout can be the biggest issue. A lot of times people have all the space they need; it’s just laid out wrong for their needs,” said Kienzle.

During a consultation, Reimagine will visit and walk through the space with the homeowner. If necessary, the company will provide layout renderings and various options.

“It helps if people are able to visualize the space,” said Kienzle. “We’ll measure the footprint of the space and give them a couple of layout options. All of a sudden, people realize what they have and how we can make it work for what they want.”

Kienzle and Stamper understand that time is valuable, especially with a complex renovation project. Their experience enables them to stay within budget and get the job done on schedule. The same goes for Reimagine’s commercial work. Their goal is to handle all the details so owners can concentrate on running the business, whether it’s a restaurant or an entire office building renovation.

“We focus on repurposed spaces and renovating,” said Kienzle, who loves the unique homes and repurposed buildings in the area. Renovation is Reimagine’d in Lancaster, as they like to keep their business footprint as close to home as possible.

For more information, visit www.reimaginelancaster.com.

Reimagine—a Lancaster-based residential and commercial construction company—has seen the “spring effect” firsthand for many years. Gabriel Kienzle, co-owner with Jeff Stamper of Reimagine, said, “This is when people start thinking about adding a deck, but it’s also a time when people start thinking about replacing windows and doors because they noticed drafts during the winter.”

People also consider additions after being cooped up all winter. The cold makes large renovations to spaces like kitchens and bathrooms nearly intolerable. It’s hard to be efficient with cold weather.

“We tend to meet a lot of people over the winter. It’s hard to be efficient,” said Kienzle. “Some people aren’t really big cooks, so they want to have more entertaining space. Other people want tons of cooking area. Layout can be the biggest issue. A lot of times people have all the space they need; it’s just laid out wrong for their needs,” said Kienzle.

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CASA Hires Volunteer Manager

Marshall Fischer

Court Appointed Special Advocates (CASA) of Lancaster County recruits, trains, and provides community volunteers to advocate for children in foster care. Overseeing these volunteers are volunteer managers, and CASA is pleased to announce their newest manager, Marshall Fischer. Fischer, Lancaster County born and raised, comes to CASA after spending the last few years teaching English as a second language in Japan to elementary and middle schoolers. “I enjoyed working with my students, and although I’ll miss them, I was ready to return home,” stated Fischer. “I’m thrilled to be returning to non-profit work, and even more excited to be making a positive difference in the life of children in our community.” Before teaching, Fischer worked at two other local non-profits: Tabor and Transitional Living Center (TLC). Fischer is a graduate of Penn Manor High School and earned his bachelor’s degree in global geography from Millersville University. Though he enjoys traveling, having visited Brazil, China, and Switzerland, to name a few countries, Fischer’s true passion is contributing back to society and making sure “I’m doing something good.”

CASA’s need for more staff stems from the growing number of children entering Lancaster County’s foster care system due to abuse and neglect. With a CASA, children spend less time in foster care, and receive more help while in the system. To learn how you too can “do something good,” visit CASA online at casalancaster.org, email casa@casalancaster.org, or call 717-208-3280.


Hair Botox contains a protein rich formula which fixes the imperfections in each individual strand of hair with active ingredients. This mixture of proteins, caviar oil, collagen, vitamins, antioxidants, natural acids and healing agents guarantees to moisturize, nourish and restore hair from inside out.

Did you know that a bad hair day is not just a one-time problem? This is your hair’s way of showing you that it needs immediate help! With all the coloring and styling we do, our hair is crying out. Just using conditioner is not enough to keep your hair healthy.

BOOST YOUR EGO!
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, insulating your windows. If your windows or 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 many stains and paint colors. Multiple configurations of panels are available for your windows and sliding/French doors. Cafe, bi-fold, 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. We take care of all of the details, measuring, ordering and installing your window treatments. Our workroom also makes bedding, pillows and shower curtains, and can reupholster or make slipcovers for your furniture.

As window-treatment experts and interior designers, we can help you coordinate your window coverings with new paint colors, furniture, area rugs, flooring, artwork, floral design and finishing touches. Let us help you dress your windows and help you make your house a home.

Check out our website at www.heritagedesigninteriors.com. Join us on Facebook for upcoming events, specials and decorating ideas.
Getting Your Best Sleep at Lancaster’s New MATTRESS 1st

“Mattress shopping can be an overwhelming experience, and most people don’t know how to begin the process,” she continued. “Our store offers a selection of over 40 mattresses and by utilizing the body-imaging technology, this allows us to narrow down the options and help our customers find the best mattress available for their specific needs.”

But how does the technology work?

“A three-step process starts with some conversation to evaluate the customer’s goals and needs. Next we introduce them to the REVEAL® body-mapping technology and have them lie down comfortably on a specially designed bed equipped with body-imaging sensors. Some basic information, including the preferred sleeping position—which side, or stomach—is entered into the system and a high-resolution image, referred to as the ComfortMap®, is generated, defining the pressure point distribution throughout the body. The ComfortMap®, reveals their personal comfort and support needs and recommends a mattress category ranging from firm to ultra plush. We also test with a pillow matched to their sleep style, and use an adjustable base, which will allow for feet and/or upper-body elevation. The body-mapping system tests both individuals and couples. For couples, the machine will blend the individual results and select an ideal mattress comfort level designed for both sleepers.”

“With this diagnostic approach, your Certified Mattress Specialist is then able to navigate you through three or four mattresses that match your ComfortMap® recommendations. Mattresses include hybrid styles comprising both foam and coils, all-foam options, and natural latex, achieving the best comfort and support levels needed for a restful night’s sleep, with the goal of waking up refreshed and ready for your day,” said Schultz.

“As a local family-owned and -operated business since 1969, we strive to be a full-service experience for our customers, and this inspired the addition of Mattress 1st by INTERIORS HOME. As a member of the nationwide Mattress 1st network, we can offer our customers the outstanding resources, brands, and buying power of a national organization, while continuing to offer the service and trust of our local, family-owned company,” Schultz continued.

For more information on INTERIORS HOME’s new Mattress 1st stores at their Lancaster and Camp Hill locations, call 717-390-2000, visit their website at interiorshome.com, or better yet, stop in for your free ComfortMap® at either location: 3130 Columbia Ave, Lancaster, or 3415 Simpson Ferry Rd, Camp Hill.

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Professional Services

**Getting Your Best Sleep at Lancaster’s New MATTRESS 1st**

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**YWCA Lancaster Seeks $22K in Funding for Shelter**

YWCA Lancaster is announcing a fundraising campaign to cover the operating costs for the Women and Children’s Winter Shelter for the entire 2017–2018 season. The funds will be used for the typical operating costs, unexpected expenses relating to the use of the building’s plumbing and unanticipated vandalism expenses resulting in the need for security services. The $22,000 campaign is targeted for the following needs:

- Cleaning gym and locker rooms: $5,000
- Cleaning supplies, toilet paper and trash bags: $550
- Guest interface and troubleshooting: $3,400
- Utilities: $1,800
- Repairs and plumbing (estimated): $2,000
- Security officers: $8,750
- Total estimated costs: $21,500

**Finding your perfect mattress is easy!**

With body mapping technology, our specialists will pinpoint the level and type of support your body needs. Then, let us guide you through our calm, quiet sleep gallery where you can comfortably shop the quality brands and options within your budget.

**Mattress 1st**

by INTERIORS HOME

“We promise to guide you to the BEST REST of your LIFE.”

3130 Columbia Ave. LANCASTER, PA · 717-390-2000

interiorshome.com

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**YWCA IS ON A MISSION**

The Women and Children’s Winter Shelter operates as one of the area’s primary shelters for the homeless population during the coldest months, when it is needed the most. It runs from December through March and is open seven days a week, 7 p.m. to 8 a.m. YWCA Lancaster provides a warm and safe place for single women and women with children to sleep, as well as access to showers and lockers. Lancaster County Council of Churches, the shelter’s organizer, staffs it with volunteers and also provides snacks, and beverages.

With the active hurricane season last summer and fall, Lancaster has seen its share of displaced victims, especially those from Puerto Rico. YWCA Lancaster is considering having a shelter open year-round—offering families a chance to find refuge from the storms, be safe and restore normalcy to their lives. In addition, many dangerous storms pass through the area in spring and fall, when the shelter is closed.

The YWCA has hosted the winter shelter over the past six years, and the YWCA’s statistics show that the need for the shelter has increased. YWCA Lancaster wants to do more to help the people in our community.

**How can you get involved?**

You can donate on the YWCA Lancaster website, ywca lancaster.org/give; make a donation by check, payable to YWCA Lancaster with a note designating “Women and Children’s Shelter” and send it to 110 North Lime Street, Lancaster, PA 17602; or contact Michelle McCall, CEO, mmccall@ywcalancaster.org or 717-393-1735.

**About YWCA Lancaster**

Since 1889, YWCA Lancaster has invested in the power of women by providing a variety of services that help women take charge of their own lives. Providing child care, housing, sexual-assault prevention and counseling, and social justice advocacy programs, YWCA Lancaster is on a mission to strengthen individuals, families and communities throughout the county. YWCA Lancaster is dedicated to the elimination of racism, the empowerment of women, and promoting peace, justice, freedom and dignity for all.
Music For Everyone Awards Over $112,000 in Grants

Music For Everyone (MFE), a Lancaster-based nonprofit charitable organization with a mission to cultivate the power of music, announced the awarding of the value of $112,286.63 in grants to 51 different schools and community organizations. The majority of those grants will be used to purchase instruments. It is significant to note that as a result of efforts to “single source” instrument procurement, MFE was able to secure these instruments at a significant discount. “This is an example of our efforts to become more efficient, effective, and strategic with every dollar we receive”, said John Gerdy, MFE’s founder and executive director. 2018 marks MFE’s 12th year of awarding grants. Since 2006 MFE has awarded $882,443.32 through this program.

This year’s grant award recipients are:
- Adamstown Elementary School
- Bear Creek Elementary School
- Boys & Girls Club of Lancaster
- Buchanan Elementary School
- Burcher/Neff Elementary Schools
- Burrowes Elementary School
- Carter & MacRae Elementary School
- Conestoga Valley School District
- Cocalico Middle School
- Columbia High School
- Conestoga Valley School District
- Crispus Attucks
- CV High School
- East High Elementary School
- Ephrata Middle & High School
- ER Martin Elementary School
- Elizabethtown Area High School
- Elizabethtown Area Middle School
- Exponent
- Fulton Elementary School
- Garden Spot High School
- Hand Middle School
- Hempfield District Orchestra
- John Beck Elementary School
- King Elementary School
- La Academia
- Lafayette Elementary School
- Lampeter-Strasburg Orchestra Program
- Lancaster Recreation Commission
- Library System of Lancaster County
- Lincoln Middle School
- Lampeter-Strasburg High School Band

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

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

More Than Just Ultrasounds and Pictures!

Womb With a View moved in July 2017 to 3047 Columbia Avenue, which is one block off of Centerville Road. We are located right next door to Miracles Consignment Shop and almost dead center in the strip mall that is behind Arby’s. At the new location, we now have a larger retail shopping area dedicated to specialty items not found in the popular retail stores. We carry items for the last-minute baby-shower gift and to perfectly commemorate finding out the gender of your baby. It is hard to resist buying that first item in pink or blue to show your family your exciting news. We also carry Gender Scratch-Off Cards that allow your family or friends to scratch off an area on the card to reveal whether you are having a boy or a girl.

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

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The Ultimate HD Ultrasound Experience! First and Only in the area

Womb With a View
3047 Columbia Avenue, Lancaster, PA 17603
717-394-4447
wombwithaview.com

$10 off Retail Shop Items with minimum $30.00 purchase. Not valid on sale items. Can not be combined with other discounts.

Music For Everyone is a Lancaster-based nonprofit charitable organization dedicated to raising awareness and resources to strengthen the role that music plays in schools and the community. To learn more about the organization, visit our website at www.MusicForEveryone.org.
Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

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

Seeking Volunteers

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

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

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

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Finding the Way to Your Creative Self!

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

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

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

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

If you need an immediate consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.
James M. Beidler will give the keynote address at this year’s Lancaster Family History Conference, looking at how to use newspapers for genealogical research.

Early registration for the Family History Conference is due March 27, registration closes April 10.

Historic newspapers provide a valuable sense of the way our local communities functioned a century or more ago. Now more than ever, historic newspapers are becoming digitized and easily accessible to everyone everywhere. The 2018 Lancaster Family History Conference will examine how newspapers enhance family history. Writer and columnist James M. Beidler will share insights in his keynote speech, “Extra! Extra! Research All About It.” He is the author of the newly published Family Tree Historical Newspapers Guide as well as the “Roots and Branches” newspaper column and blog.

The Lancaster Family History Conference offers workshops that will help attendees learn how to use historical newspapers in “Letterpress to Digital: Using Historical Newspapers” and “Zeitung Sightings, German-language Newspapers Worldwide.” Other workshops will address additional aspects of family history research: “Colonial Church Records,” “No Good Deed Goes Unrecorded,” and “Some Early Swiss Records of Our Mennonite Ancestors.”

The conference also addresses history related to Lancaster County in “Mysterious, Melancholy, and Macabre Stories from Lancaster County Newspapers,” “The Underground Railroad of Lancaster County,” “Amish and Mennonites: Connections, Distinctions, Clarifications,” and “Introduction to Pennsylvania Dutch” dialect.

Field trips and research seminars will take place on Thursday and Friday before the conference. Attendees have the opportunity to visit local Underground Railroad sites on a bus tour. Research seminars include special research assistance, a DNA roundtable discussion, and learning how to decipher German script. Milo G. Miller will discuss the role of The Budget, a newspaper read in Amish communities.

The conference runs April 19 to 21, 2018. The Saturday conference will take place 8:30 a.m. to 4 p.m. at the Farm and Home Center, 1383 Arcadia Road, Lancaster. Registration is available online at www.lmhs.org or by calling Lancaster Mennonite Historical Society at (717) 393-9745. Registration for field trips and seminars is done separately from the conference, but priority seating will be given to conference attendees.

**Lancaster Family History Conference**

This conference is part of over forty Lancaster Roots 2018 events. Lancaster Roots combines the events of the Lancaster Mennonite Historical Society and the 1719 Hans Herr House & Museum. Through public presentations, food, music, field trips, and classes, these events reveal Lancaster and its people: their stories, culture, and history.

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**Spay and Neuter Pet Clinic**

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

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

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

**Why spay or neuter dogs and cats?**

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

**Why do we offer low-cost spay and neuter surgeries?**

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

Rocky offers free in-home consultations to mature adults who are thinking of making a change. Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisers, lawyers specializing in mature adult concerns, insurance advisers, a geriatric care consultant to help select a community which matches the client’s budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 33 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

“My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old,” she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.
The Navy joins the nation in celebrating Women’s History Month throughout the month of March 2018.

ALNAV 007/18 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme “Honoring Women Who Fight All Forms of Discrimination.”

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War, when the Sisters of the Holy Cross served aboard the USS Red Rover, the Navy’s first hospital ship. In 1948, women gained permanent status as nurses dating back to the 1800s, most notably during the

In the Navy’s civilian workforce, 27 percent are women, and 26 percent are Senior Executive Service members.

According to the September 2016 “One Navy Team” memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, who achieve and maintain high standards, and are ready for decisive operations and combat. Diversity also influences various thoughts, ideas, skill sets and experiences, which ultimately helps increase the effectiveness of the Navy. Integrating sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation’s top talent from a wide pool of skilled personnel.

A complete educational presentation, including a downloadable educational poster on Women’s History Month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at deomip@usaaf.mil.

Nowadays, the general public has easy access to free contracts and other legal documents for use in their business or personal matters. At first glance, the use of these “forms” appears to be a great way to save money instead of paying legal fees to an attorney to provide documents tailored to fit your interests. But, are there potential dangers to using and relying on these forms? Absolutely.

Many individuals and businesses sometimes fail to realize and appreciate how detailed and complex contract law can be. In some cases, “form” documents are selected for their use based simply on the name or the title of the document. However, selecting the wrong form may result in unintended legal consequences and unnecessary exposure to liability.

“Form” legal documents fail to provide advice as to your rights under the document and the law of the jurisdiction governing of the contract. An experienced attorney would be able to provide you with the advice necessary to gain an understanding of the legal implications of the terms of the contract, as well as provide you with suggestions on how to tailor a contract or agreement to your specific situation and jurisdiction.

To use a common cliche, you don’t know what you don’t know. Whether you’re leaving a benefit or an opportunity for yourself or your business on the table; obligating yourself or your business to a term or condition that is not necessary; or failing to include important clauses relevant to you, your business or specific industry, one cannot pinpoint all of these possible issues without the proper advice of an experienced attorney. More often than not, you will discover that even upon a simple review of the form document by an attorney, the time and expense incurred almost always pays for itself. Failing to address specific legal issues can force the parties into court prematurely and often with great expense.

As mentioned above, different states have different laws that govern contracts and other legal documents, and leaving out specific language required by these laws could result in significant and adverse unintended consequences. Upon the review or drafting of the document by an experienced attorney, you can avoid these unintended consequences by ensuring that the proper language required by a particular jurisdiction is included.

Many, if not all, form legal documents will not be tailored for you specifically; instead, they will be drafted in very general terms. In most instances, problems with a contract or agreement are not normally identified until the parties disagree upon a term or provision in the contract, and by that time, it may be too late. At the very minimum, if you make the decision to use a free legal document, hire an experienced attorney to review the document first to ensure you are aware of any such unintended legal implications or consequences.
Pam Wilde: Exhibiting Work at the Women’s Expo April 14
Lancaster Host Resort and Convention Center

Art has always been my place to lose my “self,” and I’ve always had a very special place in my life for it in one form or another. Among my artistic interests, I sketch, paint and dabble in sculpting.

My jewelry art, however, ranges from traditional framed jewelry art like the old Christmas trees that our grandmothers made in the ’50s with their old costume jewelry, but it’s also much, much more. My work has branched off into a nontraditional sense, which takes it to a deeper level while still incorporating the costume jewelry, beads and basic jewelry components (and sometimes even feathers) to build the art. With my drawing and sculpting skills, I am able to offer more than just assembling a collage of jewelry on a simple silhouette. I find being able to use the sparkle of preloved jewelry in an unexpected way gives it new life, and that to me is satisfying.

Along with themed pieces like Christmas trees and angel silhouettes, I make family or even pet portraits. I also do memorial pieces from loved ones who have passed and can even incorporate their jewelry.

Mairead Carlin, Tara McNeill, Susan McFadden, and Eabha McMahon

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

Celtic Woman, the multi-platinum international music sensation, is returning with a brand new live show for an extensive North American tour beginning Spring 2018. The much-anticipated concert, Homecoming, will play in more than 90 U.S. and Canadian cities from coast-to-coast. The tour will kick off March 1 at the RP Funding Center in Lakeland, Florida. Celebrating Ireland’s rich musical and cultural heritage, Celtic Woman combines finest musical talent with epic stage productions to present a unique, inspiring live experience. From the debut, Celtic Woman has touched the hearts of a huge global audience. Now, with Homecoming, Celtic Woman brings the next chapter of an extraordinary musical journey. It’s a universal celebration of life. It’s traditional, it’s contemporary. It’s yesterday, today and tomorrow.

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

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

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

March 22—Kimmel Center for the Performing Arts, Philadelphia, Pa.
March 25—F.M. Kirby Center, Wilkes-Barre, Pa.
March 27—Benedum Center, Pittsburgh, Pa.

For a complete tour schedule and ticket information, visit www.CelticWoman.com
Greg Smolin: ‘Shared Moments’

Greg Smolin, who is known to most as an emergency medicine/urgent care physician, will be exhibiting a collection of his photographic works at Mulberry Art Studios this April. “Shared Moments” opens on April 6 with a First Friday reception from 5 p.m. until 9 p.m. Mulberry Art Studios holds gallery hours on weekdays from 10 a.m. until 4 p.m. and is located in downtown Lancaster at 19–21 North Mulberry Street.

Photography found Greg Smolin at a young age and has influenced his perception and appreciation of the world around him since. Set in motion with a gift of a Kodak Brownie camera at age 5, the relationship with photography was sealed when he first stepped into a darkroom and saw black-and-white images springing to life from trays of acrid chemical baths. That smell, thankfully, is now of warm computer electronics, and the images are instant, vibrant and adjustable only within the limits of the photographer’s imagination. Smolin’s lifetime love of nature, animals, hiking and biking puts him in locations perfectly matched to photographic exploration. The combination of outdoor exploration, cool equipment, advancing technology and post-production creativity has him hooked for life.

“I’ve been dancing around my fascination with photography my entire (post–5-year-old) life. I never had the nerve to take it on as a full-time way to make a living but instead took the “easy” route and went to medical school to become an emergency physician,” says Smolin. “Over the past 30 years, it has paid the bills but has kept me awake and stressed out too many nights. Outdoor serenity and beauty have been my sanctuary. The crossroads of photographic passion and medical practice have led to this, my first gallery exhibit. When my partners and I opened three AllBetterCare Urgent Care center locations in the Harrisburg area eight years ago, I started decorating the clinics with my photographs. Photography previously had been a private endeavor for me. I never intended to have my images seen by anyone outside of friends and family, but the reaction to public display was overwhelming and unexpected. The personal connection to patients, staff and the community was beyond anything I had expected. Capturing a moment, a place in time and interpreting it for presentation is a satisfying process from the click of the shutter through the production of the display image. I hope this gallery exhibit evokes the same positive reaction to my images.”

For more information, and to preview the artwork of “Shared Moments,” please visit www.mulberryartstudios.com.

Local Choir Holds 40th Anniversary Concert

The Lancaster Chamber Singers celebrate 40 years of sharing choral music with a special anniversary concert on Sunday, May 6, at 3 p.m. at Lancaster Church of the Brethren, 1601 Sunset Ave., Lancaster.

“We are excited to celebrate 40 years of bringing great choral music to central Pennsylvania,” said Jay Risser, conductor, “with a combination of challenging new works for our group and many fan favorites.”

The performance will feature Mozart’s most famous choral mass, the Coronation Mass, featuring special guest soloists Laurice Kennel, soprano; Amy Yovanovich, mezzo-soprano; Luke Grooms, tenor; and Marcus Simmons, baritone. A chamber orchestra will accompany the choral ensemble during the mass.

The concert will also include music by Latvian composer Eriks Esenvalds and popular American composer Dan Forrest. Additionally, in celebration of the 100th anniversary of Leonard Bernstein’s birthday, the program will include Somewhere from West Side Story and Make Our Garden Grow from Candide.

For advanced ticket purchases and more information about the concert, visit www.lancasterchambersingers.org/Upcoming_Events.html. Tickets will also be available at the door until the concert is sold out.
For over a century, the VCA Smoketown Animal Hospital’s caring and compassionate staff has served the pets of Lancaster and surrounding areas. As part of their commitment to complete and progressive care, they are excited to announce the spring expansion of the hourly availability of their physical rehabilitation center, which will be overseen by Dr. Megan Fowler.

“Animals are just like people—after surgery or injury, we need to strengthen the muscles,” said Dr. Fowler. “Typically, after injury, we used to suggest rest for recuperation. Now, we have a ton of research which shows that immobilization of the injury can make healing take longer and hurt more.

“Primarily, we see dogs and cats for postsurgical work, injuries, or medical issues such as back problems and arthritis, and we create a customized treatment plan to optimize their recovery,” she continued, noting that Smoketown Animal Hospital has a number of treatments available, including an underwater treadmill, an agility room, balance boards, rails, ramps, and the ability to perform acupuncture and laser therapy, both of which can be used to penetrate the muscle, relieve tightness, heal the tissue, and help with pain.

“Depending on what the pet needs, we may start with balancing or weight shifting and work our way up to the underwater treadmill. I also may either do laser therapy or acupuncture to help with any healing of the muscles,” explained Dr. Fowler, who received her certification in medical acupuncture in 2015.

According to Dr. Fowler, the benefits of physical therapy for animals are tremendous, especially in the long term. “For example, if an animal has a torn ligament, our goal is to not make the injury worse but—at the beginning—to introduce controlled motion such as standing, shifting from one leg to another, stretching through a range of motions, and really controlled exercise, usually for two weeks or so. Or, with arthritis, as joints begin to stiffen up, we want pain management to keep joints moving and to incorporate controlled exercise in order to lose weight,” she said, adding that being overweight is a major factor in injury and arthritis, so rehab can be used preventatively just for exercise in overweight dogs.

When Dr. Fowler joined VCA Smoketown Animal Hospital in 2015, her primary interest was in veterinary surgery, and her interest in animal care could be traced back to childhood. Rehabilitation and pain management was a natural outgrowth of her interests, and in the summer of 2017, she began a certification in animal rehabilitation, finishing the clinical aspect in October 2017.

“Pain in animals is often overlooked, and it can very hard to recognize. As a profession, we can do better with pain and we’re getting more research to say we can do better and do more. Specifically, we’re looking for other ways of pain control without adding drugs on top of drugs,” said Dr. Fowler, adding that in addition to her recent certification, she’s also working on getting a certification in canine pain management.

For more information on VCA Smoketown Animal Hospital’s many options for your furry friend, including dental exams, wellness exams, radiology, and surgical care and aftercare, call 717-394-5542 or visit their website at vcahospitals.com/smoketown.

Dr. Megan Fowler-Pollitt joined the VCA Smoketown team at the beginning of 2015. She was born and raised in New Jersey. She attended vet school at the University of Pennsylvania after studying ancient Greek and Latin at Colgate University in upstate New York. She stuck around Pennsylvania after her veterinary externship because she really loved the area. She has two dogs: Boo, a Boston terrier, and a shepherd mix named Cosby.

In her spare time, Dr. Fowler likes to play soccer, cook (she especially likes to make her own bread and pasta from scratch), travel, and go on hikes with her dogs. Of course, she loves everything about veterinary medicine, but she enjoys being in surgery the most.
Health & Wellness

Getting Beach Body Ready with Physicians Weight Control’s Unique Approach

by Susan C. Beam

With bathing suit season just around the corner, are you ready to face summer 2018 with confidence and poise? Would you like to feel comfortable at the beach or by the pool? If so, Lancaster’s Physicians Weight Control can help you with their progressive weight loss and exercise plan, custom designed to help meet your personal goal.

“We believe there’s no ‘ideal body type’. Rather, our goal is to help others reach personal goals for a healthy and happy lifestyle,” said Program Manager Maggie Corl Strowhouer.

For over 30 years, Physicians Weight Control has been helping people lose weight—and keep it off—at locations all over eastern Pennsylvania. Recently, in 2018, they opened the doors to their Lancaster office, located in the Greenfield Corporate Center at 1869 Charter Lane. What sets Physicians Weight Control apart is their multi-faceted approach to weight loss, all guided by a physician’s input.

“Our diet industry is huge, and a lot of times, you can make little changes and little changes can make a big difference. Our approach is to get people to think a bit differently about how they approach diet and exercise. There is no perfect diet out there; what works for someone else may not be ideal for you. The ideal diet is one that works for you and one you can live with.” says Dr. William J. Strrowhouer, Medical Director and founder of Physicians Weight Control.

So how does it work?

“This is a non-surgical and non-invasive approach in which we address a client’s goals in three parts. First is a customized nutritional and exercise plan, where we have the ability to take any special medical needs into consideration. Second is our multi-vitamin and B12 shot, which builds the red blood cells up to maximize energy and increase metabolism. The third and final part is an FDA approved prescription appetite suppressant; appetite suppressants are extremely effective at reducing hunger cravings and increasing energy. Our approach increases the number of calories you burn daily, while decreasing caloric intake. When starting a diet or diet program, the changes in overall lifestyle should be small. If changes happen too fast and are too drastic, the diet is destined to fail” Dr. Strrowhouer explained.

“Physicians Weight Control’s unique approach is completely complimentary to any program out there,” he continued. “Some people prefer a point system, and some prefer purchasing foods with set nutritional value. These systems work for some people, and not for others. All these programs, novelties, and gizmos are all tools to help you lose weight. Different tools work for different people, and very often you need more than one approach to be most successful in diet.”

According to Dr. Strrowhouer, the program, which is affordable at $140 dollars per month, is designed to work around the patient’s schedule. PWC offers 1 to 10-week programs, and all medication, the office visit, and multivitamins are included in the cost of the visit.

“At the moment, PWC is also offering a referral reward program of $10 dollars off a visit for both new patients and current patients who referred them.

An exciting upcoming addition to the Lancaster practice will be the introduction of Strawberry Laser Lipo treatments, coming in summer 2018. As an FDA-approved body contouring system, Strawberry Laser Lipo uses low-level cold laser technology to target problem areas and painlessly melt away fat in as little as 20 minute sessions.

“It actually causes your cells to create more collagen to tighten and firm things up. It can also reduce cellulite and scar tissue,” explained Maggie. “We can actually measure the inches lost after each treatment.”

For more information on Physicians Weight Control, or to schedule an appointment, call 610-566-8885 or visit their website at www.pwconline.com.
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