May/June – National Stroke Awareness and Fireworks Safety Month

Lancaster County WOMAN™
The Woman’s Journal

Murray Flaster, MD, PhD
Medical Director, Stroke Program
LG Health Penn Medicine, Signs of Stroke? Think FAST—and call 9-1-1, p. 19

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May–July 15, 2017

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Why Women Do What They Do

This will seem a bit odd. The leadership of Lancaster County Woman (LCW) must be at least 90 percent female, if not more. What is about to be discussed is of no value to women. They already know what I am about to try to explain. Reading this may be of some value to them, but not in a direct sense. No, this particular piece of brief prose is directed at the “significant male others” who live with the women who would ordinarily be the only ones reading this column in LCW.

Why is it that women do things for themselves along the lines of hair, nails, makeup, permanent makeup, microblading, waxing, clothes, shoes, purses, jewelry, microdermabrasion, chemical peels, Botox, fillers, spider vein treatments, laser procedures, liposuction, facelifts, tummy tucks, and breast augmentation/reduction/lifts?

Why? A lot of time and money are spent on these things. The rationale should be examined. Women do all of these things to feel better about themselves. There, I said it. The “secret” is out. Men don’t usually understand this. The wisest among them may, but only after getting it wrong for a long time first.

The vast majority of my patients are women. I take care of very few men. Most of my female patients do not get much support from their male counterparts for the services they receive. Why would that be? There are a lot of reasons for this, but the one that I hear about recurrently disturbs me greatly.

This sort of interaction is fairly typical. Woman: “I have an appointment to see Dr. Carter today to get some Botox and facial filler.” Man: “Why would you do that? You are beautiful just as you are!” In other words, the man is saying, “I think you are beautiful already. Why would you waste money on that?” But the disturbing unspoken message from the man is actually that he feels the woman’s desire to change her appearance is for HIS benefit. THERE is the disconnect. This desire, this drive, this need to do anything to look as good as the woman herself. A woman does all of these things for her own reasons, independent of the man. In fact, if she were not in a relationship, she would still do these things.

You see, life has a way of wearing us down. This is true for both genders. The process of going through time on earth tends to eat away at the self-esteem of each of us. Men attempt to regain a healthier sense of self by career advancement, making more money, improving their golf handicap, or accumulating possessions. Women accomplish this by cultivating relationships, reading self-help books, or enhancing their appearance. My patients have taught me that these things are essential parts of being a female.

As esthetic providers, our mission should be to intelligently assist our patients to evolve into an appearance that each woman, individually, believes is an improvement. We must not let our patients in their enthusiasm go so far that they risk becoming caricatures of themselves. (Example: Three syringes of filler in lips is simply too much!) Fortunately, very few people are so driven that they risk this outcome. In the extreme this is called body dysmorphic disorder. It is important as providers to apply tasteful discouragement with our patient should this tendency become evident.

So, what is the relationship-building and emotionally healthy response from the man when the woman lets it be known that she is having an esthetic treatment done? Let me suggest something along these lines: “From my perspective, dear, you look stunningly beautiful just the way you are. This decision is yours to make. I sense this change is important to you. Have fun, enjoy the process, and let me try to figure out what you have had tweaked when you get back. Do you have enough money?” OK, maybe that was a bit much. However, ladies, encourage your men to read this. And men, please take note. The health of your relationship is at stake!

Michelle Phillips, LME

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

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William A. Carter, MD

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Dedicated to women’s unique healthcare needs.

Full Service Obstetrics:
Whether you are thinking about having a baby or are currently pregnant, OBGYN of Lancaster will be your partner throughout the entire process, helping you develop the birth plan you desire and being there for you throughout pregnancy, labor and delivery:
- Family planning/preconception counseling
- Full service prenatal care
- Vaginal birth after c-section (VBAC) care
- High-risk pregnancy management
- Midwifery
- Healthy Beginnings Plus Program
- Lactation counseling and support services
- Obstetric ultrasound in office
- Tubal ligation reversal
- In-house lab services

Social worker services
Whether you are struggling with postpartum depression, a pregnancy loss, cancer, a new diagnosis or a chronic health care concern, you may benefit from some special assistance and additional resources. Our social workers specialize in health issues specific to women and are available for counseling, education and emotional support.

Nurse midwives
With the Certified Nurse Midwives of OBGYN of Lancaster on your team, you have the support and maternity care for a normal, healthy pregnancy and delivery. Our midwives provide education and support to help you during your entire maternity experience: pregnancy, delivery and afterward; maintain the normalcy of a home birth in the safety of a hospital environment; collaborate with physicians and other health care professionals to help ensure the safest labor and delivery possible; and provide GYN services, such as annual exams.

Gynecology Services:
Our team of board-certified physicians, certified nurse midwives, and certified registered nurse practitioners stand ready to help you proactively manage your health. We maintain on-site laboratory and imaging resources so you have the convenience of “one-stop shopping” for gynecologic services:
- Annual exams and preventative health services
- Gynecologic ultrasound in office with advanced imaging
- Minimally invasive surgical options
- Pelvic floor disorder treatment, including urinary incontinence
- Contraceptive management and permanent sterilization services
- HPV vaccine
- Lab services in office
- Perimenopause and menopause services
- Sexually transmitted disease diagnosis and treatment
- Endometrial ablation
- Colposcopy
- Infertility services
- Adolescent gynecological care
- Robotic-assisted surgery
Creating confidence... one smile at a time.

Dr. Shea Stevens, DMD, FICOI, and family

General Dentistry
- preventive care
- root canals
- extractions
- whitening
- all-porcelain crowns and bridges (no metal)
- all-porcelain crowns and bridges (no metal)
- bone grafting
- sinus lifts
- surgical placement of dental implants
- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation

Cosmetic Dentistry
- veneers and smile makeovers
- Juvéderm filler is another cosmetic option that our patients can experience in our
- whitening of teeth
- extractions
- root canals
- preventive care

Dental Implants
- all-porcelain crowns and bridges (no metal)
- all-porcelain crowns and bridges (no metal)
- bone grafting
- sinus lifts
- surgical placement of dental implants
- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation

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

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

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

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

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

Shea F. Stevens, DMD, FICOI
- Dr. Shea F. Stevens specializes in cosmetic and implant dentistry. His dental practice has earned BEST DENTAL PRACTICE IN LANCASTER in 2011 and 2012, and PA’S TOP 20 DENTISTS in 2010 and 2011.
- Dr. Stevens trained at Temple University School of Dentistry for his DMD degree and furthered his postgraduate education at New York University by completing a surgical residency in oral implantology.
- One of the youngest dentists to receive his Fellowship status in the International Congress of Oral Implantology.
- Lectures and writes journal articles on dental implants.
- Dr. Stevens completed the prestigious MISCH INTERNATIONAL IMPLANT INSTITUTE, which is a world-renowned training center for implant dentistry.

Dr. Shea F Stevens resides in Lancaster, Pa., with his wife Aileen, beautiful daughter Rowan, handsome son Colton, and his dogs Jada, Spartacus and Coco. He still plays soccer in a men’s league and trains at CrossFit. Dr. Stevens trains for military-style mud runs, which are trail runs with obstacles and mud! He loves his family and looks forward to spending every free moment with them.
Dear Grandpa and Grandma,

Colon Cancer is the #2 cause of cancer deaths. Preventable! Please Get Screened.

Over 50? Get screened.

When you look at the facts, it’s a simple choice. Although colon cancer is #2 on the list of deadliest cancers, it can be prevented altogether, or removed at an early stage, with a routine colonoscopy. The prep is simple, and the procedure is brief, safe, painless and respectful.

Contact your primary care provider or call Regional Gi at (717) 869-4600.

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Building a Good Relationship with Your Doctor Can Make You Healthier

When you think of the most important relationships in your life, which ones come to mind? Family? Friends? Coworkers?

**How about your doctor?**

While probably not top-of-mind, a good relationship with your doctor is crucial to helping you achieve your best possible level of health and to make lifestyle changes to assure ongoing wellness. Together, you and your doctor can address concerns early on, when they are most manageable; monitor important health indicators like blood pressure and blood sugar; and make sure you’re staying on top of recommended checkups and screenings. You can also set specific diet and exercise goals tailored to your individual needs and health status.

**Eight ways to build a great relationship with your doctor**

It’s no secret that effective communication is key to any good relationship. But how is that possible with someone you may only see a couple of times a year and for limited periods of time?

It’s easier than you may think…and well worth the health dividends you’ll gain.

An open and comfortable relationship means not only listening carefully to what your doctor says, but also asking the right questions. It’s important to take an active role in preparing for your wellness visit. Spending some time prior to your physical exam will help you make the most of your time with your doctor.

- Write down questions or concerns about your health that may have arisen since you last spoke with your doctor. It’s easy to forget once you’re in the exam room. Remember, no question is a wrong question.
- Review your family history with other family members so it can be updated at your wellness visit if needed.
- Review the medications you are taking, note any questions you have, and check whether you need refills. Don’t forget to include over-the-counter drugs, herbs, supplements, and vitamins.
- When your doctor asks you questions, be honest with your answers, even if you feel embarrassed. Doctors ask the same questions to many patients and don’t think negatively about you for the answers you provide. In fact, truthful answers are essential in receiving the right treatment and advice.
- Consider asking a friend or family member to accompany you to your appointment. Much information will be shared, and it may be helpful to have someone along to take notes, remember details, or ask questions you may not think of.
- Ask for a printed copy of your results so you can review them in detail at home.
- Keep a folder to file visit summaries and notes.
- Take advantage of technology. Sign up for a patient portal like MyLGHealth. Oftentimes these tools provide the ability to email your doctor, and view test results and your medical history.

Good communication is always a two-way street. But by following the eight suggestions listed above, you can feel confident you’ve done your part to build a good relationship with a partner who can help assure your healthiest future possible.
Acupuncture: 7 Good Reasons Why You Should Try It!

1. You Have Pain
The number-one cause of lost work days: neck/back/knee/elbow/wrist pain. Acupuncture can help. Studies show that acupuncture can help block the nerve signals for pain in the brain. Because acupuncture has no side effects, it can be used safely in conjunction with medications and other forms of physical therapy.

2. You Are Dealing with Seasonal Allergies and/or Sinus Congestion
When an acupuncture needle (fine, disposable, painless) is first introduced into the body, they cause blood vessel dilation and triggers an immune response. Specialized acupuncture points are places on the body that have been found to have a higher electrical conductance and a larger concentration of nerves and blood vessels. Stimulating these causes chemicals to release that fuel and activate the body’s natural defense mechanisms. Many clients see an acupuncturist preventively to keep colds, flus and seasonal allergies away or at bay.

3. You’re Stressed Out
In the same way acupuncture works for pain, the release of endorphins help to calm the mind and relieve symptoms of stress. Stress can bring on a host of problems including immune deficiency, anxiety, headaches, depression, insomnia, ulcers and more. After receiving acupuncture for stress, you may find yourself much calmer and better able to handle the challenges that come into your daily life.

4. You’re Tired All the Time
Do you need stimulants to get you going in the morning or late afternoon? Acupuncturists have a unique way of determining a patient’s imbalance by reading their collection of signs and symptoms, as well as underlying causes. By treating both, these treatments are powerful and delicately manipulate the body’s energy to bring the person back into balance, with deeper sleep, more focus and increased energy.

5. You’re Anxious or Depressed
In acupuncture, an “organ system” directly connects an organ to a specific emotion. It is these systems that are the basis for the “mind/body/spirit” philosophy, which is at the root of traditional Chinese medicine. So, it is easy to affect the emotions with acupuncture by treating the organ system most distressed. In traditional acupuncture, the liver relates to anger and frustration, the lung relates to grief, the heart is related to misplaced or unexpressed joy, the spleen is worry and the kidneys are fear. Does one speak to you?

6. Your Digestion Is Off
In Chinese medicine there is a saying, “treat the earth first.” The earth element is the core of the human body and manifested through the digestive system. It is from the nutrients you eat and digest that “qi” (vital energy) is made. So if you’re not digesting properly and making enough qi, the entire body is functioning to a lesser degree. Whether it’s constipation, diarrhea or other digestive complaints, it is imperative to attend to your “earth”!

7. Your Menstrual Cycle Causes You Grief/You Are Trying to Get Pregnant
If you are experiencing PMS, painful periods, lack of a cycle, menopause, infertility, endometriosis or other uncomfortable effects, there is an imbalance in your system. Acupuncturists have been addressing women’s issues for several centuries and have medical literature spanning over 200 generations of doctors and patients. Acupuncturists treat each woman individually, assessing their unique pattern of history, signs, symptoms, tongue and pulse reading, diet and lifestyle.

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

Eden Energy Medicine for Health and Balance

Energy medicine uses techniques from time-honored traditions such as acupressure, yoga, kinesiology and qi gong to move, transform and balance energy in the body. According to David Feinstein, Ph.D., a clinical psychologist and internationally recognized leader in the rapidly emerging field of energy psychology, “Conventional medicine focuses on the biochemistry of cells, tissue and organs. Energy Medicine, at its foundation, focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells and psyche.”

For nearly 40 years, Donna Eden has been teaching people how to recognize and work with their body’s energy systems to restore their health and natural vitality. Highly sensitive as a child, Eden developed an extraordinary facility to perceive nine subtle energy systems. Since she then has developed a technique of using biofeedback from kinesiology, that is, the use of “muscle testing,” to identify imbalances in the body. This enhances energy flow, balance and harmony in a noninvasive way. Eden Energy Medicine (EEM) does this through tapping, massaging, pinching, twisting or connecting specific energy points (acupoints) on the skin. Tracing or swirling the hand over the skin along specific energy pathways or through postures and exercise is also used for specific energetic effects to restore balance and enhance vitality.

More than 1,100 practitioners, including licensed physicians, nurses and other mainstream health professionals, are certified in Eden Energy Medicine, including Lancaster’s Deb Gallagher.

Deb Gallagher, RN, Eden Energy Medicine Certified Practitioner (EEM-CP), has worked as a registered nurse for 17 years at Lancaster General Hospital, and is the secretary of the Lancaster Chapter of the American Holistic Nurses Association. For the past four years, Gallagher has had a private Eden Energy Medicine practice, assisting others to balance their energy systems and to bring the body back to a place where healing can occur. “Every person has a unique story, and the beauty of this practice for me is the two-way street of healing. Simple self-care techniques can be taught for each unique client in assisting their healing. Kinesiology is a great biofeedback tool I use to learn which energy system needs support. For instance, with cancer, the immune system needs support. Deep EEM protocols along with self-care tools can restore balance in the body,” says Gallagher, who has recently returned from Phoenix, Arizona, where she studied advanced energy techniques for cancer and heart-disease patients with author and instructor Donna Eden.

For more information on classes in Eden Energy Medicine or to schedule an appointment, contact Deb Gallagher at: restoreenergy12@gmail.com, call at 717-203-9666 or visit RestoreYourEnergy.org.
Pleasant View Retirement Community Holds Beneficent Auction and BBQ Friday, June 2

All are invited to join Pleasant View Retirement Community for its annual Beneficent Auction and BBQ on Friday, June 2, at 5:00 p.m. 

This year, Pleasant View’s West Lawn will be transformed into an outdoor garden party under a festive white tent. Guests will have the opportunity to bid on silent and live auction items and dine on a menu featuring barbecue shrimp and chicken kebabs, seasonal salads, and delectable desserts prepared by Pleasant View’s own Dining Services. The evening will be hosted by WGAL’s weekday morning co-anchor, Jere Gish, and is sponsored by WITF.

Many of the auction items available to bid on were donated or handcrafted by Pleasant View staff and residents. Local businesses and organizations have also contributed jewelry, gift baskets, and gift certificates for a variety of amazing experiences throughout Lancaster County.

Event proceeds benefit the Benevolent Care Fund at Pleasant View, which provides supportive funding to ensure residents of Pleasant View can continue to receive quality care, regardless of their financial position. Tickets for Pleasant View’s annual Beneficent Auction & BBQ are $45 per person and should be purchased by Friday, May 19. Table reservations and sponsorships are also available. To reserve seats or for more information, contact Kelly Lyons at 664-6363 or klyons@PleasantViewrc.org.

Pleasant View Retirement Community is a not-for-profit, continuing care retirement community in Manheim, PA, known for high-quality housing and health care services. With a mission of striving to enhance the quality of life for those we serve, we help seniors achieve a fulfilling lifestyle in a secure, caring, Christian environment. For more information, contact (717) 665-2445 or visit www.PleasantViewrc.org.

With blessings,
JoAnn Notargiacomo
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Top 20 Fattest Cities in America

Since Americans collectively spend up to $315.8 billion annually on obesity-related medical treatment, the per-
sonal-finance website WalletHub took an in-depth look at 2017’s Fattest Cities in America.

In order to call attention to the communities where weight-related problems are most prevalent, WalletHub’s analysts compared 100 of the most populated U.S. metro areas across 17 key metrics. The data set range from share of obese adults to share of overweight children to projected obesity rates by 2030.

The Des Moines, Iowa, metro area has the lowest share of diabetic adults, 6.1 percent, which is 2.5 times lower than in Jackson, Miss., the metro area with the highest at 15.1 percent.

The San Jose, Calif., metro area has the lowest share of adults with high blood pressure, 21.4 percent, which is 1.9 times lower than in Mobile, Ala., the metro area with the highest at 41.2 percent.

To read the full report and your city’s rank, please visit

17. Houston, TX
18. Oklahoma City, OK
19. Augusta, GA
20. Baton Rouge, LA

Key Stats
The San Francisco metro area has the lowest share of obese adults, 17.9 percent, which is 2.5 times lower than in McAllen, Texas, the metro area with the highest at 44.9 percent.

The San Jose, Calif., metro area has the lowest share of physically inactive adults, 16.1 percent, which is 2.3 times lower than in McAllen, Texas, the metro area with the highest at 36.9 percent.

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Lancaster County Woman
Update on HPV Infection and Oral Cancer

Karen Rizzo, MD, FACS

HPV infection caused by the human papillomavirus continues to be the most frequently diagnosed sexually transmitted disease in the United States. It is now associated with 70–80 percent of all tonsil and base-of-tongue cancers in the U.S. and Western Europe. This infection remains associated with 70–80 percent of all cancers in the U.S. and Western Europe. This infection remains linked to the development of condyloma, or genital warts and cancer of the cervix, vagina, vulva, penis, and anus. Patients now developing tonsil and base-of-tongue squamous cell carcinoma typically do not smoke or drink, but instead have a history of HPV exposure. The HPV 16 genotype is most commonly involved. HPV is now diagnosed in 50–80 percent of cases involving squamous cell carcinoma of the tongue base and tonsil area.

The timing between exposure to HPV and the development of oral pharyngeal cancer probably exceeds 10 years. HPV is threefold more common in men than women. The P16 protein is overexpressed in HPV-associated cancers. Either HPV status or P16 status can be used as a marker for HPV infection. The vast majority of HPV-associated head and neck cancers are squamous cell carcinomas. Peak incidence for these cancers is biphasic at 30 and 55 years.

It is unclear as to why the oropharynx is more susceptible than other sites to HPV infection. Like the uterine cervix, the oropharynx offers easy access for infection. The tonsils contain deep invaginations of mucosal surface believed to facilitate the capture and processing of antigens that may cause viral access. The HPV-associated oropharyngeal cancer is more likely to present with an early-stage primary tumor and advanced disease in the neck, often with a large cystic lymph node. HPV-positive head and neck cancers have a better prognosis and long-term survival than HPV-negative cancers.

Treatment options for these cancers include surgery, radiation treatment, and/or chemotherapy, depending on the stage at time of presentation. HPV-positive squamous cell carcinomas tend to be more radiosensitive than HPV-negative tumors. Three different vaccines, which vary in the number of HPV types they contain, are available in the United States and include Gardasil, Gardasil 9, and Cervarix. All three are designed to prevent HPV infection. Vaccination is recommended for both males and females starting at age 11 or 12, but can be as early as 9. The importance of getting the vaccination prior to sexual activity is paramount. The vaccination involves three doses given over a minimum of 24 weeks and is considered both safe and efficacious in preventing oral HPV infection.

For more information on this topic, please call my office at Lancaster Ear, Nose, and Throat, 717-517-9083, for an appointment.

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

Doctors and Patients—Preserving the Relationship
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Men vs. Women in the Fortune 1000—the World’s Most Powerful CEOs

Recruitment experts, Talented, have performed extensive research into the CEOs of over 100 Fortune 1000 companies to find out how gender can affect money, success, and career path.

Extensive discussion both moral and financial has been given to the effects of gender on high-level positions. But how do the numbers turn out? How does being a man or woman affect you and your company’s earnings and standing?

A new study from Talented has looked into 108 Fortune 1000 companies to find out exactly that. It looks at all the female CEOs in the Fortune 1000 and compares them with an equivalent number of companies with male CEOs from the top of the list.

The most stunning point that stood out from the research was just how few female CEOs there were. In a list of 1000 CEOs, only 54 were women. However, this is actually a sign of slow improvement.

Business culture is slow to shift, and CEOs might be in their position for a long time—Warren Buffet has headed Berkshire Hathaway since 1970—and in 2014, the number of female CEOs in the top 1000 companies was only 51. This means that either companies run by women are succeeding in the markets, or more women are stepping up into leadership roles.

Core Insights
For each CEO, the piece analyzes several factors, including the company’s Fortune rank and the CEO’s total compensation—the total financial gain from the business, made up of both salary and incentives.

Companies with male CEOs rank much higher in the Fortune 1000, by 480 places on average. Of the 54 female CEOs in the Fortune 1000, only three of them are in the top 50. A similar ranking for female-run companies is 509. For the men researched, it’s 29.

Monetary compensation, however, is one aspect which (perhaps surprisingly, in view of the ranking differences) isn’t quite so male dominated:

- Overall, male CEOs receive more company compensation, by nearly $4,439,000. Disney CEO Robert “Bob” Iger receives the most overall, at $43,490,567. The second best-paid overall is a woman—Safra Catz, of Oracle, with $40,943,812.
- Some of the other best-compensated positions also belong to women. After Safra Catz, the next two who benefit the most financially are also women: Marissa Mayer, the Yahoo CEO ($35,981,107), and Mary Barra of General Motors, the highest-ranked female CEO in the Fortune 500 at #8, with $28,576,651.
- The person with the lowest compensation found throughout the research is the CEO of Alphabet (Google’s parent company), Larry Page, at only $1. He shares this with several industry leaders, including his cofounder Sergey Brin—their stock holdings in Google are sufficient to earn them billions, making the actual compensation symbolic rather than practical.

Qualifications and Age
The research includes what qualifications each CEO studied and received prior to taking their current positions. There are two courses which are clearly the most popular across both genders. Many men and women have pursued some form of engineering (electrical engineering in turn was the most popular engineering degree), but there was an even bigger representation of MBAs (Master of Business Administration): 21 male CEOs had one, and 25 of the female CEOs.

There’s a more marked gender difference when it comes to Ivy League graduates—former students of Brown University, Columbia, Cornell, Dartmouth, Harvard, Pennsylvania, Princeton, or Yale. Seventeen of the male CEOs attended one of the illustrious institutions, compared to only eight of the female.

Meanwhile, the average age for both genders was 51. Overall, it seems that despite the discrepancies in representation across genders, the type of person who ascends into a CEO role tends to have the same sort of background.

Powerful People
“Women still have limited representation in the Fortune 1000,” said Talented’s Co-founder Phil Blaydes, “but it looks like that’s changing, albeit slowly. For all of those studied, their achievements are impressive. It takes a certain sort of character to become a CEO, no matter which gender you are.”

Methodology
We found all female CEOs in the Forbes online Fortune 1000 list, and then found an equal number of male CEOs starting from the top of the list. For each of these, we found the company they work for, their ranking in the list, their total compensation from the company, their educational background, the date they became CEO, and the number of previous positions they held.

From the date they became CEO, we calculated the age they became CEO. The number of previous positions held was found from a combination of sources in order to reach an approximation, due to limited data.
Numbness or Pain in Your Feet or Legs Could Signal Peripheral Neuropathy

Peripheral neuropathy is the medical term for any sort of disease of the nervous system in the arms or legs. An estimated 20 million Americans now have some form of the condition, which occurs as a result of any sort of damage to the peripheral nervous system. The most common cause of the condition in the U.S. is diabetes and other conditions related to high blood sugar. As the incidence of diabetes increases, so too will the incidence of complications from that disease. Symptoms can range from a feeling of numbness and tingling, to the most extreme cases that can cause respiratory or organ failure. If you or a loved one are at risk for neuropathy, here’s what you need to know.

“Peripheral nerves send sensory information back to the brain and spinal cord, such as a message that the feet are cold,” said James Pacelli, MD, a neurologist with Regional Neurology and Pain Management Associates, located on the first floor of Lancaster Regional Medical Center at 250 College Avenue in Lancaster. “Damage to the peripheral nervous system interferes with these critical connections, almost like static on a telephone line.”

In diabetic neuropathy, nerve damage occurs in an ascending pattern. The first nerves to malfunction are the ones that travel the furthest from the brain. Pain and numbness are typically felt first in both feet, followed by a gradual progression up the legs. Later, the fingers, hands and arms may become affected. Symptoms are often worse at night.

In addition to pain and numbness, other symptoms of peripheral neuropathy may include:
- Reduced ability to feel pain or temperature changes
- Tingling or burning sensations
- Sharp pains or cramps
- Increased sensitivity to touch
- Muscle weakness
- Loss of reflexes, especially in the ankle
- Loss of balance and coordination
- Serious foot problems, such as ulcers, infections, deformities, and joint pain

While diabetes is the most common risk factor for peripheral neuropathy, the condition can also be caused by physical trauma, kidney disorders, alcohol abuse, autoimmune diseases, and certain infections or cancers.

“The pain associated with nerve damage is often difficult to control,” said Dr. Pacelli. “Effective treatment that gives the patient relief from symptoms depends heavily on identifying and treating the underlying cause. The earlier the patient seeks advice and treatment, the better chance we have to manage or reverse the condition.”

In addition to a thorough physical exam, lifestyle review, and lab tests, your physician may rely on a variety of tests to determine the type and extent of neuropathy, including:
- **Nerve conduction velocity (NCV)**—an electrical probe that measures how well large nerve fibers conduct impulses.
- **Electromyography (EMG)**—a fine needle is inserted into a muscle to record electrical activity when muscles are contracted vs. at rest.
- **Magnetic resonance imaging (MRI)**—digital imaging that shows muscle quality and size, and can rule out tumors and disc damage that may be causing the symptoms.
- **Nerve biopsy**—a more invasive procedure that involves removing and examining a sample of nerve tissue.
- **Skin biopsy**—a less invasive procedure that involves removing a thin skin sample and examining nerve fiber endings.

Treatment of peripheral neuropathy is focused on managing the underlying condition causing the neuropathy and relieving symptoms to help patients maintain their quality of life. Addressing the underlying condition is the most effective way to manage or reverse the condition. And there is exciting and emerging research around the use of certain medications to prevent, or even reverse, symptoms of peripheral neuropathy.

Most importantly, don’t ignore pain or numb feelings in your feet or legs, especially if you are diabetic. Early diagnosis is the key to reducing the impact of neuropathy on your life. If you need assistance finding a physician to diagnose or manage foot or leg problems, please call 1-844-784-DOCS or visit LancasterMedGroup.com. To contact Dr. Pacelli’s office directly, please call 717-735-3918 or visit RegionalNeurologyandPain.com to learn more or request an appointment online.
What to Know About Mindfulness

Have you ever experienced a time while driving where it felt like suddenly you had just arrived without any recollection of the details throughout your travels, hoping you didn’t run any stop signs unintentionally? Have you ever sat down to watch TV with a box of cookies or a bag of chips and within minutes realize all of the contents are gone without any memory of how it tasted? If so, you are not alone. These are common ways we get distracted and lose focus of our actions. In fact, it is easy to fall mindlessly into the motions of everyday routine and daily activities that become second nature. It is common to get lost in the details throughout your travels, hoping you didn’t run any stop signs unintentionally? Have you ever sat down to watch TV with a box of cookies or a bag of chips and within minutes realize all of the contents are gone without any memory of how it tasted? If so, you are not alone. These are common ways we get distracted and lose focus of our actions. In fact, it is easy to fall mindlessly into the motions of everyday routine and daily activities that become second nature. It is common to get lost in your own thoughts at times. This is often referred to as daydreaming, autopilot or mindlessness.

Mindfulness is a practice used to become more aware of what one is thinking, feeling and experiencing without judgment. It involves attending to details using the five senses during various activities in the present moment. Mindfulness also involves focus on one’s physical sensations during various activities. Mindfulness can also be practiced during moments of rest or through meditation. Focusing on heart rate, breathing rate, muscle tightness and gastrointestinal sensations can help connect thoughts, feelings and behaviors to the body.

Practicing mindfulness regularly can liberate people from old habits such as smoking, overeating and other mindless self-indulgences, as well as see their thoughts and physiological experiences from a new perspective. Practicing mindfulness has also shown to have many health benefits, such as decreased heart rate, lowered blood pressure, improved concentration, improved focus and self-control, as well as improved emotional intelligence and empathy when relating to others.

Incorporating mindfulness into therapy has been shown to help individuals experiencing chronic pain, bereavement, anxiety, depression, substance abuse, post-traumatic stress and much more. Practicing mindfulness can ease the acceptance of daily events and allow for a deeper connection with others and appreciation for life.

Broad range of mental-health issues including, but NOT limited to:
- Depression/Anxiety/Panic Disorder • Grief
- Bereavement • Phobias • ADHD/ADD • Postpartum Depression • Obsessive Compulsive Disorder
- Oppositional Defiant Disorder • Discipline/Behavioral Problems • Anger and Stress Management • Family/Children/Couples Issues
- Learning Disabilities • Psychological Testing • Bipolar Disorder • Eating Disorders

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In Italian, tavola means table, and at Rosie’s you’ll find you are able to pull up a seat with your family and enjoy 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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**Getting Pretty for Summer with Lancaster’s Bonnie Fissella**

by Susan C. Beam

Summertime is coming. For many, that means BBQs, pool parties and, in general, fun in the sun! However, for others, summer also comes with a self-consciousness about having their bodies on display.

Lancaster’s Bonnie Fissella understands that feeling, and for the past 25 years has helped her clients rediscover what it means to feel confident through her work in epidermal treatments, including electrolysis, permanent cosmetics, tattoo removal, and laser treatments.

"Many of my clients come in because they’re not happy with something about themselves, or because they want to improve or simplify their daily routines. First and foremost, I want them to understand that I’m there to help in any way I can, and that I want them to feel safe and comfortable,” said Fissell, adding that her focus is always helping clients achieve their goals and understand that feeling, and for the past 25 years has helped her clients rediscover what it means to feel confident through her work in epidermal treatments, including electrolysis, permanent cosmetics, tattoo removal, and laser treatments.

"Many of my clients come in because they’re not happy with something about themselves, or because they want to improve or simplify their daily routines. First and foremost, I want them to understand that I’m there to help in any way I can, and that I want them to feel safe and comfortable,” said Fissell, adding that her focus is always helping clients achieve their goals and discover that place where they’re happy in their own skin.

Fissella then trained in the fields of laser tattoo removal, opening Disappearing Ink, and at the same time, intense pulsed light (IPL) treatments for the removal of unwanted hair, age spots, rosacea and acne. Three years ago, she began offering micro-needling to her clients, which is designed to effectively treat fine lines and wrinkles, scarring, and hyperpigmentation by creating microchannels in the epidermis and mid-dermis. This sends the skin’s natural repair mode into high gear, producing collagen and elastin. Skin becomes firmer, regains elasticity, reduces pore size, and because of the increased circulation, the overall condition of the skin improves.

According to Fissella, she loves helping clients achieve the best versions of themselves, and giving them the opportunity to focus on other things—like enjoying their lives.

"Summer should be about having fun, not about worrying about your appearance! It’s so freeing knowing that you can throw on your swimsuit and enjoy time with friends and family without having to shave first, or dealing with embarrassing bumps and cuts,” said Fissella.

For more information regarding services, or to see before-and-after photos, visit [www.bonniefissella.com](http://www.bonniefissella.com).
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Jean Hinely
I’m so excited to introduce you to the BeBalanced program! I am thrilled to state that not only have I dropped 30 stubborn pounds of fat, but I feel much more healthy, energetic and terrific. I must admit that I was a tremendous skeptic, since I have tried and failed at many other diets, spending thousands over my lifetime, only to end up frustrated, hungry and heavier than when I began the process. BeBalanced thoroughly explained the science behind the program, and it made sense to me. I had to give it a try! The BeBalanced staff was with me every step of the way, answering my questions, giving me direction and cheering me on to the finish line! I feel like I have my “self” back again. I am more emotionally balanced, sleep through the night, feel rested and energetic in the morning, and NO MORE NIGHT SWEATS! Now that I have taken off the extra weight, I feel energetic enough to continue a healthy eating lifestyle and enjoy daily moderate exercise. If you need to take off the extra weight or need to feel like your youthful self, please take advantage of the BeBalanced program.

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Volunteer as a Family with Projects Abroad

Projects Abroad offers volunteering trips for families as a meaningful way to spend their upcoming summer vacation. School breaks are fast approaching and families can use this opportunity to customize a trip abroad to positively impact a local community or environment in need. Families can make a difference together while experiencing a different country and culture abroad.

Family volunteering is becoming increasingly popular as a travel option. Families combine their vacation with service work to help in areas of need such as healthcare, education, and conservation. It’s an excellent opportunity for parents who want to open their children’s eyes to a world very different from their home. Grandparents can also travel with grandchildren as an enriching opportunity to grow together.

Last month a family of five from France volunteered on Project Abroad’s African Savannah Conservation Project in Kenya, an experience which allowed them to develop individually and learn about one another. “It was good to see the kids get involved with different tasks with other people. Even our youngest, in one week, succeeded to be less intimidated or shy, and the two older ones learned how to integrate into a group,” says Bruno Visser, father in the family. Madelien, the mother, encourages all families to consider volunteering to expand their horizons. “It’s so important to help others and to take care of our environment and not just be focused on ourselves and our little family,” she says.

Individual family members can choose to explore personal fields of interest or career options such as medicine, archaeology, teaching, or journalism. Or, families can choose to tackle a project together, such as building a school, running public health outreach campaigns, or planting trees for reforestation.

Projects Abroad has projects in destinations across Africa, Asia, Latin America, and the South Pacific. Some locations are close to important tourist sites such as the breathtaking Machu Picchu ruins in Peru, or Table Mountain in Cape Town, one of the Seven Natural Wonders of the World.

The world celebrates International Family Day on May 15. Take this reminder to sign up for a family volunteer trip abroad, and to make this summer one to remember.

For details on volunteering abroad, visit Projects Abroad’s web site at www.projects-abroad.org.

Wine-Pairing Dinner to Benefit Boys & Girls Club of Lancaster

On Friday, June 23, at 6:30 p.m., a wine pairing dinner will be held at Lancaster Country Club with 100% of proceeds benefiting Boys & Girls Club of Lancaster. The four-course dinner will be paired with wines donated by Napa Valley wineries, including vintners Mike Moone (www.moone1000vines.com) and Larry & MaryAnn Tsai (www.moonetsai.com) who will be attending the event to present their wines and take questions. The dinner is being hosted by members of the Boys & Girls Club of Lancaster’s board of directors.

Mike Moone’s career in the food and wine industry spans over forty years as President/CEO of Stouffer Foods Corporation, Nestlé Frozen Foods, Beringer Wine Estates and co-founder of Luna Vineyards. Under his leadership, Beringer was awarded a “Best of the World” ranking from Wine Spectator for its 1986 Private Reserve Cabernet.

Hired by Mike Moone to join Beringer Wine Estates in 1989, MaryAnn Tsai realized a long-standing dream to live and work in the legendary Napa Valley. During this time, and over the next 20+ years, she was involved with producing notable wines and brands, three of which earned the distinction of being named as “Wine Spectator’s #1-rated Wine in the World.”

When Larry and MaryAnn started Moone-Tsai wines in 2003, they created their label with the dream of making rare and remarkable wines bearing the finest fruit from Napa Valley’s most heralded vineyards. The brand’s current annual production consists of seven acclaimed wines across 3,000 cases, with distribution in selected U.S. markets and abroad.

“We are so lucky to have passionate community leaders take the initiative to plan and host an event that celebrates the Club. It is extra special to have Moone-Tsai here making their wine available, all while promoting the great work that goes on inside the Clubhouse walls by our amazing staff,” said Karen Schloer, Boys & Girls Club of Lancaster CEO.

A limited number of tickets for the event are available to the public, with individual tickets costing $200 for the dinner and wine pairings. VIP reserved tables for 10 can be purchased for $2,500 and include a special reception with the vintners.

Larry Tsai is available for interviews or inquiries about Moone-Tsai wines and this event. Please contact Development Officer Erin Elliott at (717) 799-5656, or Communications Director Jason Tabor at (717) 951-1346 for more information.

Eternal Bloom Permanent Cosmetics

Emily Ellenton opened her new studio Eternal Bloom Permanent Cosmetics in January. She was born and raised in the Lancaster area. An avid tattoo collector from the ranks of Lancaster’s many fine artists, she has always had an interest in the industry.

She obtained her esthetics license several years ago from the Jean Madeline Aveda Institute in Philadelphia, Pa., and also several certifications from the International Institute for Permanent Cosmetics with the Susan Church Education.

Emily is certified in permanent cosmetics, including hair stroke eyebrows, powder fill eyebrows, microblading, eyeliner, lip liner, lip blends, freckles and beauty marks.

She has also obtained certifications in scar relaxation therapy for smoothing and minimizing mature scars; collagen and melanocyte restoration therapy, which is a microneedling process to stimulate the body’s natural collagen and melanin to resurface the skin and to help with wrinkles, acne scarring, enlarged pores, stretch marks and also sun spots; hair pigmentation simulation, which is tattooing the scalp to help fill in thinning hair or bald spots; corrective pigment camouflaging to fill spaces that lack melanin; and lastly, areola repigmentation to help clients who have had breast cancer and others who have a loss of color or misshapen areolas due to breast augmentation.

It’s her goal to work closely with cancer patients to restore some of what this disease has taken from them. She is in the process of adding several more services, including eyelash extensions and eyelash lifts with or without tinting.

Located at 237 N. Prince St., Suite 307, in the Lancaster Trophy House Business Center. Due to the nature of the secure building and premises, Emily is strictly BY APPOINTMENT ONLY.

All inquiries for questions and scheduling should be done by phone at 717.371.4188.
Natural Relief: Treating Chronic Pain with Nutrition

by Susan C. Beam

For those who suffer from chronic pain from musculoskeletal issues, simple joys can become major obstacles: holding the hand of a loved one, giving a friend a hug, rocking a child to sleep. However, Dr. Keith Sheehan and the caring staff at Sheehan’s Natural Health Improvement Center have a way to address one key aspect of total body care—taking an invested and informed approach to correcting nutritional deficiencies.

According to Dr. Sheehan, his interest in this topic began while exploring how to maximize treatments for those afflicted with chronic pain. “We’ve been taught that people’s aches and pains were strictly musculoskeletal—tight muscles, bones out of place, pinched nerves, herniated discs, strained muscles and ligaments, and that to treat these problems, we needed massage, chiropractic, physiotherapy, and if all else fails, drugs and surgery. But what if there was a way to see if a simple nutritional supplement would help to heal these problems, and aid in a quicker recovery?” he noted, adding that stress on the body, as a major component of health concerns, often uses up what resources we already have in place from food.

After beginning to explore the issue, including looking into muscle-testing procedures that checked for nutritional deficiencies, Dr. Sheehan innovated a testing procedure to determine an individualized plan of action. “Basically, what I do is put someone into a posture that causes them pain (but not too much pain!), and I muscle-test them. Oftentimes, the painful posture will make a previously strong muscle go weak. When this happens, I simply test different classifications of supplements, to see which supplements will make this weak muscle go back to strong. I test ligament formulas, calcium formulas, magnesium formulas, mineral formulas, and protein formulas. One or more supplements almost always tests strong. Then I simply dose the patient,” explained Dr. Sheehan.

Dr. Sheehan said he was “pleasantly surprised” at the results. “One woman was diagnosed with five compression fractures by MRI of her lumbar spine. She told me that within days of taking the supplement she tested for, her pain mostly left. I consider it a miracle. Another man had a lumbar disc herniation. After taking the supplement he tested for a few weeks, his symptoms nearly completely abated. A woman came in with a cervical disc herniation. After taking the supplements she tested for a few days, her pain completely left,” he said.

“These are many of the stories I hear, and I’m excited with the results we’re getting,” he continued. “Now, don’t get me wrong. Correct nutrition does not replace the need for massage, chiropractic, or physiotherapy. But it does make all of those therapies much more effective. If you’re having some chronic pain, please let me know so that I can see if this technique will help you.”

For more information, contact Sheehan’s Natural Health Improvement Center at (717) 392-6606, or visit their website at sheehannaturalhealth.com.

Unwind and Recharge at Scarlet Blossom Hair Studio

Colleen Myers, Owner Scarlet Blossom Hair Studio

Sola Salons has brought a new concept in hair salons to Lancaster County, and Litzitz resident Colleen Myers has seized the opportunity it provides. In late March, Colleen became a business owner with the opening of her independent, one-chair studio salon, Scarlet Blossom Hair Studio, at the Oregon Pike location of Sola Salons.

Throughout her nearly 20-year career, Colleen has strived to not only provide her clients with exceptional haircuts, color, and styles, but to equally provide an experience that makes a client feel comfortable, pampered, and valued. At Scarlet Blossom Hair Studio, Colleen can ensure that every client has such an experience. Colleen has continuously honed and expanded her technical skills by attending advanced classes. She takes advantage of local and online learning opportunities, but doesn’t limit herself to easy-access education. Colleen has traveled to New York City, Los Angeles, and Atlanta to learn from the industry’s best educators.

Prior to opening Scarlet Blossom Hair Studio, Colleen’s greatest professional achievement was passing the stringent examination established by the American Board of Certified Haircolorists (ABCH). The goal of the ABCH is to raise standards in haircoloring, providing the education professionals need to meet those high standards, and to thereby create credibility and confidence for consumers.

One of the many benefits of owning her business is having full control in choosing the best products available to serve her clients. After much research, Colleen has chosen Unite hair-care products and Chromatics hair color. Unite is a California-based company, founded and owned by a hairdresser. Unite offers a line of top-tier products backed by educational support. They are also a company with a conscience, as 100 percent of the proceeds from their flagship salon in San Diego go to charity. Chromatics is a fully American product created to allow a hair colorist to creatively customize perfect color formulations for each client.

Now clients can enjoy the benefits of Colleen’s advanced skills and talent in a more intimate setting. Colleen has noticed that her clients like to escape the many stressors of life during their hair appointments. Without the noisy hustle and bustle of a typical salon, clients can truly unwind and recharge during their time in Colleen’s chair. To foster the relaxing experience, Scarlet Blossom Hair Studio offers a variety of complimentary beverages, including wine, beer, as well as several nonalcoholic options. Clients are also welcome to request the music they prefer.

To fully accommodate clients’ needs, appointments can be made by calling the Scarlet Blossom Hair Studio, sending a text to Colleen at the salon phone number, sending an email, or through online booking available on the salon website. Colleen can also often accommodate requests for appointments outside of regular salon hours.

Health & Wellness
Women Experience Different Heart Attack Symptoms

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

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

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

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

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

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

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

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

Strokes Among Young Adults on Dramatic Rise

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

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

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

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

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

The authors of one study suggest people should memorize the acronym “FAST,” which stands for Face drooping, Arm weakness, Speech difficulty, Time to call 911.

According to the CDC’s map of stroke-related mortality by county, Lancaster County is within better levels for deaths due to stroke in the U.S. (County map found here: www.cdc.gov/dhisp/maps/national_mapstroke_all.htm)

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

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

To schedule an appointment with a family physician who can help you craft a stroke prevention plan, visit HeartandHealthRegionalMed.com or call 1-844-784-DOCS.
“Think FAST.” Those are two of the most important words to remember during Stroke Awareness Month—and all year long. Keeping this phrase in mind can help reduce the risk of speech problems, permanent weakness, brain damage or even death.

What is a stroke?
A stroke, also called a cerebrovascular accident, affects the blood vessels in your brain. A stroke can happen when either a blood vessel breaks, causing bleeding into the brain or more commonly, about 85 percent of the time a blood vessel is blocked, depriving the brain of blood flow. Without flowing blood, brain cells rapidly run out of oxygen and die.

The good news is, rapid treatment can reduce or even reverse the damage caused by a stroke—but time is critical. As they say, “Time is brain.” In other words, the more quickly a stroke is recognized and treated, the better the chances of preserving brain function.

Use FAST to spot a stroke
Learn to recognize the signs and symptoms of stroke. “FAST” can help:

F = Face: Ask the person to smile and observe whether one side of his or her face droops.

A = Arms: Ask the person to raise both arms and notice whether one drifts down or hardly moves at all.

S = Speech: Ask the person to repeat a simple sentence. Is their speech slurred or odd sounding? Do they understand you or are they hard to understand?

T = Time: If you see any of these signs, it’s time to call 9-1-1 immediately. Also, take note of the time when the symptoms first appeared, and give it to the ambulance team.

Stroke symptoms usually come on suddenly. Other signs can include numbness (especially on one side of the body), confusion, difficulty understanding speech, trouble seeing, sudden loss of balance, sudden severe dizziness or sudden and severe headache. Even so-called “mini strokes,” or transient ischemic attacks (TIAs), should be treated as medical emergencies, because they increase the risk of major stroke.

Get treatment FAST
It’s worth repeating: If you see the signs of suspected stroke, call 9-1-1 for an ambulance. This is true even if the symptoms seem to go away. An ambulance is the fastest way to medical treatment. Do not attempt to drive yourself or another person to the hospital. If you try to drive yourself, you could become unconscious behind the wheel. What’s more, the emergency medical services (EMS) teams can save valuable time by starting lifesaving procedures in the ambulance on the way to the hospital emergency room. The ambulance crew can take patients directly to hospitals that have advanced stroke care, and they can call the hospital while they are on the way so the stroke team can be ready when the patient arrives.

The fastest way to get to the ER is by calling an ambulance. This also allows the EMTs to provide care while en route.

Understand stroke warning signs with the Act FAST test:

**FACE**
Ask the person to smile. Does one side of the face droop?

**ARMS**
Ask the person to raise both arms. Does one arm drift downward?

**SPEECH**
Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**TIME**
If you observe any of these signs, call 911 immediately.

Quick action can reduce the chance of brain damage and disability.

Lancaster General Hospital is a Certified Primary Stroke Center by The Joint Commission.

**LGHealth.org/Stroke**

Murray Flaster, MD, PhD
Medical Director, Stroke Program
LG Health Penn Medicine

Lancaster General Hospital is accredited by the Joint Commission and recognized by the Pennsylvania Department of Health as a Primary Stroke Center. Because we are a part of Penn Medicine, our patients also have access to advanced procedures, such as mechanical thrombectomy, to remove clots in those cases where tPA is not appropriate. For more information and resources, visit lghealth.org/stroke.
For almost 50 years, RDS Professional Paving and Sealcoating, Inc., has been exceeding the expectations of customers across the Central Pa. region with regard to any and all asphalt-related needs, including paving, sealing, line painting and concrete work for both residential and commercial properties. As a family-owned and family-operated business, RDS remains committed to values of “honesty, integrity, and customer satisfaction,” according to owner BJ Reedy.

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

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

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

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

It is, said Reedy, an investment in your home or business which greatly improves curb appeal.

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

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

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

Testimonials on their website attest to their dedication. One happy client commented, “RDS did an outstanding job sealing our driveway. Their customer service was courteous, and their price can’t be beat for the quality you get!”

Reedy is also open to helping clients make good decisions with any contract work.

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

For more information, questions, or an estimate, call 717-361-7095 for the Elizabethtown office, or 570-837-0307 for the Middleburg office, or visit their website at www.rdssealcoating.com.
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Exhibition Opening on History of Downtown Lancaster

On Friday, April 28, a new exhibition, Downtown Lancaster: Dynamic Through the Decades, opened at Lancaster History.org’s downtown location, LancasterHistory.org On The Square, at 4 West King Street. A dynamic city, Lancaster boasts entrepreneurs, active church communities, and innovative creators. The residents of Lancaster contribute to the business and fun with their varied religious and cultural backgrounds, creative expression, and strong work ethic. Utilizing items across LancasterHistory.org’s collections—images of past storefronts and streetscapes, products made and sold, and memorabilia—this exhibition will celebrate the vibrancy of downtown Lancaster’s public life from 1800–1960.

In the exhibition, visitors will discover the narrative of a city forged by its businesses and the families that ran them. A collection of bookbinding tools used by the Roy family at the end of the 19th century will be on display, as well as multiple items from local coppersmiths, turned hardware dynasty, turned media dynasty, the Steinman Family. On display in Downtown Lancaster, for example, will be Steinman copper, photographs of the Steinman Hardware Store, and pages from the store’s original ledger book.

The exhibition Downtown Lancaster is located at LancasterHistory.org On The Square at 4 West King Street in Lancaster, and runs from April 28 through November. The space also houses LancasterHistory.org’s downtown Museum Store. This exhibition is free and open to the public.

Leanna Crespo

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

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Tamara Hyson & Leanna Crespo

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Helen Keller once wrote, “What we have once enjoyed, we can never lose; all that we love deeply becomes a part of us.” The loss of someone we love deeply is utterly heart-wrenching, but what remains—the love, the joys, the memories of family and friendship—lives on. For Sue Bleacher, owner/operator of Heritage Estate Monuments, the desire to celebrate that love and those memories has become the cornerstone of her professional life.

Born and raised in Lancaster, Bleacher grew up in the family business.

“My father founded Charles F. Snyder Funeral Homes & Crematory in 1947. Later, in 1975, my brother ‘Chip’ entered the business, and in 2004 his son joined us,” said Bleacher, explaining that she grew up with the principles of community pride and service to friends and family within that community—a large part of being a family-owned and -operated business.

Initially, Bleacher opted out of the work, dedicating herself to raising her children after she finished business school. However, in 2000 she began working with her brother at the funeral home and later, in 2011, she purchased Heritage Estate Monuments and continued the mission of “putting families first and helping them at a very difficult time in their lives.”

Founded by the Snyder family in 1985, Heritage Estate Monuments, located at 441 N. George Street in Millersville, has been committed to counseling clients when making difficult decisions, whether doing it comes during a time of grief or even if one opts to preplan their end-of-life arrangements. They design unique tributes of love and life celebration in stone, making their work a lasting testament to loved ones. They also do restoration work and maintenance of monuments. They serve not just the Lancaster community, but across the nation, helping families with their compassionate, caring approach and deep attention to detail.

“My heart is in this so much. It’s not just a job, but my family. I always want to go the extra mile to help families out,” said Bleacher, noting that not only does she get to work with her own family, but her clients become family and friends, too.

As a businesswoman, Bleacher also believes in serving her local community, as she remains an active member of the Millersville Business Association and serves on the board of Woodward Hill Cemetery and several other local committees.

“Our community is made up of our families, our friends and our neighbors. It’s important that we care for each other. In the end, that’s what we have,” said Bleacher, adding that she feels “very lucky” to have been able to work both with her families and in service to the community.

For more information on Heritage Estate Monuments, visit their website at heritageestatemonuments.com.
As the song goes, “Diamonds are a girl’s best friend”...and so are rubies, sapphires, emeralds, and everything else shiny and sparkly. At Ephrata’s Parkhill Jewelry, owner-operator Bernie Shiffler and his experienced and knowledgeable staff are happy to help all clients find or create one-of-a-kind “best friends” for every occasion.

“We live by the motto ‘If you can dream it, we can make it.’ Or, if we don’t have it, we will find it for you,” said Shiffler. “We have something for everyone—from traditional pieces to custom-design work, from special occasions to no occasions at all, and for every budget. We meet our clients at their needs.”

Shiffler has had a lifelong interest in gems. According to him, growing up he was “fascinated by rocks, gems, and archeology in general.” Later, while working on his degree in economics, he took an elective course in gems and minerals, and his interest in the jewelry business was solidified.

After working in a chain jewelry store for 10 years, Shiffler opened his own store in downtown Ephrata in 1987. He moved to his current location at 5 West Main Street in Ephrata in 1993 and continues to offer a wide variety of products and services, many of which are distinctive in the jewelry industry.

One such innovation is Parkhill’s exclusive line of watches, crafted in-house and the perfect gift for those tough-to-buy-for dads.

“We offer a lifetime guarantee that is unlike any other in the business. If something is wrong with the watch, or if the band or crystal breaks, we will fix or replace our watch for no cost to the consumer. Likewise, if something happens and the watch is unsalvageable, we will put the price of the old watch towards the cost of a replacement,” explained Shiffler, adding that all watch issues are handled by an on-staff watchmaker who has 30 years of experience working for Hamilton.

In addition to watches, Parkhill Jewelry has a wide variety of well-known designers available, including Roman + Jules, Dilamani, Belle étoile, Lashbrook Designs, Imperial Pearl, Nicole Barr, Ostbye, and Galatea.

Or, they can create a unique piece for someone special. “We work very closely with our clients to create the perfect piece. We offer design suggestions, work up a model either on the computer or in wax prior to creating it to make sure it fits exact needs, and then custom-cut the stones in-house,” Shiffler explained.

In addition to design, Parkhill Jewelry also offers restoration services for any damaged jewelry, and free cleaning on a daily basis. They also buy gold, silver, and other precious stones and objects, and offer appraisals for insurance purposes.

“We’re happy to help out any customers. Appraisals are done in-house, and we’re happy to do them with you present, or drop off the item and pick it up later,” said Shiffler.

It is their dedication to customer service that makes Parkhill Jewelry as unique in the jewelry business as one of their custom pieces. “We have amazing clients, and it is always our goal for them to leave happy and satisfied with the piece of their dreams,” said Shiffler.

For more information on Parkhill Jewelry, visit them on Facebook or give them a call at (717) 733-8800.
We are often asked if babies can show emotion in the womb. Since a baby can start hearing at 18 weeks and can respond to the sounds it hears at 25–26 weeks, the answer is a loud YES! We know that emotions are tied to thoughts and thoughts are usually derived from experiences, which do occur even with a baby in the womb.

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

Why Are Retired Women More Prone to Financial Crisis?

Men and women both face obstacles and challenges in planning for retirement, but women often travel a thornier path.

“In most cases, women have earned less than men over the years,” says Jeannette Bajalia, a retirement-income planner, president of Woman’s Worth® (www.womans-worth.com) and author of Retirement Done Right! and Wise Up, Women!

“They also have often stepped out of the workforce for several years for caregiving roles, whether to raise children or care for aging parents.” Those years out of the workforce can mean fewer years contributing to a company 401(k) account and also can affect Social Security earnings potential.

Perhaps that’s why women feel less assured about how well they will fare in retirement than men. Just 55 percent of women are comfortable compared to 68 percent of men, according to an annual survey by the Transamerica Center for Retirement Studies.

Bajalia says three things can cause women to plunge even further into financial difficulties after they reach retirement.

**Longevity**

People live longer these days, and women on average outlive men. That’s the good news. It’s also the bad news, Bajalia says, because many women are unprepared financially for a retirement that could stretch into two, three or even four decades. “Even if a woman has substantial savings, if you want to hold onto your wealth, you need to hold onto your health,” she says. “So you need to build into your retirement planning the cost of health care, and not just routine and preventive care, but long-term care. And the cost of long-term care is skyrocketing.”

**Widowhood**

Because women live longer than men, the odds are that most married women will reach a day when they become widows. Beyond the emotional turmoil that can create, there’s also financial turmoil. If both are drawing Social Security, one of those checks is going away. If the husband had a pension, that check could also disappear or be reduced. Often, the husband handled the finances. The wife might not even have known about all the investments or where documents are stored. That’s why it’s important for a couple to take the time to review their assets together so that both have a good understanding of what’s there and what’s needed for a secure retirement.

**Divorce**

Just like widowhood, divorce can cause a sudden drop in financial stability for older women. “When you’re in your 30s or early 40s, you have time to overcome some of the difficulties a divorce creates, but when you’re older, that becomes more challenging,” Bajalia says. “I encourage women in this situation to get a ‘financial physical’ before a divorce is finalized to ensure they are protected with the strategies they need, and that those are included in the divorce decree.”

Despite that dreary outlook, Bajalia says there is reason for optimism, but it takes planning and finding a retirement planner who can help you with more than the money aspect of retirement.

“Women, it’s not just about the money; it’s about total wellbeing,” she says.

Ideally, you need a team of experts in estate planning, tax planning, financial planning and healthcare planning.

“All of us would like to age with grace, dignity and respect,” she says. “To do that, you need to make sure you have the tools in place at an emotional, physical, spiritual and financial level.”

**About Jeannette Bajalia**

Jeannette Bajalia, author of Retirement Done Right! and Wise Up, Women!, is president and principal advisor of Petros Estate & Retirement Planning, where she has designed and implemented innovative estate-planning solutions for clients and their families. She also is founder and president of Woman’s Worth® (www.womans-worth.com), which specializes in the unique needs facing women as they plan for their retirement.
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

Seeking Volunteers
Domestic Violence Services of Lancaster County is seeking volunteers to provide the following services to victims of domestic violence: answering the 24-hour Hotline; front desk coverage; public education/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 48-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.

Lancaster Christian Women’s Club
Cordially Invites All Ladies “Sundaes & Sandals”
Wear your favorite Sandals and Enjoy Ice Cream Sundaes
BENT CREEK COUNTRY CLUB
620 Bent Creek Drive, Lititz, PA
Wednesday, July 12, 12 Noon
Our Special FEATURE will be Laura Lapp
Indoor Gardening
Our SPEAKER, Annie Friedrichs
“How Perfect Love Overcame Inadequacy”
SPECIAL MUSIC will be provided by the Servant Stage Co.
Cost is $20.00 Inclusive

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

Adopt A Manatee®
Call 1-800-432-5646 (JOIN)
savethemanatee.org

For Father’s Day

This Year’s Big Item

The Manatee

May/June 2017 Lancaster County Woman
Finding the Way to Your Creative Self

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

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

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

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She has a particular interest in cancer patients, at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, the Penn State Hershey Cancer Institute, Hershey, Pa., and Wellspan York Cancer Center, York, Pa. “Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write…for the joy of it. It’s a return to our emotions—serious, funny, whatever appears on the horizon. Writing is freedom from technology, a known antidote to emotional and physical pain. Our inner lives matter—especially today—they calm and replenish us.”

Upcoming Women’s Classes

Intro: “Writing Without Fear” Tuesday evenings, 5-week series: July 18, 25, August 1, 8, 15 6:30-8:30 p.m. WFTH Lancaster Studio. Please call for fees/directions.

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

Free Workshops for Cancer Patients and Caregivers

The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA

Wednesday evenings, 8-week series: June 21, 28, July 12, 19, 26, August 2, 9, 16 6:30 -8:30 p.m. Registration required. Please call LGH Contact to register: 717-544-4636. The Milton S. Hershey Medical Center/ Penn State Cancer Institute, Hershey PA

Thursday evenings, 4-week series: June 1, 8, 22, 29 7–7 p.m. Registration required. Please call 717-531-6421 to register.

LCW Congratulates Melissa on being selected as an Influential Leader in Fig Magazine’s Stories Collection for 2017.

digital.figlancaster.com/Fig_Stories_2017/#/22

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

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

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

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

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

If you have knowledge, you become empowered.

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

Anyone who would like a copy of this book at no cost to them at all should just call 877-702-3081 24 hours a day, or go to www.DontFearTheBleacher.com to request a copy.

Dedicated to your beautiful hair,

A. L. Segro

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

“Don’t Fear the Bleacher was an excellent guide to hair care for someone like myself, who had no idea how to pick the right dyes or pick the best style for your hair. Melissa Segro, a former professional hairstylist, was quite knowledgeable and helpful. She talked about the ins and outs and how your hair can look good. She even did a hair consultation for me, explained the process and gave me some tips on how to care for my hair. I really appreciated her expertise and was impressed with her knowledge!”

– Tracy Flynn, Lancaster, PA

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

– A.L. Segro

“Ali and Michelle saved me or at least they saved my hair.” – Mary Fulginietti, Turnersville, NJ

“If you need an emergency colour consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.

No One Should Ever Be Frustrated With the Colour of Their Hair.

Get the answers NOW in a Free Book!

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

– A.L. Segro

“Don’t Fear the Bleacher” is a great guide to hair care and is a must-read for anyone looking to improve their hair. Melissa Segro is a professional hairstylist and she shares her knowledge and expertise in this book. It’s easy to read and packed with information.”

– Tracy Flynn, Lancaster, PA

If you need an emergency colour consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.

Write from the Heart

Therapeutic Writing Workshops for Adults, Children & Teens

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

Contact Melissa Greene: Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us
Matthew Funk Barley’s new exhibit, entitled Constructive Abstraction (A craftsman’s journey to art and design), will be on display throughout the month of July at Mulberry Art Studios. The show opens with a First Friday Reception on July 7 from 5 p.m. until 9 p.m. Mulberry Art Studios holds regular gallery hours on weekdays from 10 a.m. until 4 p.m., and is located in historic downtown Lancaster at 19–21 North Mulberry Street.

Constructive Abstraction is made up of paintings and furniture, inspired by Barley’s last two years of graduate school. “The studio experience challenged my intuitive design sense and caused me to rigorously examine forms of 2D and 3D representation,” explained Barley. “The show begins as two independent explorations in chair design and painting and culminates with a collaboration of both.”

The four chairs on display are an exploration in pushing the structural limits of materials within the context of joinery. The assembly techniques explored are a combination of traditional, new types, and digitally fabricated joinery. As the designs were built, each piece led to very different and unintended results.

The paintings began in a figurative painting class. During this time, Barley developed 2D color constructions based on an architectural concept model he created. He developed the constructive abstraction process and applied it to the logic of a cube to generate the 2D representations. Although they are 2D, the paintings are intended to be imagined as potential 3D spaces, and should be viewed as such.

Barley is an interior designer and painter who grew up in Lancaster, Pennsylvania. He received a MDES in interior architecture from Rhode Island School of Design and a B.S. in Industrial Arts from Southern Utah University. In 2000 Matt designed and built his first piece of furniture. But his passion for architecture and design had started many years ago when at a young age he had spent three months in Kenya building a library. During this experience he and his teammates built the entire brick structure with no electrical equipment. For his undergraduate work he studied industrial arts, which allowed him to explore traditional means of construction and antique furniture reproduction. After graduation he ran a small construction company in the Pacific Northwest, making and designing bespoke residential and commercial installations and structures. In 2013 he applied to, and was accepted to, Rhode Island School of Design’s (RISD) interior architecture program. It was during this time that he began designing beyond the world of antique reproduction and historic aesthetics. Matt currently works full-time as an interior designer at RLPS Architects in Lancaster. On the weekends he designs and builds commissioned furniture art installations.

For more information, directions to the gallery, and to preview the artwork, please visit www.mulberryartstudios.com.

Spay and Neuter Pet Clinic

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

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

Why spay or neuter dogs and cats?

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

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

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

Give for the Animals!

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

We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.

We provide lifesaving veterinary care to strays and animals.

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

PET PANTRY OF LANCASTER COUNTY

26 Millersville Road
Lancaster, PA 17603
(717) 983-8878

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

2195 Lincoln Highway East, Lancaster  
(717) 393-6551  
Visit our website at www.humaneleague.com
New Advocates Committed to Serving Local Children

Court Appointed Special Advocates (CASA) of Lancaster County recently trained its second largest class of volunteer advocates. Judge Thomas Sponaugle swore in the 25 new volunteer advocates during a ceremony held on Wednesday, March 22, 2017, at Emerald Foundation Community Campus, 2120 Oregon Pike, Lancaster, PA 17601.

These newest CASA volunteer advocates will be appointed by the court to represent the best interests of children in foster care. CASA advocates are consistent, compassionate adults who walk beside a child throughout his/her entire journey in foster care. There are hundreds of children in Lancaster County who still need a CASA volunteer advocate. Join the community members who have already made this outstanding commitment to support children in care.

The winter 2017 class of advocates will bring the total number of trained and currently active CASA volunteers in Lancaster County to 160. These 25 new volunteer advocates will serve nearly 50 children in foster care. “We are so excited to have this incredible group of community members join CASA and make a commitment to a child in the foster care system,” stated D’Arcy Crocker, program director. She continues, “A new training class always brings a renewed energy to the entire program. Volunteers must also complete a required 30-hour training program. Volunteers must also complete a series of background clearances prior to being appointed to a child.”

CASA volunteers have served 509 children to date since the organization’s first appointment in January 2010. The CASA volunteer advocate experience is unlike any other volunteer experience out there, and a number of minimum requirements must be met in order to become an advocate. Before being sworn in, volunteers complete a required 30-hour training program. Volunteers must also complete a series of background clearances prior to being appointed to a child.

CASA is central to fulfilling society’s most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child’s right to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family. To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280 or casa@casa lancaster.org.

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

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

Magnolia Day Spa provides an atmosphere that is relaxing and welcoming to clients. The majority of the staff have over 18 years of experience and continue to further their education.

We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered. We also offer a wide range of services. Massages including hot stone and bamboo, spa facials, enzyme/oxygen facials, 4-layer facials, glycolic facials, and microdermabrasion treatments are also available. Exfoliating scrubs and body wraps to remove toxins, hydrate and tone are perfect treatments for dry, dehydrated skin. Manicure and pedicure services provide a nice, healthy look for your nails year round.

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

For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.
You have become engaged and have just entered one of the happiest phases of your life. In the midst of the excitement of planning your wedding it may seem awkward to say “Honey, in case we ever end up getting divorced…”, but it is the reluctance to bring up financial affairs during this blissful time that can prove costly later in life.

The reality is that approximately one-third of marriages end up in divorce. Few of those individuals thought they would be the ones to divorce.

Not every couple is in need of a prenuptial agreement. Many first marriages are couples who are young and come into the union on an equal footing and build their wealth together. In this scenario, Pennsylvania law provides for when a couple divorces and look to separate their property before the Court. My wife and I did not sign a prenuptial agreement as my marriage started with student debt and a lot of promise, but not much more!

However, people who get married later in life or get remarried often bring significant individual wealth to the marriage. Persons under these circumstances can benefit from having an agreement as my marriage started with student debt and a lot of promise, but not much more!

One of the most common reasons I have prepared prenuptial agreements is to protect one spouse’s share in a family business. The agreement can even address who gets the dog. In today’s world, it is important to also spell out who is responsible for debt that is brought into the marriage or incurred by one spouse during the marriage. I have had too many clients who found out, much to their surprise, that their spouse was a gambler or incurring debt for addictions not known by the other spouse. It is also important to understand that while a prenuptial agreement can state who is responsible for medical debt, medical creditors (be it a medical practice, hospital or a nursing home) have the right to pursue a spouse for the medical debts no matter what a prenuptial agreement states.

If you decide to move forward with such an agreement, it can be straightforward but still should be done with the advice of local trusted counsel for both spouses. It is also important to have it prepared and signed months before a wedding versus close in time. An agreement cooked up just days before a wedding is more easily overturned based on undue influence or lack of understanding.

While a simple internet search showed me numerous free and for-charge forms, agreements done online are easily overturned as an attorney challenging such an agreement would simply suggest that the agreement was signed under duress or with lack of knowledge and understanding of the agreement.

A prenuptial agreement can run anywhere from $500 to a few thousand dollars. A prenuptial agreement has nothing to do with lack of love or trust in each other; instead, it is the smart thing to do and can alleviate much of cost and distress of a lengthy and difficult divorce. My advice is that once you have put an engagement ring on your loved one’s finger, consult an attorney and consider whether a prenuptial agreement makes sense for you.
Offering a Variety of Cremation Options to Meet the Needs of Every Family
Many Traditional Burial Spaces Also Available
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WoodwardHillCemetery.com
717.872.1750
National Register of Historic Places
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 energize efficiency and maintaining the interior comfort of your home. Honeycomb blinds are a great option to cover your windows. Hunter Douglas carries a honeycomb blind called Duette Architella that has an excellent R-Value. Blinds with slats or vanes will help with keeping the cold or heat out when they are closed, but a solid fabric blind such as a honeycomb is a superior option for insulating your windows. If your windows are older and drafty, honeycomb shades are less expensive than replacing windows.

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

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

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

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

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

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

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

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

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

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

Ready Made or Custom Made. Ready-made window treatments can be a challenge. Fewer fabric choices and colored, 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 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.heredesigninteriors.com. Join us on Facebook for upcoming events, specials and decorating ideas.
Pennies for Pets Campaign to Raise Funds for Pets in Need

VCA Smoketown Animal Hospital and VCA Charities are partnering with Best Little Cat House in PA in the national Pennies for Pets campaign to raise funds for pets in need. Small change can make a world of difference in helping animal welfare organizations.

VCA Animal Hospitals, the nation’s largest animal hospital chain, and its nonprofit partner organization, VCA Charities, have come together to raise awareness and funds for local companion animal nonprofits across the country. In their campaign, Pennies for Pets, VCA Smoketown Animal Hospital will be collecting donations for Best Little Cat House in PA by allowing customers to round up their transaction amounts to the nearest dollar to benefit the charity and its work on behalf of cats in need. Best Little Cat House in PA is a nonprofit organization that is dedicated to providing hospice care to cats and kittens with both contagious (FIV and FeLV) and noncontagious ailments (cancer, cerebellar hypoplasia, blindness, etc.). They also provide end-of-life care to cats that would otherwise be euthanized.

As of April 1, VCA Smoketown has been offering the opportunity for clients to donate their small change to the campaign, which will directly benefit Best Little Cat House in PA. As a thank-you, VCA AVH will give donors promotional items, including hats and wristbands, while supplies last.

“We are very excited to participate in VCA’s Pennies for Pets campaign to support Best Little Cat House in PA because they are an important part of our community, and the added funding helps Best Little Cat House in PA provide the essential services that local cats need and deserve,” said VCA Smoketown Hospital Manager Jennifer Hufnagle.

In addition, Pennies for Pets donors will be able to write messages of support on paw prints, and follow the fundraising progress on the campaign tracker poster, all of which will be displayed at each of the participating VCA hospitals.

“VCA Charities and VCA Animal Hospitals are proud to support national and local campaigns that can benefit the important work our nonprofit partners do every day to help companion animals,” said Ron Tatum, VCA Charities executive director. “We believe that the human-animal bond is important, and this fun campaign engages our staff, clients, community members, and donors to all work together to ensure that every animal is provided the opportunity for a healthy and happy life.”

The Pennies for Pets campaign will run during the months of April, May and June, and VCA Charities has set a goal of raising $1,000 per participating hospital and $500,000 nationwide.

About the Best Little Cat House in PA
Founded by Lynn Stitt in 1980, the Best Little Cat House in PA is first and foremost a hospice for sick or handicapped cats as well as feral cats with medical conditions. These cats can live out their lives in a hazard-free, caring environment.

About VCA Charities
VCA Charities is a 501(c)(3) with a mission to end medically unnecessary euthanasia. Established in 2005 by the founders of VCA Animal Hospitals, VCA Charities has helped feed thousands of pets, provided free medical treatment, and donated time and money to pet charities globally. Please visit the VCA Charities website and blog to find out the most up-to-date information about VCA Charities and its programs at www.VCAcharities.org.

About VCA Animal Hospitals
VCA Animal Hospitals operates more than 800 small animal veterinary hospitals in the U.S. and Canada. The hospitals are staffed by more than 4,500 fully qualified, dedicated and compassionate veterinarians to give pets the very best in medical care, of which over 500 are board-certified specialists who are experts in areas such as oncology, cardiology, emergency and critical care, and surgery for animals. VCA Animal Hospitals provides a full range of general-practice services to keep pets well, and specialized treatments when pets are ill. For more information, please visit www.VCAhospitals.com or follow on Twitter @vcapethealth.

Get a FREE* First Exam!
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- Low Cost Vaccination Clinic
- Grooming
- Cruciate Ligament Surgery* 
- Dentistry

*Services Provided at Smoketown Only

Free first exam includes:
- Status check on weight, nutrition and general health, dental check, vaccination overview

Dedicated & Compassionate Pet Healthcare
In the past, streaming was limited to prerecorded shows and movie services like Netflix. The lack of local and live TV, as well as an adequate bandwidth, kept streaming a sideshow. This is no longer the case. Local news and weather are available on Roku via the free NewsON application, and WGA-L is available on Amazon Fire through a WGA-L 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.

Exploring new horizons with each individual as the sun sets on the past and rises on the future.

Family/Coparent Counseling
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Twitter: @theguidedparent
NewHorizonsForYou.org

Love Your Child More

by Rex Reilly
inyork@comcast.net

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 conclusion, love your child more than you hate your ex. Your ex is his/her mom or dad…hopefully, he/she never sees them as they do.

Check us out on Twitter: @theguidedparent.

“Congratulations, you’re expecting!” Shock, excitement, disbelief, even denial describe the responses of those persons who are now expecting. Regardless of the reaction or let’s say circumstance, this announcement means that two individuals now have a forever bond, a baby—one human who is literally by nature and figuratively by nurture the combination of more than one person. This shared responsibility links one person to another for their child’s lifetime, as parents no matter what happens between the adults—break up, separation, divorce….

Divorce places, in most circumstances, significant strain on a family, which becomes exacerbated by any animosity shared between parents. Children have a natural connection with their parents when living in the same household that requires much more effort, compassion, and nurture when faced with the changing family dynamics during and in the wake of irreconcilable differences. When redefining a family, each party must realize certain realities. The animosity felt towards an ex for the wrongs committed in the adult relationship must give way to respect when approaching it as a parent of shared children. That said, the “broken home” created upon divorce does not destroy a family; it simply redefines it.

A child has only one family existing between two households; he/she should never become one child split between two parents. He/she has a continuous life experience lived within two homes; this should not include hard starts and stops as he/she moves between households. The only aspect of a child’s life that should be “split,” so to speak, is the physical time spent with each parent, not the actual life experience. One child does not come in a set. He/she is a single human being who wants two healthy parents at sports, concerts, achievements, etc. These events are a child’s time, not a custodial period of custody. As a child matures, remember that your custodial time is really his/her life time. Two persons separated, not two parents.

In conclusion, love your child more than you hate your ex. Your ex is his/her mom or dad…hopefully, he/she never sees them as they do.

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