Discover the links between heartburn and serious disease.

Mark Johnston, MD, FACP, FACG, AGAF, CAPT (ret), MC, USN

Read more on page 3.

Get answers with RGi
The Beauty of Blending

Our faces by way of some combination of these three processes. And for each of us, they start and progress in their own unique fashion. Which ones are most in evident depends upon our genetics, our lifestyle, our health, our age, our life stressors, and our environment.

Now back to that earlier question. How well does Botox perform relative to the three D’s? After all, after 18+ years in the aesthetic arena, I myself have done slightly more than 55,000 Botox treatments…The answer is: terrible.

Botox is cosmetic crack. It is a quick fix. It does NOTHING to slow down any of the three D’s! Don’t get me wrong, it is the single best way to get rid of the facial evidence of stress, concern, sadness, anger, and fatigue. And in a small majority of people, it has a mild antidepressant effect (a bonus for sure!). I’ve also used it myself since the year 2000 to completely eliminate my migraine headaches (another bonus!). And now that I’m older, it has certainly been of value in lessening the memory etch lines on my face. But does it benefit any of the D’s? Absolutely not!

Well, what about those of us practitioners who REALLY DO want to help people look their very best over time? And by this, I mean, gain a more youthful and healthy appearance. Offices like mine need a “gateway” agent, a quick fix as it were, to introduce our patients to the possibilities of what can actually be done to improve their long-term facial appearance. Just as many people think that marijuana is possibly the beginning of a major personal drug problem (it is not; there is a much higher correlation between cigarette use and eventual heavy-duty drug use), Botox is not the gateway agent we would presumably think it is. At least certainly not for a long-term youthful facial appearance.

You see, for many of our patients, Botox is thought of as a “be all, end all.” I would venture to say that at least 50 percent of my Botox patients will only ever get Botox at my office and nothing else. But it is not a “be all, end all.” The real long-term youthful appearance benefit from offices like ours comes from the products and services that stimulate the skin to CHANGE. And change involves effort, money, inconvenience, and time. But if the goal is for one to look more youthful and healthier, these things are worth it.

Do not expect these worthwhile benefits to occur with just one modality, nor in just one treatment session. The magic of major, gradual improvement comes from the thoughtful blending of different techniques and products over time. Just as Rome wasn’t built in a day, and the bodybuilder cannot achieve his/her goal by doing just one exercise, the youthful appearance of a face cannot be maximized just by doing chemical peels or microdermabrasions. Achievement of the most youthful appearing face for each of us requires a thoughtful combination of a little bit of Botox, judicious use of fillers, fractional laser treatments, IPL, skin-tightening techniques, volumizing methods, retinol, sunscreen, topical antioxidants, lifestyle change, healthy eating, exercise, smoking cessation, stress management, and adequate sleep. It is only by the thoughtful blending of many modalities over time that all of the three D’s of facial aging be adequately addressed.

I live for the day when a new or existing patient comes into the office asking for Botox and we can respond with “Botox sounds wonderful, Mrs. Smith. Would you like that with a side order of Sculptra or IPL?” Or, “How about considering a dessert special of our favorite physical sunscreen?” Someday.
Dueling Disease: Fighting Heartburn

Mark Johnston, MD, FACP, FACC, AGAF, CAPT, MC, USN

Everyone knows heartburn is painful and disruptive to daily life, but few are aware that the symptoms could provide a lifesaving warning. Doctors now know that while heartburn was once treated as a minor condition, research has uncovered links between heartburn and serious disease that could be stopped by early intervention.

Regional Gi wants to raise community awareness about the signs, symptoms and potential consequences of untreated heartburn and offer state-of-the-art treatment. We specialize in comprehensive care for esophageal disorders, including GERD, Barrett’s esophagus (a precancerous condition) and early esophageal cancer.

In many cases, the discomfort of heartburn begins with gastroesophageal reflux disease (GERD)—a chronic condition that allows acidic juices to back up (reflux) into the esophagus (food pipe) instead of remaining in the stomach where they belong. Recent studies show that even relatively mild heartburn can increase your risk for Barrett’s esophagus or even cancer of the esophagus—the fastest growing cancer in America.

To determine if the heartburn you experience is an early warning of serious health problems, it’s important that you seek medical help for an accurate diagnosis. A simple upper endoscopy exam can often be scheduled over the telephone without a prior office visit.

Among the advanced diagnostic tests and treatments provided at Regional Gi are:

- **CryoSpray Ablation Therapy:** an endoscopic technique which uses a spray of liquid nitrogen to treat cancerous and precancerous conditions of the esophagus.
- **Radiofrequency Ablation (RFA):** an endoscopic technique in which diseased tissue is exposed to heat energy and destroyed.
- **Endoscopic Mucosal Resection (EMR):** an endoscopic technique in which relatively large sections of precancerous or cancerous tissue are removed from the GI tract using special tools through an endoscope.
- **Endoscopic Ultrasound (EUS):** a technically demanding and complex imaging technique gastroenterologists use to examine the lining and walls of the upper and lower gastrointestinal tract and nearby organs such as the pancreas, liver and gallbladder.

To determine when it’s time to call the doctor for your heartburn symptoms, here are a few simple questions:

1. Do you experience GERD symptoms more than twice a week? (Symptoms include burning feeling in the chest behind the breastbone after eating, chest pain, sour taste in the back of the throat, difficulty swallowing, or sensation of something sticking in chest or throat.)
2. Do you have nighttime symptoms of heartburn at least once a month?
3. Are you using over-the-counter antacids more frequently?
4. Are you currently taking physician-prescribed medications for heartburn?

If you answered yes to any of these questions, you could have acid reflux or GERD, a serious condition that requires medical attention.

Appointments at Regional Gi may be scheduled:

**By Phone:** 717-869-4600

**By Fax:** Primary care providers may fax referral forms or submit electronically.

**Express:** A nurse will screen patients for express scheduling eligibility by phone without a prior office visit.

**Online:** [www.regionalgi.com](http://www.regionalgi.com).

#1 reason to call.

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.

So if you’re 50+ and haven’t been screened, talk to your primary care provider or call Regional Gi at (717) 869-4600.

Mark Johnston, MD, FACP, FACC, AGAF, served as a U.S. Navy physician for 20 years, retiring as a Captain (0–6) in 2005. His last assignment was at the National Naval Medical Center in Bethesda, Maryland, where he was Chief of Gastroenterology and the Comprehensive Colon Cancer Center. He served as gastroenterology consultant to the White House, U.S. Congress and the Supreme Court. He completed medical school at Hahnemann University, Philadelphia. He has spoken nationally and internationally in his area of research: GERD, Barrett’s esophagus and esophageal cancer. He is also former president of the Albanian Health Fund, a medical missionary society. Dr. Johnston has received numerous awards, including the State of Maryland’s Innovator of the Year Award for his patented CryoSpray device to treat Barrett’s esophagus and early esophageal cancers.
Infertility Awareness Is a Team Effort

Men and Woman Vital for Infertility Awareness

by Michael C. Upton

Millions of Americans who want to remove the stigmas and barriers that stand in the way of building families. Infertility affects people no matter what race, religion, sexuality or economic status. A common myth surrounding infertility is that men are unwilling or hesitant to see a fertility specialist.

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

Lancaster Fertility is a full-service fertility center offering comprehensive consultation and evaluation for both men and women, single folks and the LGBTQ community. Sobel wants to remind men that their condition is silent.

“Men will not know anything until they get a test,” said Sobel. “Many men sign up quicker than you would think.”

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

“Normally it is routine testing for a team,” said Sobel. The reproductive endocrinology/infertility and obstetrics/gynecology specialist likes to refer to his patients as a “team.”

“I think it gives them support and confidence that we are trying to assess all arenas of potential problems,” said Sobel. The main arena for testing in men is an analysis of semen. This has not changed over the multitude of years of this specialty and is broken down into three different parameters: count, movement and morphology—characteristics of normal shape and size. This is not something a man can figure out on his own without coming to see Dr. Sobel.

There are some general over-the-counter tests, but these do not provide the “entire picture.”

The analysis comes back as normal or abnormal, and abnormal can have different levels. Treatments are then designed around this diagnosis. Moderate to severe abnormal levels require further testing, including endocrinological blood work, and patients may be referred to a reproductive urologist.

“Today, we have at our disposal some additional tests, which Lancaster Fertility provides beyond the standard semen analysis,” said Sobel. “We have the availability to test men for what is called function. Function goes beyond numbers and can describe some of the intrinsic steps the sperm needs to take to fertilize an egg. Generally, there is not a male condition we cannot treat today, from the mildest problem to the most severe.”

For more information on Lancaster Fertility, visit their website at lancasterfertility.org.

We provide comprehensive female and male infertility evaluation/treatment.

Now Welcoming New Appointments

LancasterFertility.org • 1059 Columbia Ave. • 717-517-8504
You know your body, and we understand the importance of health and wellness throughout every stage of your life. UPMC Pinnacle OB-GYN of Lancaster’s team of board-certified physicians and certified nurse midwives provides comprehensive, compassionate obstetric and gynecological services to women of all ages and stages of life.

Whether you are experiencing pain, or simply would like to be proactive in your gynecological health, UPMC Pinnacle is here to help. Through the development of a strong provider-patient relationship, we will help guide you to knowing and understanding the best care for you. If surgery is needed, minimally invasive surgical options are available to help you get back to your normal lifestyle as soon as possible.

2125 Noll Drive, Lancaster  
1575 Highlands Drive, Lititz  
300 Continental Drive, Elizabethtown

If you have pain in your bones or joints, it can be difficult just to make it through your daily routine. Don’t delay seeking help.

Let us help get you back on track. At Orthopaedic Specialists of Central Pennsylvania, we treat injuries and illnesses that affect bones, cartilage, muscles, tendons, joints, and ligaments. Our physicians are fellowship trained and use state-of-the-art imaging, pain management, and rehabilitation therapies, as well as surgical treatments for a full-range of orthopaedic conditions.

Orthopaedic Specialists of Central PA

Seth Baublitz, DO  
William Parrish, MD  
Thomas Ring, MD

Now offering less invasive total knee replacement with the Mako Robotic-Arm Assisted Technological System, which allows a personalized surgical plan to be developed for your unique anatomy. We’re investing in your health by being the first hospital in Lancaster County to invest in this technology.
“Think FAST.” These are two of the most important words to remember during Stroke Awareness Month—and all year long. Keeping this phrase top of mind can help reduce the risk of speech problems, permanent weakness, brain damage, or even death as a result of stroke.

**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 notice 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 and notice whether the speech is slurred or sounds odd. 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.

**Other signs of stroke**
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 get 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. When administered promptly, the clot-busting drug tPA, or tissue plasminogen activator, can save lives and reduce the long-term effects of ischemic stroke, providing the best possible chance of full recovery.

Lancaster General Hospital is accredited by the Joint Commission and recognized by the Pennsylvania Department of Health as a Primary Stroke Center.

**May is Stroke Awareness Month.**
If you suspect a stroke, quick action can reduce the chance of brain damage or disability. Calling 911 allows for trained medical staff to provide care on the way to the hospital. When a stroke strikes, every minute counts.

Remember to spot the signs of stroke using FAST (Face, Arms, Speech, Time).

Visit LGHealth.org/Stroke to learn more about stroke warning signs.
Treating Unexplained Infertility with Acupuncture

Thyroid Cancer Update

Approximately 1 in 6 couples will experience trouble conceiving. A combination of factors can contribute. Delaying motherhood, parenthood, stressful lifestyles, and toxins in the environment can disrupt the balance of hormones in the body. Couples feel trapped in a cycle of frustration and disappointment when they cannot find an answer. Acupuncture has helped women and men to regulate the health of the reproductive cycle for thousands of years.

Some studies have shown that acupuncture can aid fertility by reducing the effects of stress and balancing hormones. Physical benefits may include increasing blood flow to the uterus and ovaries, increasing the uterine lining, lessening the side effects of drugs used in IVF, strengthening the immune system, decreasing chances of miscarriage, and improving quality, quantity, and motility of sperm.

Clinically, I have found that women with unexplained infertility respond very well to acupuncture. Stress in the form of depression, irritability, anger, and frustration causes what is called in Chinese medicine “liver qi stagnation.” A person may be in a life situation such as a job where they feel stuck, long work hours, and have a history of taking birth-control pills. They may feel the pressure of the “tickling biological clock” as they get older. Physical symptoms can be irregular cycles, spotty and perhaps painful periods, emotional premenstrual syndrome, headaches, and premenstrual breast tenderness. Liver qi stagnation affects blood flow in the pelvic cavity. Acupuncture can help clear stagnation in a matter of months, and a couple may well find themselves naturally pregnant.

Chinese medicine emphasizes the health and well-being of the mother and father. Classical Chinese medicine advises the couple to prepare for pregnancy through good nutrition, keeping warm and calm, and “looking at beautiful pictures and listening to beautiful music.” A healthy pregnancy is the outcome of healthy, relaxed parents. Chinese medicine’s emphasis on health and well-being is behind its success in fertility.

Acupuncture can also naturally support a mother-to-be after conception. It can help with morning sickness, nausea, aches and pains (low back pain, for example), anxiety preparation for birth, and insomnia, among many other symptoms.

Acupuncture treatment involves the insertion of fine needles into points in the skin. The aim of the treatments is to stimulate the body’s natural ability to heal. The needles are sterile, FDA-approved, and fine as a human hair. Most people feel a distinct feeling of relaxation, both during and after the treatment.

At Blossoms and Roots Wellness, we attempt to treat each individual’s symptoms on a case-by-case basis. We monitor progress before each session, set realistic goals, and discuss concerns in a thorough intake session, as well as at the start of each 60-minute session. We may recommend dietary changes, self-acupressure, and lifestyle choices such as tai chi, yoga, or support groups that may also benefit clients. Sometimes treatment may also include a mild current attached to the needles, called electroacupuncture, traditional Chinese cupping, and/or palpation of points in the affected area for pain. Follow-up treatments last 45–60 minutes.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wisnosky has 16 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.
Dear Readers,

Welcome to our summer edition! Let’s start with an important reminder that May is National Stroke Awareness Month. Many people are under the mistaken notion that stroke is something that only affects the “older” population. The truth is, 10 percent of all stroke victims are between the ages of 18 and 50 years old. More alarmingly, when polled, 73 percent said they would not seek hospital treatment when faced with classic symptoms of weakness, numbness and impaired vision. They would simply “wait and see” if their symptoms went away on their own. Learning to recognize symptoms and calling 911 is critical to preventing devastating results such as brain damage, permanent weakness, paralysis and death. According to recent studies by the American Academy of Neurology, medical treatment within three hours of the first symptom can minimize or even reverse brain damage. On page 6, Murray S. Flaster, MD, PhD, Stroke Medical Director for Penn Medicine Lancaster General Health, gives us critical information on how to spot a stroke FAST and what to do next.

The information in this article is invaluable and could save the life of someone you love.

Inside this edition we welcome Dr. Barry Hazen, sports chiropractor and owner of Active Family Chiropractic in Willow Street; Darlene Eager, owner of DC Eager Emergency Services—specializing in mold remediation; Alyssa Licateau, owner of Blossom Med Spa—celebrating five years of pampering treatments and relaxation; and newly renovated Kefi at Torgos Mediterranean Taverna. The restaurant is located in the heart of downtown Lancaster, and the owners, the Katsaros family, invite you to stop in to enjoy summer dining in one of their beautiful new inside dining rooms, or you can dine outside on the summer deck with beautiful city views.

All liability, loss or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights, and all violations of the right of privacy or other violations resulting from the publication by this newspaper of its advertising copy. Publisher shall be under no liability for failure, for any reason, to insert an advertisement. Publisher shall not be liable by reason of any error, omission or failure to insert any part of an advertisement. Publisher will not be liable for delay or failure in performance in publication and/or distribution if all or any portion of an issue is delayed or suspended for any reason. The publisher will exercise reasonable judgement in these instances and will make adjustments for the advertiser where and when appropriate.

The Lancaster County Woman™ Newspaper is published bi-monthly and is available free-of-charge, by direct drop, subscription, display stands in approved private and public establishments, and authorized distributors only.

The Lancaster County Woman™ Newspaper is protected by trademarks and U.S. Copyright Laws. No part of the newspaper may be reproduced without written permission of the publisher.

The Lancaster County Woman™ Newspaper is not responsible for any editorial comment (other than its own), typographical errors from advertisements submitted as camera ready or any reproduction of advertisements submitted as camera ready. If an advertisement does not meet our standards of acceptance, we may revise or cancel it at any time, whether or not it has already acknowledged and/or previously published. Acceptance of advance payment for advertising space does not constitute a contract to publish. The advertiser assumes sole responsibility for all statements contained in submitted copy, and will protect and indemnify Lancaster County Woman™, its owners, publishers and employees, against any and all liability, loss or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights, and all violations of the right of privacy or other violations resulting from the publication by this newspaper of its advertising copy. Publisher shall be under no liability for failure, for any reason, to insert an advertisement. Publisher shall not be liable by reason of any error, omission or failure to insert any part of an advertisement. Publisher will not be liable for delay or failure in performance in publication and/or distribution if all or any portion of an issue is delayed or suspended for any reason. The publisher will exercise reasonable judgement in these instances and will make adjustments for the advertiser where and when appropriate.

The Lancaster County Woman™ Newspaper assumes no responsibility for unsolicited material or reproductions made by advertisers.

Representations by The Lancaster County Woman™ Newspaper, a wholly owned subsidiary of Manco Group Inc. Copyright 2010.

READERSHIP

72,000

Lancaster County Woman Newspaper is published bimonthly and will be available for distribution and delivery about the middle of January, March, May, July, September and November.

With Memorial Day, Father’s Day and the Fourth of July all celebrated in this edition, we’ve included articles honoring our military servicemen and servicewomen, and a special article about police officer Marvin L. Foltz, who was killed in the line of duty in Maytown, Pa., during a bank robbery in 1967. His daughter, Sylvia Foltz Breneman, shares her story of loss and remembrance in honor of all first responders. We extend our heartfelt thanks and appreciation to all military personnel and first responders during this special time of remembrance. May God always protect them and their families. With blessings and appreciation, JoAnn Notargiacomo
Lancaster Native Serves with the U.S. Navy Half a World Away

by Mass Communication Specialist 2nd Class Theodore Quintana,
Navy Office of Community Outreach

A Lancaster, Pennsylvania, native and 1985 Coatesville Area Senior High School graduate is working with the U.S. Navy at Commander Fleet Activities Sasebo (CFAS).

Port Engineer Anthony Leofsky is working in the operations department at Commander Fleet Activities Sasebo, operating out of Sasebo, Japan.

A Navy port engineer is responsible for serving with military sealift command (MSC).

“My hometown taught me that it’s ok to ask questions and it’s ok to not always know the answer,” said Leofsky.

Leofsky proudest accomplishment working for the Navy has been the international travel. Moments like that makes it worth serving around the world ready at all times to defend America’s interests. With more than 50 percent of the world’s shipping tonnage and a third of the world’s crude oil passing through the region, the United States has historic and enduring interests in this part of the world. The Navy’s presence in Sasebo is part of that long-standing commitment, explained Navy officials.

“I love being here in Japan,” said Leofsky. “My family is here and it’s a safe place to have your family. MSC has helped me deal with people’s personalities and personal aspects of the job.”

As a member of one of the U.S. Navy’s most relied-upon assets, Leofsky and other employees know they are part of a legacy the nation needs.

“Working with MSC means variety,” said Leofsky. “It’s something new and challenging everyday.”

Seventh Fleet, which is celebrating its 75th year in 2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border; and from the Kuril Islands in the North to the Antarctic in the South. Seventh Fleet’s area of operation encompasses 36 maritime countries and 50 percent of the world’s population with between 50-70 U.S. ships and submarines, 140 aircraft, and approximately 20,000 sailors in the 7th Fleet.
Since 2008, Body & Sole Reflexology and Spa has specialized in the relief of stress and its many unpleasant side effects via reflexology, therapeutic massage and other modalities. As a result of our recent expansion, we are now able to offer a total package of stress management to include facials, waxing and custom cosmetics.

We are thrilled to welcome Janice Stover, Licensed Esthetician, to our team of alternative health professionals. Along with her effusive personality, Janice truly gives her all to each client she serves, which makes her a perfect fit for Body & Sole. She is looking forward to giving you the utmost in cosmetic and anti-aging skincare services, without the needles! She will most likely put you to sleep during your facial with her hand-arm massage.

Don’t let the stress show through...
Stress contributes to an array of health concerns, such as hypertension, heart disease, obesity and diabetes. You may have experienced effects such as headaches, anxiety fatigue, chest pain, digestive discomfort, insomnia and muscle tension leading to pain. So, what about the visible effects of stress? When your mind is under duress, your body over produces cortisol, which will not only halt your weight-loss efforts, but will wreak havoc on your skin. When hormones in your body are thrown off, it causes the glands in your skin to produce more oil, thus resulting in breakouts. Here are some examples of the effects of stress on your skin:

Under-Eye Bags
Do you toss and turn worrying about how you’re going to meet that end-of-month deadline? This can cause fluid to pool below your lower eyelid area. Tip: Shut off all electronic devices one hour before bed, and read from a book instead.

Dry Skin
Do you forget to drink enough water during your busy day? Or maybe you’re replacing it with coffee? Coffee can deplete your body of B vitamins that we need to handle stress. Tip: Drink at least eight glasses of water a day; eat veggies which are 80 percent water, such as cucumbers, tomatoes, beets and celery; and use a serum that contains hyaluronic acid, which naturally occurs in our body and holds 1,000 times its weight in water.

Fine Lines
Facial expressions like frowning and pursing your lips can lead to deep wrinkles in these areas over time. Tip: Place a piece of cellophane tape between your brows; every time you frown, the tape will remind you to try not to frown.

Current Skin Problems Worsen
Stress can aggravate and trigger psoriasis, rosacea and eczema. It can also cause hives or a flare-up of fever blisters. Tip: Add a few drops of lavender pure essential oil to your moisturizer to calm the effects.

Please view our updated menu of services at www.bodyandsoleonlined.com.

BODY & SOLE
Reflexology
Massage & Bodywork

717-201-7616
BodyAndSoloHealth.com

Facial & Waxing

$25 off Signature Radiant Glow Facial with this ad.

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

UPMC Pinnacle Hospitals Receive an ‘A’ for Patient Safety Spring 2018 Leapfrog Hospital Safety Grade

The Leapfrog Group, a Washington, D.C.-based organization aiming to improve healthcare quality and safety for consumers and purchasers, recently released the new Leapfrog Hospital Safety Grades. UPMC Pinnacle Community Osteopathic, Harrisburg, Memorial and West Shore are among the 750 awarded an ‘A’ for their efforts in protecting patients from harm and meeting the highest safety standards in the U.S. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

“This rating recognizes the outstanding clinical and support teams at UPMC Pinnacle for their commitment to quality and safety, and supports our vision to provide the most advanced care in each of our community-based hospitals,” said Philip Guarnereschelli, FACHE, president and CEO, UPMC Pinnacle.

“This is the only national rating of how well hospitals protect patients from preventable harm and death, such as medical errors, infections and injuries,” said Leah Binder, president and CEO of The Leapfrog Group. “Receiving an ‘A’ Safety Grade means a hospital is among the best in the country for preventing these terrible problems and putting their patients first, 24 hours a day.”

Join the 2018 Annual Fund Against Hunger

“When I lost my job, I thought I had enough savings to last until I could find work. Then the savings ran out and I had no way to feed my two girls. I’m so thankful for the help we received from the Central Pennsylvania Food Bank.”

– Janine

Would it surprise you to find out that your next-door neighbor doesn’t have enough food to last until the end of the week? Over 344,220 neighbors here in central Pennsylvania find themselves at risk of hunger each year. Your gift to our 2018 Annual Fund will be used right away to lend a hand to struggling neighbors in central Pennsylvania. Through your generosity, you can help change lives.
Five Things You’re Doing that Are Compromising Your Online Safety

by Dr. Eric Cole

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

1. What You’re Doing: Clicking in Emails

What You Should Be Doing Instead: Never click on a link or email attachment, ever! Think of email as a text-only method of communication, because nothing else about it is safe. It was never meant for transferring files, and links are probably not what they appear to be. Remember that email is the number-one method that the adversary uses to get you to do their bidding. Unless you absolutely know that the email comes from someone you trust, don’t click! And even if it does come from someone you trust, be cautious if the link appears unusual or out of character for them. It could be an adversary pretending to be someone you know. Think about every click as possible doom.

2. What You’re Doing: Using Only One Credit Card What You Should Be Doing Instead: There are many credit cards without annual fees that will be more than happy to extend you credit. I recommend having at least three or four different cards that you use for different purposes. Ask for a low credit line on each—I’m certainly not recommending that you run up big bills on multiple cards! But having a separate card for different types of transactions reduces your risk and the effort needed if one card gets compromised. For example, have separate cards for online bill paying, online purchases, dining and entertainment, and travel.

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

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

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

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

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

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

Women’s History Month: U.S. Navy Honoring Women Who Fight All Forms of Discrimination

To view photos of these 11 amazing women who are currently serving in the U.S. Navy, please visit the link https://flic.kr/s/aHsmgDSM5S

Lcdr. Catherine Repport hails from Westport, Mass. and earned a commission into the United States Navy through the United States Naval Academy in 2002. Lcdr. Repport is currently serving as the Commanding Officer of USS Ardent (MCM 12), a Mine Countermeasures ship consisting of an all-male crew, except her, totaling 92 Sailors and is homeported in San Diego, California. She’s been drawn to the ocean since a young age and the Navy, with its superior mariners and leadership opportunities, proved an ideal career. Through her service on four ships and three overseas deployments, she’s continually impressed by the professionalism, character, and work ethic of her shipmates. She challenges her crew and herself every day to excel and thoroughly loves her job. She is married to Matthew Garcia-Bragiel, who is also a naval officer on active duty serving on board USS John P. Murtha (LPD 26) as the Operations Officer. They have a daughter, Charlotte, who recently turned two.

Katelen Norris, born in Ventura County, Calif., was destined to be a Boatswain’s Mate after enlisting in the Navy on July 2013. The BM rating is one of the oldest and richest rates in the United States Navy. She is currently serving at Beachmaster Unit ONE in Coronado, Calif., as the salvage officer; responsible for directing the landing and movement of troops, equipment and supplies over the beach, and directing salvage operations in the surf. (Read more online.)

Whitley Edge joined the U.S. Navy from Indian Land, S.C., and is currently assigned to Assault Craft Unit 5 at Camp Pendleton, Calif., as an Information Technician. After completing her teaching degree, she taught for 3 years in Columbia, S.C. Edge wanted to enhance her career options and felt the U.S. Navy meet her career goals by training her in the information technology field. (Read more online.)

Chief Electronics Technician Jodi Geibel was born was raised in Omaha, Neb., and is a single mother of 2 and is currently attached to Assault Craft Unit 5. She attended the University of Nebraska for a year and a half before joining the United States Navy in July 2006 in search of discipline, structure, and sound guidance. Chief Geibel served as a Service Leadership Association from 2011–2017 and was recently elected to the position of Executive Vice President. (Read more online.)

May/June 2018

Lancaster County Woman 11
Life circumstances and changes can bring about spells of depression. However, sometimes sadness lingers for weeks, months, and even years. Clinical depression is a more persistent sadness only a trained professional can diagnose. Medications may be prescribed by a medical doctor for depression to target the chemical imbalance of neurotransmitters in the reward centers of the brain. Neurotransmitters such as serotonin, dopamine, and endorphins are known to regulate mood. Low serotonin levels are associated with sadness, fatigue, and irritability. Low dopamine levels are associated with a lack of motivation and craving sweets. Low endorphin levels are associated with aches and pains, trouble concentrating, confusion and negative thinking. Endorphin deficiency is associated with aches and pains, trouble sleeping, and impulsive behavior. Chronically low levels of these neurotransmitters are associated with depression.

Research suggests depression is best treated in combination with medication from a medical doctor and psychotherapy from a psychotherapist/counselor. Psychotherapy helps individuals cope with mental health disorders by allowing an objective person, the therapist, to assist and guide healing. The good news is there are many things to try on your own to improve your mood and well-being. The following are ways to boost reward centers in the brain naturally:

1. Walking/exercise has many benefits.
2. Diet that is well-balanced.
3. Laughing releases endorphins, which make us feel good.
4. Practice gratitude, which boosts mood and reduces aggression.
5. Aromatherapy, including scents such as lavender and vanilla.
6. Listening to music is one of the quickest ways to boost dopamine.
7. Expressing yourself creatively in arts releases a natural dopamine reward.
8. Making a “to do” list and crossing off accomplished items releases dopamine.
9. Meditation and yoga can alter brain chemistry.
10. Hot showers can help with relaxation.
11. Massage increases oxytocin in the brain.
12. Helping others increases positive emotions.
13. Petting an animal increases dopamine, oxytocin and releases endorphins.
14. Connecting with others increases mood and boosts oxytocin.
15. Nature relieves, stimulates the senses and reduces cortisol levels.

If you believe you may be experiencing depression and your symptoms are not improving, please reach out for professional help immediately. If your depression symptoms are getting worse, interfering with your daily functioning and/or you are having thoughts of hurting yourself or someone else, please consider scheduling with a therapist. If you are experiencing a crisis and need immediate attention, please call crisis intervention, which is available 24 hours/day, 7 days/week at (717) 394-2631 or text 741-741 anytime.

---

Italian Cuisine with a Global Twist

We would like to invite you to share a meal at Rosie’s Tavola, where our friendly and helpful staff will make you feel right at home. Our menu has many choices that will intrigue and delight you and your party. At Rosie’s Tavola, our roots are Italian, but we celebrate the diversity of global cuisine by offering selections from many different cultures. We are owned and operated by Chef Robert (Bob) Linkens and his wife, Rosie. In Italian, tavola means table, and at Rosie’s you’ll find you are able to pull up a seat with your family and eat great cuisine that defies any label. We want you to enjoy your meal with your family and friends, to have fun and relax, and to savor our delicious recipes. Come in today or give us a call to make a reservation and enjoy a delicious, creative dish with us! We offer indoor and outdoor seating and a full-bar area.

114 E. Main Street
Mount Joy, PA 17552
(717) 928-4083
RosiesTavola.com
facebook.com/Rosiestavola

---

Restoration Spa

Featuring:
- Exclusive Medical Aesthetics Peels
- Botox and Filler Alternatives
- Acne, Rosacea and Pigmentation Therapy
- Aromatherapy and Massage
- Desert Stone Massage
- Face and Body Waxing
- Makeup
- Spa Packages
- Gift Certificates

Diamond Microdermabrasion & Roses Therapy
60 minutes $110
3 treatments of 30 minutes $200

Visit our website for gift card specials.
www.restorationspa.net

---

Life Span

Broad range of mental-health issues, including but NOT limited to:
- Depression/Anxiety/Panic Disorder • Grief/Bereavement • Phobias • ADHD/ADD • Postpartum
- 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

Village at Willow Green
2819-0 Willow Street Pike
Willow Street, PA 17584
(717) 464-1464 • Fax: (717) 464-4348
Email: psychlifespan@aol.com
www.lifespanmentalhealth.com
Smart Sunglass Shopping with Albright Opticians

by Susan C. Beam

Summer fashion means shorts, T-shirts and sunglasses. But are your sunglasses really protecting your eyes from the hot summer sun? And what about that cute pair for your little one—is it really shielding his or her eyes? At Albright Opticians, owner Jim Albright believes in educating his clients on providing the best possible eye protection from the summer for them and their children.

“Most doctors recommend wearing sunglasses when outdoors, and it’s important to remember that our kids are out in the sun and also need sunglasses. Glare is a nuisance, distorting your view of colors, and it can cause temporary blindness, while UVA exposure can damage your retina, leading to cataracts and macular degeneration,” explained Albright. “It is also important for parents to realize that this summer, as they and their children are outdoors, protection is needed for both their eyes and their children’s eyes.”

So what should the savvy shopper know?

“Polarized lenses are designed to enhance contrast so that you don’t have to strain your eyes to see more clearly. Combine the clarity of looking through polarized lenses and the reduction of glare and eyestrain, and your eyes will feel more comfortable and well-rested,” noted Albright, adding that polarized lenses offer adequate UV protection, whereas lens tint found in many sunglasses has nothing to do with protecting your eyes from UV light.

“Unlike standard sunglasses, polarized lenses use a special filter that blocks intense light and protects vision. They provide superior glare protection, especially if you’re at the beach or out on the water, and while driving with light reflecting off wet surfaces. By neutralizing glare, polarized lenses help you see objects more clearly and also help reduce the harmful effects of UV light,” Albright said.

According to Albright, the “special filter” of polarized lenses works similar to a venetian blind controlling sun, breaking up sunlight reflecting off surfaces to a less harmful intensity.

At Albright Opticians, Albright and his experienced staff can offer suggestions on the best sunglasses for your needs. While polarized lens colors are predominately gray, green and brown, some lens materials are also available in red, orange, yellow, blue and copper. Selecting the proper color can further impact the amount of protection needed depending on the outdoor activity you’re partaking in.

“Today, all major companies, such as Ray-Ban, Oakley, Revo, Maui Jim and Rudy Project, offer polarized lenses in almost every sunglass model they manufacture, and we can help you make an informed choice. We also have our own in-house lab, where we can create virtually any prescription in polarized lenses,” said Albright.

According to Albright, investing in the correct sunglasses is key for protection throughout the year, since sunshine during the winter and glare reflecting off the snow can cause just as much damage as the glare during the summer months.

To protect your eyes year-round, call Albright Opticians at their Keller Avenue location at 717-399-2020 or 717-626-2020 for their Oregon Pike location, or visit albrightopticians.net.

Jim Albright

Albright Opticians

Take your performance to the next level.

OAKLEY

AVAILABLE IN AUTHENTIC OAKLEY PRESCRIPTION LENSES.

Complete Eye Exams and Contact Lenses

Independent Optical Professionals

29 Keller Avenue, Lancaster 717-399-2020

4229 Oregon Pike, Brownstown 717-626-2020

www.albrightopticians.net info@albrightopticians.net facebook.com/Albright-Opticians
Getting Your Best Sleep at Lancaster’s New MATTRESS 1st

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

But how does the technology work?

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

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

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

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

Cosmetic Dentistry
- veneers and smile makeovers
- all-porcelain crowns and bridges (no metal)
- BOTOX® and JUVÉDERM® (placed by Dr. Stevens)
- Invisalign

Dental Implants
- 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)

Smiles By Stevens
NOW OFFERING THE RODAN + FIELDS SKINCARE LINE THROUGH
independent consultant Aileen Stevens

REDEFINE
Anti-Aging Regimen for Fine Lines, Wrinkles and Loss of Firmness

REVERSE
Regimen for Brown Spots, Dullness and Sun Damage

UNBLEMISH
Regimen for Acne and Post-Acne Marks

SOOTHE
Regimen for Sensitive, Irritated Skin and Facial Redness

LASH BOOST
Conditions and Grows Your Lashes Longer, Fuller and Darker

“Thankfully, you control 80% of your skin's destiny. Our Regimens help you address your skin concerns and overcome environmental aggressors to achieve visible, life-changing results.”
— Dr. Katie Rodan and Dr. Kathy Fields

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

aileenstevens@comcast.net
610-299-6802

Health & Wellness

Shea F. Stevens, DMD, FICOI

Health & Wellness
May/June 2018 Lancaster County Woman

It’s amazing what types of things can happen on just a normal day. What arbitrary choices you make, how carelessly you can let the morning progress. How this day started with pancakes. You can wake up, like every other morning. You can check your newborn baby girl, and you can feel thankful she is beautiful, alive, and—for a brief moment—sleeping soundly. You can admire the rich and lavish blanket in her crib. You can feel safe. You can be listening to your husband and younger brother wake up, stir, and get ready to go play some basketball. You can decide to cook pancakes. You can feel something off about the day and not be able to pinpoint it. You can want to make your family a nice breakfast. You can push away that strange, nagging feeling. It’s irrational. You can be okay. Nothing is wrong.

If I had chosen to pour a few bowls of cereal instead of cooking. If my brother Billy wanted to sleep longer instead of playing basketball that morning. If I didn’t buy the sheets with the high thread count and chose a cheap baby blanket instead. If Dave had kissed Sammie goodbye in her crib before leaving. If I had just let the pancakes burn and followed my instinct into her room. If she had woken up earlier. If I didn’t relax. If one little detail was different. If this normal day could’ve just stuck to being a normal day, maybe we could have had a long string of normal days to follow.

Sammie is wearing the little blue turtleneck and sleeping on her back when I get to her room to check on her. The night before, Dave, my little brother Billy, Sammie, and I had gone to the mall to get Chinese food. I loved the mall for many reasons, but lately I just enjoyed the opportunity to parade my beautiful baby girl, my animated and adult-like little brother, and my naturally silly husband around. I was so proud of our little family.

It was late and Sammie had fallen asleep in the car. I took her to her crib and removed her romper, keeping her turtleneck on so I wouldn’t disturb her. I changed her diaper and laid her down, pulling her little duvet blanket to the middle of her chest. I kissed her on the check and whispered, “I love you.” Exhausted, I drifted off to sleep with a little smile, feeling content that I was taking good care of my family.

It is Saturday around 7:30 a.m. Sammie is stirring but still not fully awake. I tip-toe out of her room, closing the door to check in with Billy. He is up and looking forward to going to the gym this morning with Dave. With Sammie resting, I’m so excited to make a special breakfast. I want Billy to know that we love him just as much as Sammie. On this morning, I tell him with pancakes. As I start making the batter, I begin feeling anxious. I can’t identify the feeling. It is like a throbbing in my gut. The uneasiness is palpable. I just feel it. I pour the batter into the skillet and decide to quickly run upstairs to Sammie’s crib. I get four steps onto the landing before the phone rings. I run back to answer it. I confirm an appointment and click, hang up. I flip the pancakes and can’t shake the feeling that something is wrong. I put the pancakes on the table and look at Dave.

“I am going to check on Sammie.” Dave gives a playful eyeroll, “She’s fine! You just checked on her. Sit and eat with us.”

I think maybe I am being silly. He must be right. I’m a new mommy, and I am being silly. I finish cleaning up the dishes as Dave brings down the dirty diapers from Sammie’s room. She must be fine; he was just up there. Dave and Billy leave for the gym. Should I take advantage of the peace and take a quick shower? Accompanying Sammie now, I probably won’t get a shower today. But I can’t relax. I need to wake her now.

I open her door and see the crib. I don’t see her face. I pull the duvet away and only see blue. Her whole face is blue. I pick her up and she is so, so hot. I cradle her and say her name over and over. “Sammie! Sammie!” She begins to take quick, short breaths. I run with her in my arms to the bathroom. I grab a washcloth and soak it with cold water, wring it out and drape it on her forehead. I run to the kitchen and dial 911, and then I wait. Sitting on the living room floor, cradling my baby girl. Alone, in silence with nothing to connect me with Dave.

I don’t remember all the details of what happened to Sammie after the paramedics came and took her to our community hospital. I don’t remember how I got to the hospital. I don’t remember how long it took for Dave to get to the hospital. I only remember discussion about transporting Sammie to Hershey Medical Center by helicopter, but it was too windy. It was too risky. It is amazing how some of my memories are so crystal clear, full of detail like a movie playing in my head. Others are just a blurry screen, accompanied by a heavy blanket of sadness.

My memory is blurry as Dave and I follow the ambulance to Hershey Medical Center. I have tried to remember the details, but all I feel is despair. During that ride, Sammie is resuscitated twice.

I have long since stopped questioning everything I did or didn’t do that morning. Was it those high thread count sheets? Did it happen because I was an inexperienced new mom? Was I being lazy by letting her sleep longer? Those questions don’t matter. All of the answers are yes. All of the answers are no. We just don’t know, but I know how I feel. Ultimately, I am guilty. It doesn’t matter whether my guilt is deserved or irrational. It is how I feel and will always feel because I am a mother. When your child gets sick or gets hurt, you do as well. You feel everything, including the residual guilt. It’s what moms do. And I am a good mom. Aside from accepting and processing my guilt, I also learned that it has no place being the dominant driving force of my life. I learned very pragmatically that guilt is not a productive emotion. It keeps us from moving forward. Guilt leads to shame, and shame further isolates us from the ones we love. It creates a downward spiral that perpetuates a tragedy, that takes a bunch of other negative emotions and tornadoes them around together, destroying a lot of the good things we have to support us. Guilt has the power to warp, distort, and thwart progress.

Sammie needed me more than ever after that morning, and I wasn’t going to let her down again. So I forgave myself. It didn’t happen overnight, but it happened. And it was one of the most important lessons of my journey. Forgiveness has infinite healing power. I am a good mom.
It’s time to follow through on YOUR 2018 PAIN-FREE RESOLUTION.

Should I Get a Second Opinion?

The answer is yes. Never feel as though you are hurting the surgeon’s feelings. Second opinions are common and highly recommended. If a surgeon takes offense, consider that a red flag. Also, if a surgeon tells you they cannot help you or that nothing else can be done to help you, you should certainly get a second opinion.

Dr. Jarod B. John is officially your partner in Multiple Sclerosis Care.

What are the possible symptoms of MS?
Sudden vision changes, numbness, tingling weakness, cognitive changes, problems with balance or walking, and others. Symptoms are different in each patient.

Who gets MS?
Anyone can get MS, male or female, but it is most commonly diagnosed in young women 20-50 years old.

How is MS diagnosed?
It is diagnosed by a neurologist based on history and symptoms, as well as imaging of brain and spinal cord, and sometimes additional testing.

Is there treatment available for MS?
Yes, there are numerous medication treatments available to help prevent MS from worsening, but unfortunately there is not yet a cure, though there is active research.

Neurologist, Dr. John treats patients with multiple sclerosis which is an autoimmune disease that attacks the brain and spinal cord. However, if you are diagnosed quickly and treated appropriately, we can prevent progression and avoid disability.

Get to know the providers

Jarod B. John, MD
Neurologist
Dr. John treats illnesses that involve the nervous system that may include Migraines and headaches, Multiple sclerosis, Neuropathy, Parkinson’s disease, Seizures, Stroke, Trigeminal neuralgia, and Alzheimer’s disease.
- Graduate of Wake Forest University - Baptist Medical Center
- Graduate of Temple University School of Medicine
- Member, American Medical Association, American Academy of Neurology, and the Pennsylvania Medical Society
- Member, American Association of Neuromuscular & Electrodiagnostic Medicine.
- Board Certified

Perry J. Argires, MD, FACS
Brain and Spine Surgery
Dr Perry Argires practices General Neurosurgery, with an emphasis in treating Spinal Disorders. He is a leading expert in Disc replacement surgery. He also utilizes Minimally Invasive techniques to treat common problems such as Herniated discs and Spinal Stenosis. Dr Argires also has extensive experience in Spinal Fusion Surgeries, resection of Spinal Tumors, Spinal Cord Stimulation and reconstruction for deformity. In his practice he also treats Brain tumors and performs Stereotactic Biopsy. He is a graduate of the University of Alabama School of Medicine. He did his Neurosurgery Residency at the University of Alabama, and served as Chief Resident in his final year. He is Board Certified in Neurological Surgery, and a fellow in the American College of Surgeons, a member of The American Association of Neurological Surgeons, Congress of Neurological Surgeons, and the Pennsylvania State Society of Neurosurgeons.

Louis A. Marotti, MD, PhD, FAANS, FACS
Brain and Spine Surgery
Louis A. Marotti is a neurosurgeon specializing in the treatment of adult degenerative spinal disease, spinal instability, adult spine deformity, spinal fractures, neurostimulation for chronic pain, and tumors of the brain and spine. Dr. Marotti received his MD degree from the Yale University School of Medicine and PhD in Neuroscience from Yale University Graduate School. He completed fellowship training in spine surgery at New England Baptist Hospital, formerly part of the Harvard Healthcare System, in Boston, MA. He is a member of the American Board of Neurological Surgeons, the American Association of Neurological Surgeons, the Congress of Neurological Surgeons, the Pennsylvania Neurosurgical Society, and the American College of Surgeons. Dr. Marotti is Board Certified in Neurological Surgery. He currently serves as the Chief of the Division of Neurosurgery at Lancaster Regional Medical Center.
Finally, spring is here! It’s time to start gardening, bringing the kids to their games, and joining the local softball team. But, as your desire to do activities increases, your body may not be ready. And right there, either in the garden, getting up off the bleachers, loading a kid into your car, or even sliding into second base, you hear the dreaded “pop” in your low back. What was that? Most of the people we see in our practice come in asking the same question.

Most injuries to the low back fall into the category of a sprain or strain. Sprains are caused by damaged ligaments that hold the bones together, whereas a strain is an injury to a muscle that moves either a single joint or multiple joints through a range of motion. Unfortunately, many times when these ligaments, joints, and muscles become injured and are left to heal on their own, more complications can occur. A common example is a healed, but untreated “rolled” or sprained ankle; that same ankle is more prone to reinjury. Low back injuries act the same way. A low back sprain/strain can be severely debilitating when it first occurs and, many times, can become a chronic pain that lasts years until you decide to receive treatment.

At our facility in Willow Street, we have a range of treatment options that we can customize to fit you. These treatments are aimed to first reduce the swelling and inflammation while the injury is acute, and quickly lead into active exercises to help promote restoration of the functions lost during the injury. Our services include intersegmental traction, chiropractic manipulative therapy, extremity adjusting, flexion distraction, decompression therapy, electric stimulation, ultrasound therapy, BEMER®, therapeutic exercises, cupping, instrument-assisted soft-tissue technique, orthotic fittings, and kinesiology taping. These treatment modalities, when timed and prescribed correctly, can lead to successful elimination of pain with lasting results.

For more information, visit our website at activefamilychiro.net or call to set up a consultation with Dr. Barry Hazen at 717-947-7283.

Barry Hazen, DC, CCSP
Sports Chiropractor

After graduating from New York Chiropractic College in 2011, Dr. Hazen joined a rehabilitation-based practice in Broomall, Pa. With an interest in sports, Dr. Hazen became a certified chiropractic sports physician in 2015. Since that time, Dr. Hazen has become well versed in physical rehabilitation with a sports chiropractic focus. In May 2016, he opened his first solo practice, Active Family Chiropractic, located in Willow Street, Pa. His goal in treating patients is to see results as quickly as possible so that patients can stay optimistic while achieving their health goals. Dr. Hazen resides in Strasburg with his wife and two sons.
Time to ‘Reimagine’ Your Home

by Michael C. Upton

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

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

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

“We tend to meet a lot of people who think over their projects in the winter, and once spring hits they want to get going,” said Kienzle.

While almost everyone would want to remodel their old kitchen, almost no one wants to go without their home’s primary functional space for too long. Planning ahead helps Reimagine get started on and complete a project as quickly as possible as to minimize any effect on the homeowner. On the residential side, Reimagine’s specialty is bathroom, kitchen and whole-house renovations. When thinking about a project, homeowners should take into consideration how they want to use the space.

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

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

“It helps if people are able to visualize the space,” said Kienzle.

“We’ll measure the footprint of the space and give them a couple of layout options. All of a sudden, people realize what they have and how we can make it work for what they want.”

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

“We focus on repurposed spaces and renovating,” said Kienzle, who loves the unique homes and repurposed buildings in the area.

Renovation is Reimagine’s specialty in Lancaster, as they like to keep their business footprint as close to home as possible.

For more information, visit www.reimaginelancaster.com.

BCGL Hires New CEO

Following an extensive, nationwide search, Brubaker Connaughton Goss & Lucarelli (BCGL) is proud to announce the hiring of Steven Mauro as the firm’s first CEO. The announcement is an innovative change that breaks from the traditional leadership model of the legal industry, which usually operates with a managing partner as opposed to a CEO.

“Having an experienced CEO guide our strategic business decisions as opposed to a practicing lawyer is the future of our industry,” said Rory Connaughton, partner and litigation and employment law attorney at BCGL.

“As a strategic, business professional, Steve is an expert who will differentiate the firm and identify opportunities for the development of new products and services in the future.”

Mauro competed against more than 150 applicants from across the nation for the new position. In his role as CEO, he will help the firm set and implement strategy as well as oversee daily operations that will continue to create more efficiencies, enable the team to better serve their clients, and explore new opportunities to expand and grow the business and its services. Mauro is currently meeting with BCGL leadership to begin developing a strategic planning process for the firm’s continued growth and success.

“The dynamics in our industry are rapidly changing, as many new ‘alternative providers’ or nonlegal firms are entering the market as competitors and offering services such as document retention, legal research and more,” said Mauro. “It’s important to keep all options open when it comes to growing the firm. Since BCGL is an entrepreneurial firm with forward-thinking partners, I was attracted to this dedication to continuously improve and evolve to better meet the clients’ needs.”

Prior to joining BCGL, Mauro served as chief operating officer (COO) for multiple other law firms throughout the country. As a former COO, Mauro has successfully led planning and implementation strategies as well as built firms’ capacity to implement growth strategy and scaled operations for anticipated size and revenue growth.

Mauro holds a bachelor’s degree from Boston College in accounting. He also holds an MBA from Villanova University and, although he will not be actively practicing law, he earned his Juris Doctor from Widener University School of Law. In addition to his degrees, Mauro is a Certified Public Accountant.

“We’re incredibly fortunate to have found a candidate who has a legal background combined with such extensive business expertise,” added Connaughton.

“Steve understands our business, our clients and how to ensure that BCGL continues to be a leading innovator in our industry.”
Along with sunshine and warm temperatures, the summer season also means high humidity—the perfect condition to kick mold spores into rapid growth. For the past 17 years, Darlene Eager, owner of DC Eager Emergency Services, and her team have been helping Lancaster County residents learn about their options, restore their homes and breathe a little easier.

“Our tagline is, ‘we educate before we estimate.’ We are well-known for our mold remediation, or removal, and we have the capability to help with any type of residential or business property damage by offering a free assessment on all damages, educating our clients on their options, and even working with their insurance companies on their behalf,” said Eager.

Born in Long Island and raised in southern Lancaster County, Eager never pictured herself in the restoration business. After receiving her degree, she worked as an accountant for six years before experiencing a life-changing event which required her to be off work for a year.

“After that, I decided I didn’t want to sit behind a desk anymore,” she explained. “I started working for a man in the home restoration business, doing his scheduling, and eventually he became my mentor. I’m a hands-on type of person, and I like to get things done, so I started learning the business.”

Now, she sees it as her job to inform and educate her clients, both about mold itself and the restoration business. Often, she holds seminars for realtors, plumbers and builders on how to address mold growth.

“We hear a lot about black mold, but mold comes in every shade of the rainbow, with varying levels of toxicity. When it comes to health, people react differently to mold—some may not react at all, while others may react strongly. However, if you are continuously exposed to mold, you will develop allergies,” she explained.

According to Eager, moisture is the real culprit in mold spreading.

“Mold is everywhere there is a food source, which can be as simple as adhesive for wallpaper, wood, vinyl, cardboard, even paint. But moisture kicks it into high gear, so the first step in removal is to identify the moisture source and remove it,” she said, adding that after the moisture is dry, she and her team can remove the mold and then seal the area. They use no chemicals and follow nationally set standards.

“It takes time, it’s hard work, and it’s extremely detailed. Every single one of my team is amazing and detailed-oriented, and they understand the importance of doing removal the correct way,” Eager said.

When it comes to mold removal, Eager also stresses the importance of independently verifying mold levels by specialists not attached to the project in order to get a fair and realistic estimate of the situation.

“We believe it’s important to not only educate our clients on mold, but on the testing process itself. We pride ourselves on honesty and customer service,” she said.

After 17 years, Eager remains dedicated to her work.

“I love my job. It’s busy, but I love meeting people, and I get to meet new people every day and help them make informed decisions. It doesn’t cost a dime for Darlene or someone from her team to assess the damage.

For more information on DC Eager Emergency Services, LLC, call 717-989-5763 or visit their website at dceager.com for a FREE assessment today.
Celebrating Five Years of Beauty with Blossom Med Spa

“The perfect blend of Medical Spa Treatment and Relaxation!”

Blossom MED SPA

717 208-7070
190 Good Drive, Lancaster, PA 17603
www.blossommedspa.net

Alyssa Licatese

by Susan C. Beam

Where can you go to enjoy both relaxation and progressive medical spa treatments performed by caring and experienced staff? Voted as “Lancaster’s #1 Favorite Medical Spa” and “Lancaster’s Favorite Laser Hair Removal Center,” Blossom Med Spa is the answer you’re looking for. In 2013, owner Alyssa Licatese and her dedicated team are delighted to be celebrating five years of helping clients feel beautiful from the inside out.

“We are so excited to be celebrating five years in business, and we want to thank the Lancaster community and our amazing clients for supporting us,” said Licatese. “I’d also like to thank my team, whose dedication and professionalism are unparalleled.”

In 2013, Licatese first opened the doors at 190 Good Drive, she wanted to combine top-of-the-line equipment and the most innovative medical spa techniques along with relaxing and restorative procedures.

“After 11 years working in the spa industry, I knew I wanted to have my own business. I started looking and when I found our current site, the location and setup were perfect. Lancaster is incredibly supportive of small businesses, and I wanted to be part of that community,” she said.

“Unlike traditional spas, a medical spa is medically supervised,” she continued. “We’re able to go beyond the epidermis of the skin and perform other services, including cosmetic injections, skin-tightening procedures, laser hair removal, and more. It’s a blend of medical services with traditional relaxation where you can relax your mind while also achieving results-oriented care.”

Blossom Med Spa is designed to meet all your self-care needs, offering a menu of clinical skin and body services such as microdermabrasion, chemical peels, laser skin treatments, body sculpting, laser hair removal, microblading, and cosmetic enhancements in addition to signature spa services such as facials and massage.

“Some of our most requested services are tightening for the face and body, such as our Intensif RF Microneedling, which uses “microneedles” to deliver radio-frequency energy to the deeper skin layer to improve collagen production and skin elasticity, and requires little to no downtime,” explained Licatese. “We’ve also seen a rise in requests for skin resurfacing, which can erase years off in one season by treating wrinkles, scarring, stretch marks, laxity and embedded blackheads.”

“Additionally, one of our newest and most popular services is Neoskin treatment, which improves collagen and elasticity as well as pore size and complexion, including rosacea, uneven tone, and spider veins, and treats acne with no downtime,” she added.

With the summer season heating up, Licatese also said she’s getting a lot of requests for services designed to get clients beach-ready.

“One of our most popular requests is our Vanquish ME Body Sculpting with Cellutone, which is the only body-sculpting device that has a large size applicator to treat larger sections of the body and doesn’t come in contact with the skin. Instead, it uses radio-frequency waves to penetrate the skin and eliminate unwanted fat cells and uneven fat distribution. Generally, we’re seeing anywhere from 1 1/2- 5-inch circumference reduction,” she commented.

“Also, we have the most advanced laser hair removal systems in Lancaster, so we’re seeing a lot of clients requesting laser hair removal sessions before the summer months so that they can be beach-ready without the razor stubble. Laser hair removal will always be highly requested because, let’s face it, shaving can be a real pain,” she continued, adding that she and her staff can also treat sun damage, spider veins and a variety of other treatments with their lasers.

Licatese says she’s looking forward to many more years in the business.

“I’m constantly looking for additional education and the latest, most up-to-date date technology. I’m also always looking to improve as a person, as a business owner, and becoming a stronger team.”

For more information on Blossom Med Spa, or to book an appointment, call 717-208-7070 or visit them on Facebook or on their website at www.blossommedspa.net. This June, keep an eye on local and social media for special coupons and details on celebrating five years of service.
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 4-year-old daughter, Lilliana, and grew up always knowing she wanted to do hair since her mother owned her own shop. She has been featured in articles on WGAL and in Lancaster Newspaper. Her love for hair shows, and her clients realize her passion and skill as she works with them on their beauty needs. She has been employed at Ego-Trip since it opened in September 2014 and is pleased to be a part of her mother’s business growth in hopes of one day branching off and beginning her own salon story. She is skilled in women’s hair, men’s hair and mastering the straight razor and short styles. One major thing she loves about EgoTrip Hair Salon is that it’s a free-spirited salon with a Christian base and allows the work of God to move forth in his favor.

Now Offering
Men’s Services!

Leanna Crespo

Now Accepting Appointments
348 W. Orange St., Lancaster, PA 17601
Sat–Mon: Closed • Tue–Fri: 9:30AM–7:00PM
(717) 945-7754
www.egotripsalon.com

Tamara Hyson & Leanna Crespo

It Works!
INDEPENDENT DISTRIBUTOR

EgoTrip
HAIR-SALON:
Summer Fun at Yorgos!

by Susan C. Beam

Want to enjoy those balmy summer evenings with a great cocktail and delicious fare? Located on the corner of North Queen and West Orange Streets, Yorgos is ready to welcome you to their new, updated dining areas thanks to a multi-million dollar renovation project which includes third-floor open deck, perfect for enjoying long nights under the summer stars.

“We’re very excited to have everything up and running and to welcome our customers. With the extra additions to our first floor bar area, and the opening of our second and third floor dining areas, a dining experience at the new Yorgos means having the choice of three different atmospheres under one roof,” said Katsaros.

The third floor lounge, which includes a long bar and bench seating and has been dubbed Little Mykonos, will be open Thursday through Saturday from 7 p.m. to 2 a.m. The third floor outdoor deck, with seating for 50 overlooking views of Orange and Queen Streets, will be open daily, weather permitting.

“Patrons will be able to enjoy themselves dining al fresco with cocktails and food from Kefi,” explained Katsaros, adding that the deck space will also be available for private celebrations.

Additional renovations include a new kitchen and an elevator for food shuttling as well as an updated outdoor appearance.

Currently, Yorgos is hosting specialty theme nights, including crab legs on Monday, Taco Tuesday, Burger Wednesday, and wing nights on Thursday and Sunday. Friday nights feature fresh mussels and Saturdays are dedicated to steak. Yorgos also has daily food specials.

Katsaros said that in the future, Yorgos will introduce some exciting new fare.

“We’re also planning to debut a special brunch menu at Kefi’s and periodically, we’ll be featuring special summer menus with lighter fare,” he added.

If you’re ready to celebrate summer with good food and good friends, stop by Yorgos. For more information, visit them at yorgoslancaster.com or on Facebook.

Join us at the new space at Yorgos—three different atmospheres under one roof including a third-floor open deck—perfect for enjoying long nights under the summer stars.
Lancaster Brewing Company, a regional craft brewery, with brewpubs in Lancaster and Harrisburg, recently announced it will begin packaging its award-winning craft beer in cans. A new, automated canning line capable of filling nearly 90 cans per minute will be installed this May at its Lancaster headquarters, allowing the brewery to offer more packaged varieties to consumers than ever before in its 23-year history.

Core brands, Milk Stout, Strawberry Wheat, Hop Hog and a newly released Amish Pale Ale will continue to be available in both bottles and cans. Seasonal, Limited and Barrel-Aged (Double Chocolate Milk Stout, Boss Hog, UnderLord, Oktoberfest, Wilkum White, Imperial Jo, ShooFly Porter, etc.) along with new Jam Series releases will only be available in cans, joining current can-only offerings, Blue Trail Blueberry Lemon Shandy and Lancaster Kölsch.

“As a craft brewery, our edge is quality, and today’s cans are just better for beer! Not only are they lighter, more convenient and great for outdoor activities, but more importantly they keep our beer fresher by protecting if from damaging UV rays and oxygen,” says CEO Pete Keares, “… from an ecofriendly standpoint, directly from the taps in our brewpubs can’t be beat, but cans come in a close second. They’re infinitely recyclable, require less fuel to ship and less cardboard to pack, so we’ve decided to get on the can wagon.”

Mark Braunwarth, head of brewing operations, is thrilled with the new addition. “Can technology has greatly improved over the past few years, and we feel that utilizing this technology will be extremely beneficial to the overall quality of our product. We owe our customers the very best, and cans will help us deliver on that promise. My mission is to deliver our beer to consumers as fresh as if they were getting it here at the source.”

Lancaster will utilize a BPA-free can lining to protect beer from any contact with aluminum, along with new environmentally friendly, photodegradable six- and four-pack holder technology. Look for Lancaster cans to hit the shelves of beer retailers in early summer 2018.

About Lancaster Brewing Company
Lancaster Brewing Company unites quality, creativity and experience to brew consistently excellent and drinkable craft beer in the heart of Lancaster County, Pa. Inspired by the region’s rich brewing history, Lancaster Brewing Company offers an ever-changing portfolio of assertively hopped and malted craft beers, along with seasonally inspired fare at three brewpub locations in Lancaster and Harrisburg.

For more information about Lancaster Brewing Company, call 717-391-6258 or visit www.LancasterBrewing.com. Lancaster’s award-winning brews are available seven days a week in Lancaster and Harrisburg brewpubs, and at better bars, beer retailers and restaurants throughout PA, MD, NY, NJ, DC, VA, WV and DE. Follow LBC on Twitter @LancasterBrew, Instagram @lancasterbrewingcompany and be a fan on Facebook. Cheers!
Womb With a View moved in July 2017 to 3047 Columbia Avenue, which is one block off of Centerville Road. We are located right next door to Miracles Consignment Shop and almost dead center in the strip mall that is behind Arby’s. At the new location, we now have a larger retail shopping area dedicated to specialty items not found in the popular retail stores. We carry items for the last-minute baby-shower gift and to perfectly commemorate finding out the gender of your baby. It is hard to resist buying that first item in pink or blue to show your family your exciting news. We also carry Gender Scratch-Off Cards that allow your family or friends to scratch off an area on the card to reveal whether you are having a boy or a girl.

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

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

Do you realize that lucky Lancaster is the only place in Pennsylvania with a tasting room featuring award-winning California wines by Thorn Hill Vineyards? In fact, you’d have to travel 2,700 miles to California’s Wine Country to experience another Thorn Hill Tasting Room! Located at 1945 Fruitville Pike in the Foxshire Plaza, Thorn Hill’s Tasting Room offers the convivial combination of intimate bar and spacious table seating. Visitors may choose a quiet corner to converse or to gather the gang and share a bottle of one of the boutique wines that have made Thorn Hill a notable name among California’s limited-production wineries.

Winemaker Amy Thorn and husband Jack are owners of Thorn Hill Vineyards and have been producing wines from their Napa Valley vineyard since 2005, later adding vineyards in California’s Sonoma and Lake counties.

Amy recently became one of California’s most winning winemakers at the state wine competition. In the world of winemaking, achieving a score of 95 points or higher is a home run. Amy hit a grand slam, and then some.

At California’s state competition, the oldest in the country, two of Thorn Hill Vineyards’ wines were awarded top honors of 99 points, double Gold. The judges also bestowed the two wines with Best of California, Best of Class, Best of Variety and Best of Region—from among 2,705 wines. More than 690 wine producers competed for nods from the judges panel of respected winemakers, merchants, writers and educators from across the country.

The two winners are the 2016 Napa Valley Chardonnay and the 2014 Napa Valley Merlot, which sell for $35 and $32 respectively. Three other Thorn Hill wines scored 95 points, Gold, and Best Class Variety: 2014 Old Vine Zinfandel, 2016 Pinot Grigio, and a sparkling wine, Brut Cuvée de Prestige.

You can taste these award-winning wines at Thorn Hill’s Tasting Room. “An experienced wine expert is always there to help you discover your favorites,” says Amy.

The Tasting Room is abuzz with activities, including competitive Trivia Nights, BookWino—Thorn Hill’s resident book club—and Live Music Fridays. Wouldn’t you like to be part of the fun that’s happening just minutes from home? For more information on Thorn Hill’s wines and many Tasting Room events, please go to www.ThornHillVineyards.com or visit the Tasting Room.

The Thorn family members all play a role in Thorn Hill Vineyards’ success: Amy, Jack, son Jonathan and daughter Rachael.
10 Potentially Hazardous Summer Hotspots for Pets

Pet insurance provider highlights top risks to avoid when vacationing with pets

Summer is upon us, which means traveling, outdoor activities and fun in the sun for pet parents and their furry family members. But according to Petplan pet insurance, the season can also bring a sharp uptick in pet illness and injury claims.

“Having your furry family members tag along on summer vacation is becoming more popular with pet owners, but it also adds an extra level of responsibility,” says Dr. Jennifer Maniet, DVM. “Just be sure to prioritize your pets’ needs when making your plans. Make sure they will have access to plenty of clean water, shady places to cool down, and above all else, constant supervision. Summer goes by quickly and the last thing you want is to spend time and money treating potentially avoidable medical emergencies.”

To keep jet-setting pets happy and healthy at the beach and beyond, Petplan is barking out some advice.

**Heading for the Hills**

The mountains offer a multitude of possible mishaps for pets, from tiny ticks to run-ins with the local wildlife. Be prepared for cuts, scrapes, and possible broken bones that can come with piling through uncharted territory. Related costs: $602 for Lyme disease, $1,087 for bite wounds, $1,365 for fractures.*

**Lapping the Lake**

While pets may love a leap in the lake, many standing water sources harbor a host of intestinal parasites and bacteria that can cause illnesses like giardiasis, algae poisoning and skin rashes, and infections like leptospirosis. Related costs: $308 for giardiasis, $538 for skin infections, $6,550 for leptospirosis.*

**Hitting the Pool**

Some pups love a dip in the pool, but too much chlorine can irritate pets’ sensitive eyes and skin. Also, watch out for dry drowning, where pets unknowingly inhale water, and later develop life-threatening issues such as pulmonary edema. Related costs: $344 for eye inflammation, $538 for skin infections, $1,935 for pulmonary edema.*

**On the Road**

There’s nothing cool about leaving pet in a hot car. Temperatures in cars can climb quickly, putting your pets in serious jeopardy—and turning your carefree summer into a deadly dilemma. Related costs: $1,754 for heatstroke.*

**Look out: Cookout**

A backyard barbecue is heaven to hungry pets; just be sure to keep them away from onions, chocolate, grapes and other harmful eats, or nonfoods like charcoal briquettes. And no gnawing on bones: They can do serious damage to your pet’s intestinal tract. Related costs: $384 for burns, $916 for food or additive poisoning, $2,091 for foreign body ingestion.*

**Barking about the Park**

Dog parks were made for playful puffers, but watch out for overly aggressive biting behavior. Remember, it’s all fun and games until someone tears a cruciate ligament—so take plenty of breaks and don’t let doggo overdo it. Related costs: $1,087 for bite wounds, $3,583 for cruciate injuries.*

**Playing with Fire**

Fur and fire are not a good mix, so keep pets away from campfire sparks; a bad burn can require immediate first aid. Tasty tip: don’t forget to keep those s’mores ingredients (especially chocolate) where hungry pets can’t find them! Related costs: $384 for burns, $916 for food or additive poisoning.*

**Festing with Furry Friends**

Street festivals present a plethora of potential pitfalls, like ground scrounging and noise anxiety from fireworks and music, along with the risk of losing your pet in the crowd. The cost for that? Priceless. Related costs: $356 for anxiety, $916 for food or additive poisoning, $2,091 for foreign body ingestion.*

**Dining Outdoors**

Food that isn’t a normal part of your pet’s diet can cause serious tummy troubles—and booze is always bad news. Avoid trash and litter, which can be abundant when refreshments are nearby. Related costs: $916 for food or additive poisoning, $1,016 for vomiting and diarrhea, $2,091 for foreign body ingestion.*

*According to Petplan claims data, 2017.

---

**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.

---

**Domestic Violence Services of Lancaster County**

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

**Seeking Volunteers**

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

---

**Domestic Violence Services of Lancaster County**

A Community Action Program of Lancaster County

299-9677 • www.dvs lanc.org
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 share her belief that writing empowers every woman to find control of her hair colour 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. Dedicatated to your beautiful hair, A.L. Segro

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.”

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

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

Upcoming Classes

Women’s Intro: “Writing Without Fear”
Monday evenings, 5-week series:
June 14–July 26 (no class July 5, 19)
6:30–8:30 p.m.
WFTI Lancaster Studio.
Please call for fees/directions.

Women’s Memoir Writing Workshop: “Exploring Our Life Stories”
Monday evenings, 5-week series:
June 4–July 2
6:30–8:30 p.m.
WFTI Lancaster Studio.
Please call for fees/directions.

Teen/Children Summer Camp
Children: July 30, 31, August 1
Teen: July 23, 24, 27
1–3 p.m.
WFTI 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:
May 16–July 11 and July 25–Sep 19
(no class Aug. 29), 6:30–8:30 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.
Aileen Stevens: Saving Lives, One Horse at a Time

by Susan C. Beam

An unknown author once wrote, “A true horseman does not look at the horse with his eyes; he looks at his horse with his heart.” Lancaster’s Aileen Stevens has spent most of her life looking at horses with her heart, and now she’s turned that love into a passion for saving horses who may not get another chance at life.

“I’ve always loved horses from when I was a little girl. When I was in grade school, I started working in a barn in Columbia, mucking stalls to earn lessons. I had my first horse when I was in eighth grade,” said Stevens, a Lancaster native. “I just loved being around horses and riding for fun.”

However, a chance phone call last January opened her eyes to the serious and frightening side of horse auctions.

“Knowing my interest in horses, a random person—a friend of a friend—contacted me on Facebook about a horse that needed rehoming. We eventually found him a home, but I started learning about the local auction scene. It’s horrifying—50 or so horses, many sick, packed into a tiny pen, and if they’re not bought or bailed out, they go to the slaughterhouse. When I started researching, I found four horses that if they weren’t bid on by 9:00 p.m. that night, were going to die. I paid their bail and started looking for someone to home them,” Stevens explained.

Thankfully, she was able to find a rescue in New Hampshire where the horses could go and be rehabilitated, then rehomed. However, she wanted to do something local and started exploring her options.

“My daughter was taking riding lessons at Walder’s Way Equestrian Center in Mount Joy, and the owners, Jeff and Robin Walder, and I started talking about starting a local nonprofit. To support the project, I started donating all the profits from my business as an independent consultant for Rodan + Fields skincare line, which I began using two years ago after seeing a major transformation in my skin,” said Stevens. “It’s the number-one skincare line in the country and I’m delighted to offer this to clients. In turn, it’s enabled me to help the local equestrian community.” For more information, visit her website at aileenstevens.myranda.com.

Since January, Stevens and her partners have saved 10 horses from slaughter with their nonprofit, All In Rescue. The horses are housed at Walder’s Way, where they are rehabilitated.

“It’s a very long process, beginning at the auction. After they’re paid out, they still have to be quarantined for 30 days. Then, they come to us, where they’re given full physicals—often, they have tooth or foot problems from incorrect shoeing. We learn their personalities and start to train them. The goal is to rehome them into forever homes,” Stevens said, noting that the nonprofit plans to continue to follow up with the horses to ensure they never face the slaughterhouse again.

Despite the hard work, Stevens wouldn’t change a thing.

“It’s so worth it. All they want is affection and to be loved on,” said Stevens, adding that one horse she’s fallen in love with follows her around like a giant dog, wanting to be petted and cuddled.

For more information on All In Rescue, or to donate or volunteer, email Allinrescue@gmail.com. This summer, All In Rescue will be holding a number of fundraising events to continue their commitment to saving lives.

12 Lessons on Leaving a Relationship

by Michelle Afont, author of The Dang Factor

A breakup or a divorce can make you feel as if your entire world has come crashing down around you. When a relationship you believed in comes to an end, it can feel as though every conceivable emotion has come out of the relationship. Devoted couples do not break up. For a relationship to work, both parties must be equally committed and smitten with each other.

Despite the pain, research shows it is the manner in which you leave your prior relationship that will set the scene for your future relationships. If you are going through a divorce or trying to survive a breakup, these lessons on leaving will help make your road to becoming single a bit less bumpy as you pave your way to a better-fitting future.

1. Do be civil. It can be tough to be pleasant when a relationship ends, but your breakup attitude will set the entire scene for your future.
2. Do take responsibility for any role you may have played in the breakup. Learn and grow from your missteps of love.
3. Do focus on the good that came out of the relationship.
4. Do accept the fact that something was broken in your relationship. Devoted couples do not break up. For a relationship to work, both parties must be equally committed and smitten with each other.
5. Do get excited about your future. Your future is now a blank white canvas, and you get to paint the picture.
6. Do not wallow in what “was.” What was in the past was apparently not working. Stay focused on what is, as in, “Your future is going to be amazing.”
7. Do not obsess on the reasons for the breakup. Use the reasons as a spark for reflection and self-betterment.
8. Do be dignified. Be fair and reasonable in the division of any assets.
9. Do not wish him a lifetime of unhappiness. That serves no purpose other than to keep your life from moving forward in a positive and productive way.
10. Do resist the urge to talk negatively about him. You could end up getting back together, so there’s no need to publicize his faults.
11. Do wish him well and mean it. Not all relationships will last a lifetime. Use this newfound time in your life to rebirth yourself and emerge as a stronger and self-loving woman.
12. Do love your children more than you dislike their father. Parental alienation is real and causes permanent damage to children. Trust me, I know rising above someone else’s behavior is not always easy, but for the sake of your future and that of your children, make every effort to be the bigger person. Your attitude will determine your children’s altitude, as they soar to reach great heights throughout their life. As difficult as it may be in the moment, following these twelve lessons as you depart a relationship will help set the stage for a new—and even better one.

About Michele

Michelle Afont has been a divorce attorney for over twenty years. In addition to her work in the legal field, she has also served as a life advisor, helping others to take the necessary steps to live their best lives. In addition to The Dang Factor, Afont is also the author of The Dude Factor and The Profile Factor, and is an available speaker.

Learn more about Michelle at www.thedangfactor.com and connect on Instagram (@michelleaafont). The Dang Factor is available for purchase on Amazon.
Making House Selling and Buying Easier for Seniors

For many, it has been so long since they’ve bought or sold a house—often 20 to 50 years—they don’t know where to begin. “I spend a great deal of time with my clients and listen very closely to what their needs and problems are. My goal is to identify how I can help them make the transition to a new lifestyle with as little stress and worry as possible. I’ve actually advised some individuals not to sell their home, but to hire a contractor and make some accommodating adjustments,” she says. Rocky offers free in-home consultations to mature adults who are thinking of making a change.

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

Many of her clients of the last 33 years are widows from a generation when men made the transition process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

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

Lancaster Christian Women’s Club

Cordially Invites All Ladies to “Every Picture Tells a Story”
BENT CREEK COUNTRY CLUB
620 Bent Creek Drive, Lititz, PA
Wednesday, June 6, 12 Noon
Our Special FEATURE will be a Diana McCoy of Bloom Container Gardens
“How to Design your own Easy-Care Garden”
Our SPEAKER, Jan Edgerton
“How to Have a Fulfilling Future Despite the Past”
Cost is $20.00 Inclusive

For reservations, please call Pat, 951-0773.
Invite a Friend and “Do Lunch” with us!

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

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

Magnolia Day Spa

Tuesday–Saturday Hours by Appointment Only
Closed Sunday & Monday
All Credit Cards Accepted

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

717/208-7391

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

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

We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered. We have great discounts on our packages for massages and facials.

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

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

For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.
Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

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

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

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

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.

Give for the Animals!

Visit www.petpantrylc.org for dropoff locations near you!

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

Spay and Neuter Pet Clinic

Key Business Essentials LLC
Lancaster County’s Premier Single-source Solution for Small Business Owners

442 Trena Avenue
Lancaster, PA 17601
717.304.2120
kroth@keybusinessessentials.com

Make a Gift and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn.

For as little as $15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humanepa.org

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

Pet Pantry of Lancaster County
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 in place before the marriage starts. 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!

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.

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 the 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.
In the Spotlight

Carol Stark: It Takes a Village

American politician Christopher Dodd once quoted, “Our nation’s children are our greatest asset and our most precious treasure.” For over 40 years, Carol Stark has exemplified this statement through service to Lancaster’s youth population. And thanks to her generosity of spirit, hundreds of children have known love and support which they may not have otherwise experienced.

“I attract the kids who are down and out, who need help. They come to me two by two. It’s been like that my entire life,” she said, chuckling. “When I was in college, my roommate left a baby in a dresser drawer. I couldn’t leave the child there, so I took the baby home and my brother and sister-in-law raised that child.”

Born and raised on a dairy farm in Jefferson, New York, Stark arrived in Lancaster County in 1974. After settling in Akron, Stark began volunteering at local schools and for nonprofit organizations, including the Akron Lions Club. In 1996, she was one of the founders of TRACK, Teens Responding to Adult Caring and Kindness, which encouraged local teens to stay in school and helped them become involved in community projects—something she continues today.

“I spend a lot of time with the children doing odd jobs for the community—painting fire hydrants, hanging signs for the New Holland Fair and Christmas—all kinds of work. A lot of children don’t seem to feel like they belong, and when they do these jobs, they feel important. And, we have a lot of fun,” she explained, adding that recently, in March, she and “her kids” stuffed over 5,000 Easter eggs for local egg hunts.

In the summer of 2011, Stark founded a second nonprofit called 4 Our Kids, an organization of volunteers united in the common goal of preventing teens from dropping out of high school by paying summer school tuition, which averages $250 per course.

“We have a high success rate. The kids graduate, and quite a few go on to college, which makes me happy. You see the kids, instead of having their heads down, pick their heads up, and they are happy. You see the kids, instead of having their heads down, pick their heads up, and they are someone. They take their place in the world,” said Stark.

In November 2017, Stark’s years of service to the community were honored on the national TV and Facebook show “Returning the Favor,” hosted by Mike Rowe and featuring ordinary people completing extraordinary tasks.

Stark was completely shocked. “I thought they were doing a documentary on the local street kids. That night, we were driving to dinner when suddenly, we headed towards the football field at Cocalico High School,” she said. There, she was greeted by her husband, eight children, 24 grandchildren, and hundreds of cheering well-wishers.

Still, Stark insists, this is about the kids. “Kids want to belong and feel like they are somebody. They have a lot to offer, if someone would just take time and show them the right way,” she said.

Stark remains active in both nonprofits, with a future goal of increasing fundraising to support more youth. As part of “Returning the Favor,” the show set up the Carol Stark Foundation at Ephrata Bank, with seed money totaling $50,000 aimed at supporting Ephrata, Cocalico, and Garden Spot school districts.

“We need to invest both time and money into our kids. They’re our future,” she said.

For more information on either becoming a mentor or offering financial support, visit 4ourkids.com. Contributions may also be made directly to the Carol Stark Foundation, c/o Ephrata National Bank, 31 East Main St., Ephrata, PA 17522.

Pat Renna’s New Oils, Acrylics and Pastels at The Coffee Station

Patricia is primarily a pastel and oil painter who resides and works in Lancaster County, Pennsylvania. She is a wife, mother of two, and vibrant grandmother of two. She grew up in Berks County, Pennsylvania, where she spent countless days exploring the nearby woods of Mt. Penn and Neversink Mountain, the evergreens of Nolde Forest, and the waterfall and trails at Antietam Lake. During her career in sales and marketing, always in the background was Patricia’s lifelong interest in painting the natural world. The adage “One is never too old to learn” couldn’t be truer for Patricia. At the age of 57, she began her studies in art. Her portfolio includes pastels, oils, watercolors, and mixed media abstracts.

Her current show can be viewed throughout the beautiful month of May at The Coffee Station. On display will be various-sized artworks in oil, acrylic, and pastel (6” × 6” to 19” × 27”). The Coffee Station is located at Landis Valley, 2351 Oregon Pike #102, Lancaster, PA, 717-553-5500. The hours are Monday–Thursday, 7 a.m.–7 p.m.; Friday, 7 a.m.–9 p.m.; Saturday, 8 a.m.–4 p.m.; closed Sunday.

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

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

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

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

LCW asked us to present a short article for LCW readers after recently upgrading their network and converting all their TVs to streaming. Should readers want more information or desire this type of service, please email inyork@comcast.net.
Sometimes life can change in a moment with just the ringing of a phone. On Friday, April 7, 1967, my life—as well as the lives of many others around me—changed completely. I was a teenager. It was a gorgeous day, full of the sights and smells of spring—the sun was shining, trees were beginning to blossom, and the air was filled with the smell of fresh-cut grass. There was nothing to suggest that my world was about to be shattered.

Maytown was a quiet little town where nothing ever happened. We all knew each other. My parents, aunts, uncles, and cousins all lived within walking distance. We celebrated Christmas together, we went to church together (and if you weren’t at church, somebody always called right after to make sure everything was OK), and we walked in and out of each other’s house at all hours without calling or knocking. After school, we would all head over to my Uncle Bob’s store, House- al’s General Store, where he stocked everything from thread to nails to food for people and animals alike. There was hand- dipped ice cream, cold bottles of soda, seasonal fruits and vegetables from local farmers, and best of all, penny candy in a huge tin.

My parents, aunts, uncles, and cousins all lived within walking distance. We were all friends. We celebrated Christmas together, went to church together (and if you weren’t at church, somebody always called right after to make sure everything was OK), and walked in and out of each other’s house at all hours without calling or knocking. After school, we would all head over to my Uncle Bob’s store, House- al’s General Store, where he stocked everything from thread to nails to food for people and animals alike. There was hand-dipped ice cream, cold bottles of soda, seasonal fruits and vegetables from local farmers, and best of all, penny candy in a huge tin.

That Friday in April, we had just finished dinner and Mom and Dad were having coffee in the living room. Dad was in uniform as always, and when the phone rang, I answered it, and it was my Uncle Merv telling us the alarm was going off at the local bank—without a local police station, the alarm system was linked to his garage/dealership, Arnold’s Garage, and if someone needed help, they called our home phone. Dad grabbed his hat and left in the cruiser, which, at the time, was a Pontiac with a Magnetic red light on top. The Union National Bank was only a block and a half from our house.

After a few minutes, Mom and I went outside to see what was happening. My cousin Glenn came running down the street, saying there was a bank robbery, someone had been shot, and Uncle Merv was in shock. Mom called the State Police from our house while I ran to the neighbor’s house to call an ambulance. When I got back, Mom said, “Get in the car. We’re going to the bank.” I tried to protest, but she paid no attention.

When we arrived, Mom went flowing through the crowd of people who were standing there and went right into the bank. I followed her. There, on the floor, was a policeman, and Dr. and Mrs. Gratch were doing chest compressions and mouth-to-mouth resuscitation. At the time, with all the less- sons my father had taught me, and having some background in the medical field, I wanted to help. I got on my knees to loosen the policeman’s tie, and then helped as Dr. Gratch tried to test his pupils with a light. I watched as his blue eyes faded and Dr. Gratch shook his head no. In the background, I could hear my Mom crying, and I thought I heard someone saying Marvin Foltz is in shock. I helped cover the policeman with a blanket and stood up.

I went to my Mother, still crying hysterically, and asked, “Where’s Dad?” She just looked at me and kept crying. I thought to myself, if he’s in shock, he’ll come out of it when he sees me. I took my mother out to the car, put her in the passenger seat, and got in the driver’s side. As I looked in the rearview mirror to pull out and take her home, my Uncle Jen came up beside our car. He said, “Sylvia, I’ll drive.” I got out of the car and said to him, “Uncle Jen, where’s Dad?” He just looked at me and told me to get in the back seat.

When I sat down, reality came crashing in and everything started to register. That policeman was my dad! That was my dad who just died in front of my eyes! My poor mother must have thought I had lost my mind. To this day, I have no explanation for what happened, other than my brain and heart were unable to accept what my eyes were seeing. I did what my dad had taught me to do so many times—to help.

Later, we found out that there were two armed robbers inside the bank and one in the getaway car. Dad had approached them with gun drawn, told them to put their hands up, and the gunfire began. Dad, having been fatally shot, fell out the door and down several steps, but continued firing, with two shots hitting Rance Lee Via, the one who shot him, and one grazing the other robber, Clarence Hatfield. The local townspeople were able to apprehend the driver, Leon Ziegler, and Hatfield. Via wasn’t found until the next morning, when they followed a trail of blood to Via’s hiding spot in a barn. After numerous trials, Via and Hatfield were sentenced to life in prison and Ziegler was com- mitted to a mental institution.

After the murder, my world was shattered. I remember driving to Lancaster Newspapers a few days later and finding it odd that everyone was going about their business like nothing had happened. Though life continued on, the events of April 7, 1967, robbed my family and the town of so much. My mother was robbed of her husband; I was never able to build a healthy relationship with Dad; and, sadly, my two sons never had the chance to know their grandfather.

However, the example my father set has lived on. As a veteran, member of the Secret Service (which we only learned after his death), fireman and police officer, he believed in service to both his country and his community. Dad not only taught about being honest, courageous, and kind, he exemplified those principles in his own life. He and my mother gave me a wonderful childhood, but more importantly, Dad’s values—his convictions, his courage, his generosity of spirit—instilled a lasting effect on my family and on the community around him. While his death was a tragedy, in life he touched the lives of many.
For many people, the prospect of losing weight can be daunting. “What’s the best diet?” “What should I eat?” “Will I ever get to enjoy my favorite foods?” “What is the best type of exercise?” “Can I keep the weight off?” Fortunately, Lancaster’s Physicians Weight Control has the answers to those questions, and many more, for people who are looking to reach their weight- and inch-loss goals.

“Many of our patients come in wondering if they are right for the program. Some have concerns about wanting to lose 10 pounds or 20 pounds, while others wonder if it’s too late for them to start. That’s the beauty of having a customized plan and working directly with a physician. We are able to personally cater to an individual’s needs and to an individual’s goals, whether someone wants to lose 10 pounds or 50 pounds,” said Dr. William J. Strowhouer Jr., Medical Director and founder of Physicians Weight Control.

The customized plan is a multilateral approach utilizing three different parts: the personalized meal and exercise plan, which is tailored to a patient’s specific health needs and goals; the multivitamin and B12 shot to maximize energy and increase metabolism; and the FDA-approved prescription appetite suppressant to reduce hunger cravings and increase energy. It’s a program, according to Dr. Strowhouer, which is complementary to any preferred food plan.

Dr. Strowhouer also noted that Physicians Weight Control does a complete health history and encourages patients to include their family doctor in on the conversation. Patients may even want to update bloodwork before undertaking a new fitness regimen and eating plan. Dr. Strowhouer, and the other physicians in each of their eight offices, recommends that patients address any health issues, such as diabetes or high blood pressure, prior to beginning the program. While these issues do not necessarily prevent treatment, it is very important that the doctor is aware of them.

Motivation plays a huge role in a patient’s success—this is key. “When it comes to weight loss, 90 percent of the work is a mental shift in perspective. The distinction between our program and other programs out there is the physician’s involvement. So often, people become discouraged and they lose their motivation. At Physicians Weight Control, we provide support and accountability,” explained Dr. Strowhouer. He also added that the doctors prefer for their patients to have a follow-up appointment within one week of their first visit to go over any first-week issues in order to immediately address them, actively maintaining that oh-so-important drive and motivation.

“Finally, patients often have questions about our diet medication, B12 shot, and multi vitamin. “We only use diet medication that is FDA approved and which has stood the test of time. In fact, the most commonly prescribed appetite suppressant has been around since 1959 and has a terrific track record. Additionally, while it is offered, we do not require patients to receive the B12 shot or the multi-vitamin. These included options are simply additional tools towards success,” he said.

With summer just beginning, now is the time to make the change and get the body you’ve always wanted! For more information on Physicians Weight Control, or to schedule an appointment, call 717-208-8110 or visit their website at www.pwconline.com.
AVLC, The ONLY Certified Vein Center in the Region!

Advanced Vein & Laser Center
veinsbegone.com

Are your legs ready for SUMMER?

Most Treatments are Covered by Insurance!
Call about your Insurance Today!

There’s No Vein We Can’t Treat
Spider Veins, Varicose Veins, Swelling of the Legs and Ankles, Fatigue and Heaviness in the Legs

Call Us Today for Your Free Vein Evaluation!

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

Free Ultrasound Screenings! Call today to schedule!