Sun Damage? Who, Me? What Are My Options?

William A. Carter, MD

Are any of you readers more brown right now than you were at the end of February? Ninety-five percent of you will answer “yes.” If you said “no,” then you either had just returned from a tropical vacation in February, spent a lot of time last winter with a tanning bed, or spent this entire summer in solitary confinement.

So, this article is addressing the ninety-five percent of you who answered “yes.” If you are browner now than last Winter, you have incurred additional skin damage. You see, tanning is a vis-
browner now than last Winter,
who answered “yes.” If you are
the ninety-five percent of you
in solitary confinement.
bed, or spent this entire summer
of time last winter with a tanning
If you said “no,” then you either
percent of you will answer “yes.”
Areas of unwanted pigmentation
will be improved. Why choose this option over IPL? SKIN TIGHTNESS. There is just simply nothing as useful for tightening skin than poking it with columns of energy that create heat. Nonablative means that the first few skin cells hit by the laser light are not heated. This translates into less discomfort, less downtime, and less benefit than an ablative fractionated laser treatment. In fact, it will take three or four or these treatments to give the same benefit as one fractionated ablative CO2 laser treatment. Why then choose this fractionated laser over the more effective CO2? MUCH LESS DOWN TIME! In fact, only two days’ vs. 5–10 days for the fractionated CO2 ablative laser. Like with IPL, a series of nonablative fractionated treatments gives the optimum result. An additional aspect of this treatment is that eyelids cannot be safely done with this infrared 1540 wavelength. The CO2 laser discussed next can be utilized to give the best eyelid tightening.

Finally, we have the fractionated CO2 laser treatment. This is my favorite. Why do I like it? BECAUSE IT CREATES THE GREATEST AMOUNT OF TIGHTNESS PER TREATMENT! Understand that if the task is to eat the candy bar, I choose to stuff the whole darn thing into my mouth at once… No, I’m not a nibbler when it comes to chocolate, nor am I a nibbler when it comes to tighten-
ing my own skin. I have it done just once a year. And I like it performed aggressively (a big thank-you to our talented medical esthetician, Michelle!). The result is that I am a happy, tight-skinned man. OK, so I must put up with looking rough for 5–7 days… It’s all right, it’s worth it. Once and done. That’s the way I like it. Different strokes for different folks, right?

In summary, there is no reason that all of us could not start NEXT SUMMER with skin that is smoother, tighter, and with more uniform skin tone than you now have by taking advantage of the options available. Isn’t it great that as we age, our skin can look progressively better? Call for a complimentary consultation with either Michelle or myself to choose whichever approach best suits your individual needs and circumstances. See you soon!

Michelle Phillips, LME

Michelle brings 14 years of experience as a licensed esthetician to our cosmetic practice. Trained in both relaxing spa techniques and medical esthetics, Michelle offers a wonderful combination of both worlds to her clients. Considered an expert in her field, she is one of the most sought-after estheticians in Lancaster. Her years of experience coupled with her caring way put people instantly at ease with Michelle. Michelle provides:
• Nonablative Fractional Laser
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• Chemical Peels
• Microdermabrasion
• Esthetic Facial Treatments
• Professional In-House Makeup Artist & Color Analysis
• Dermaplaning
• Lash & Brow Tint
• Facial Waxing
• Eyebrow Design/Wax
• Skin Analysis and Home-Care Programs
Preparing for Winter Hibernation—the Perfect Time for Surgery

Dr. Wendell Funk, a premier plastic surgeon serving Lancaster, York, and Camp Hill, offers some sage advice when considering cosmetic or plastic surgery: planning is critical.

“Now is the time to start planning if you are thinking about surgery during the holidays or winter, because preparing for surgery takes time,” said Dr. Funk.

Dr. Funk is certified by the American Board of Plastic Surgery and a member of the American Society for Aesthetic Plastic Surgery, has a fellowship in cosmetic surgery at the world-famous Manhattan Eye, Ear & Throat Hospital, and has more than 28 years of experience serving central Pennsylvania. Cosmetic plastic surgery for the face, breasts, and body remains at the forefront of his practice.

Every patient is unique in their desires, and no timetable is exactly the same. The first step for someone considering any procedure is to call Dr. Funk’s office to discuss their personal needs.

“It can be anything from breast surgery, a tummy tuck, a facelift, or a combination of procedures,” said Dr. Funk. “We’ll go out of our way to try and meet a patient’s requirements, but planning is key.”

Getting a procedure scheduled within a week of your consultation will often not work. Four to six weeks of preparation is a more likely timetable.

“The biggest thing is coordinating the availability of both the patient and the surgeon. We have to make those two things coincide,” said Dr. Funk. “Essentially, surgery is first come, first scheduled. Our office is scheduling now for January and February.”

Facelifts and body lifts take the most amount of planning. A number of medical tests, like bloodwork, need to be completed before surgery; these preliminary procedures take time. Even routines like an aspirin regimen can delay a procedure by up to 10 days. Patients should also consider recovery time and how it will affect their schedule of vacations, holidays, and work.

For those unable to plan ahead for one reason or another, Dr. Funk and his staff offer several non-surgical alternatives that do not need a lot of planning, including CoolSculpting®, SculpSure®, Pelleve®, PicoSure®, and Fraxel® DUAL. Office-based, nonsurgical procedures like Botox®; fillers including Restylane®, Juvederm®, Voluma, and Sculptra®; and laser treatments offer a way to avoid certain surgical risks and concerns associated with posttreatment recovery downtime.

“Some of these things also require no downtime,” said Dr. Funk. “Nothing replaces experience and talent. My staff has been with me for over 20 years, including my aesthetician, who performs many of the non-invasive procedures.” All injectables are performed by Dr. Funk. CoolSculpting is an innovative, nonsurgical way to reduce annoying bumps and bulges of stubborn fat, and does not involve needles, surgery, or downtime. CoolSculpting can even sculpt neck fat, as can the injectable KYBELLA. SculpSure is another way of reducing unwanted fat, taking only 25 minutes, while CoolSculpting freezes and permanently destroys the fat. Pelleve and PelleFirm are other options to painlessly rejuvenate, tighten, renew, and restore skin without surgery and with no downtime. The treatments offer a way to get gentle skin tightening for the face, arms, and legs. For this procedure a patient needs availability for multiple treatments. Ultherapy® also helps rejuvenate and tighten facial skin for up to two years with little or no downtime.

“Pelleve is less expensive, but it takes more treatments with the advantage of no downtime,” explained Dr. Funk.
PicoSure, is a quick and easy nonsurgical, noninvasive laser skin rejuvenation for the chest or neckline, face, legs, and hands. The procedure removes fine lines, age spots, and wrinkles to create a more youthful appearance. PicoSure can treat all skin types and colors, all in fewer treatments than other methods. Dr. Funk says it is also the world’s best and fastest tattoo-removal laser, which uses pulses of focused light to shatter the tattoo ink into tiny dust-like particles. These small particles are absorbed and eliminated by the body.

Also offered is the fastest laser hair removal device, the Cynosure MD Elite, but laser hair removal requires summer-tanned skin to lighten before treatment. Now that the summer months have passed, patients may present with effects of the summer sun on their skin. This is where Dr. Funk recommends Fraxel DUAL. With Fraxel, a laser treatment helps remove sun damage, brown spots, wrinkles, and other signs of aging. This method is for people who want faster treatment but have more time to recover. The deeper penetrating laser treatment of Fraxel DUAL 1550/1927 targets aging and sun-damaged skin to increase the body’s remodeling of collagen. The Fraxel DUAL treatment stimulates the growth of new collagen and healthy skin cells producing rapid healing. Dr. Funk has offered this treatment for four years, as it provides great results for brown spots.

The newest procedure offered by Dr. Funk is Cellfina®, the only FDA-cleared minimally-invasive, one-time procedure aimed at improving the appearance of skin dimpling, or cellulite. Results last two years and treatment can take as little as one hour. Improvements can be seen as early as one week.

No matter the timetable of a patient’s needs, the key is to plan ahead.
Meet Dr. Lisa Yoo of Regional Gi

“I love Lancaster—it’s such a vibrant community,” she commented. “I was born in Lancaster General Hospital and graduated from Manheim Township. I’m very excited to be back in Lancaster, starting this new leg of my career, and being part of the community which helped shape me into who I am today.”

Growing up, science was a big part of her life, said Dr. Yoo. “As a child, I was always into the sciences. In particular, medicine and health science had always been a big interest of mine,” she commented. “I enjoyed how objective and practical it is, and that you could gather evidence while studying how things worked—things that are part of our daily lives—and draw conclusions.”

Dr. Yoo graduated with a Bachelor of Arts degree in biology from Franklin & Marshall in 2005 and finished her post-baccalaureate in interdisciplinary medicine at Drexel in 2007. She then attended medical school at Lake Erie College of Osteopathic Medicine in Erie, Pa., finishing in 2011 and returning to eastern Pennsylvania, completing her residency and then her fellowship in gastroenterology at Hershey Medical Center in June 2017.

Dr. Yoo said the specialization of gastroenterology was a good fit for her because it combined both research and the opportunity to work hands-on with patients. “I appreciate the procedural aspect of medicine and how it helps patients. For example, in removing a polyp, a patient is saved from potential colon cancer,” she explained.

“Gastroenterology is the perfect combination of clinical work, medicine, and performing procedures,” she continued. “I really enjoy that you meet so many people and are able to establish relationships with them. I see it as helping them on their journey of being healthy and giving them the chance to be the best person they can be, health-wise.”

She will join Regional Gi in October. “I’m really looking forward to being part of Regional Gi. When I met the physicians and advanced practice providers, I was impressed by the camaraderie among them. They were so friendly and welcoming, I felt immediately at home. Additionally, I really admired their dedication to great patient care and to continually seeking out the best possible methods for helping their patients,” said Dr. Yoo.

She also hopes to encourage Lancaster’s population to be proactive concerning their health. “I highly suggest that those who are eligible get their colon screened. Colon cancer is one of the most preventable cancers, and screening is a great tool for early detection,” she said.

Dr. Yoo, who is fluent in Korean, enjoys scuba diving and is a second-degree black belt in tang soo do.

For more information on Regional Gi’s gastroenterology services or to schedule an appointment, visit their website at www.regionalgi.com or call 717-869-4600.

By Susan C. Beam

For Dr. Lisa J. Yoo, Lancaster is a special place, packed with family and good friends, and where every nook and cranny is filled with fond memories. Now, as the newest physician with Regional Gi, Dr. Yoo is looking forward to returning to her roots and contributing to wards improving the health of the county where she grew up.

United States, yet preventable and treatable with early detection.

Contact your primary care physician or call RGI at 717-869-4600 to discuss a screening colonoscopy.

www.regionalgi.com

4 LOCATIONS: LANCASTER / OREGON PIKE / WOMEN’S SPECIALTY CENTER / E-TOWN
Spend an evening having fun with friends and learning more about improving your health!

One topic on every woman’s mind is breast cancer. With 1 in 8 women developing breast cancer in their lives, knowing how to fight back with early detection can help you or someone you care about.

Join expert breast cancer surgeon Linda Myers, MD, and UPMC Pinnacle for a discussion about breast cancer, the importance of early detection, important risk factors, and self-exam methods.

Join us for a free wine tasting and yoga lesson*.
*Please bring your own yoga mat. Chair yoga modifications are available.

Wednesday, October 25, 6-8 p.m.
Eden Resort
222 Eden Rd., Lancaster
To register, visit UPMCPinnacle.com/Events or call (717) 625-5628.

Get Ready for Women’s Night Out!
For me, dementia is both personal and professional. As a geriatrician with Lancaster General Health Physicians Geriatrics, I care for patients and families facing the challenges of Alzheimer’s disease and other types of dementia nearly every day. On a personal level, two of my grandparents died of dementia, and another is currently living with the disease.

The number of families like mine who support loved ones navigating this challenging path is expected to increase. There are, however, actions that can be taken in the early stages of dementia, and as the disease progresses, that allow for the best quality of life possible.

When is memory loss not a normal part of aging?

Many people, even some in the healthcare field, may mistakenly believe that all symptoms of memory loss and cognitive change are a natural part of growing older. While it is normal to have some mild changes in memory and information-processing ability as we grow older, these changes typically do not affect our day-to-day function. Any of the signs below may indicate that something beyond normal aging is occurring, and there may be a need for professional help. Early diagnosis allows for more and better treatment options.

10 warning signs of Alzheimer’s disease

- Memory loss that affects job skills
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and place
- Poor or decreased judgment
- Misplacing things
- Changes in mood or behavior
- Changes in personality
- Loss of initiative

Living with a dementia diagnosis

When someone receives a diagnosis of dementia—Alzheimer’s disease being the most common type—the first reaction is often fear and depression. It’s easy to focus on abilities that are lost or failing. Instead, emphasizing the many abilities they have retained, while taking proactive steps to help the individual adjust to changes that are happening or will develop in the future, can have a very positive impact.

What can family and caregivers do?

Caregivers play a vital role in supporting the physical and mental health of the person with dementia. Activity, structure, simplification, and maximizing happiness all combine to preserve a higher quality of life—and for longer.

- Provide a safe environment, including safety locks on doors and grab bars by toilets and showers.
- Assist with time orientation: Use calendars, clocks and newspapers.
- Label items: This helps provide cues in the home environment.
- Communicate clearly and simply: Communicate a small amount of key information in a quiet area with few distractions. Check to see if you have been understood. Repeat the information.
- Keep tasks basic: Provide only simple tasks and break them into steps. Complex tasks such as keeping track of finances or preparing an entire meal may need to be done by someone else as dementia progresses.
- Provide a predictable routine: Have a standard order of tasks every day. Put commonly used objects (keys, eyeglasses, phones, purses) in the same place all the time. Maintain a meal and bedtime schedule.
- Help the person stay physically active: Research shows that staying physically and mentally active can slow memory loss. Playing music and games, doing puzzles, and creating artwork help keep the mind strong, as does social activity with family and friends.

- Limit stress to maximize happiness: The brain does not operate as well when emotionally or physically stressed.
- Address hard decisions now: Take care of advance directives, power of attorney documents, living wills, and decisions about retirement funds early on. Plan what will be done when the individual can no longer drive and live alone, or when family members will need more help to provide care.
- Embrace support: Outpatient memory centers, support groups, primary-care providers, the county Office of Aging, the Alzheimer’s Association, and elder law attorneys all have resources to share. These professionals can help families address tasks in a way that minimizes distress for both the person with memory loss and the family.

Learn more about services to help diagnose and treat Alzheimer’s disease and other types of dementia at www.LGHealthPhysicians.org.
Preparing for Surgery

Chelsea Cambria, DO

So you were told you need surgery. Well surgery can be a big deal. Being prepared is going to help ease your anxiety and make things run smoother. Here’s a list of questions. Make sure you have them answered prior to surgery.

1. Outpatient vs. inpatient surgery? If your surgery is scheduled at a hospital, discuss with your surgeon if he/she has plans for you to stay overnight. If your surgery plans for an outpatient surgery, know there is a possibility of being admitted to the hospital if the surgeon or anesthesiologist feels it is necessary.

2. Medical clearances? If you have a scheduled elective surgery, you should discuss with your surgeon what preoperative testing you need and if you need to see any other specialists. Preadmission testing with the anesthesiologist is a great way to discuss your medical problems, medications, and any testing that may be necessary. Lab work, EKGs, cardiology/pulmonology consultations, etc., may be required.

3. Medications? Know what medications you need to take the day of surgery and which ones need to be stopped prior (e.g., blood thinners, insulin, heart and blood pressure medicine). This is at the discretion of the surgeon, anesthesiologist, and other specialists involved.

4. NPO status? This refers to how long you need to fast before surgery. Typically this begins the night before surgery. Special instructions may be given by your surgeon or anesthesiologist.

5. Postop care? After surgery, you will be transferred to the recovery area, where monitoring of your heart, lungs, and pain control occurs. This can last a few hours depending on how you’re recovering. Surgeons can request procedures to help control postoperative pain done by the anesthesiologist before surgery (e.g., nerve blocks, epidurals). These options may reduce your need for opioid medications to control your pain after surgery.

6. Support? Make sure you have a driver to and from the hospital, and someone who can help you after your procedure.

7. Recuperation? Discuss with your surgeon the recovery time for the planned surgery so you have an idea of how long you need to recuperate and what restrictions you will have at home and at work. Speak with your surgeon regarding their preference for postop pain control after surgery, especially opioid-sparing techniques (e.g. ice/heat, anti-inflammatory medications, local anesthesia).

The information that you obtain from your team of healthcare providers is instrumental in achieving a successful surgical experience.

Chelsea Cambria, DO, is an anesthesiologist at Pinnacle Health Heart of Lancaster Regional Medical Center and currently serves as a board member of the Lancaster City & County Medical Society. She is a graduate of Philadelphia College of Osteopathic Medicine and received her undergraduate degree at the University of Pittsburgh.

What Is Cupping Therapy?—What You Need to Know

Jo Ellen Wimsnosky, L.Ac., Dipl.Ac. (NCCAOM), LMT, NCBTMB
Blossoms and Roots Wellness

The latest buzzword since the 2016 Summer Olympics in Rio has gotten many asking, “What are those marks on Michael Phelps’ back and shoulders?”

Those who receive acupuncture may already know, or know someone who knows the answer: cupping therapy. Cupping is a custom dating back 2,000 years and has been used in Europe, China and other parts of Asia, and Africa, among and other places. A current trend is to call cupping myofascial decompression, or negative pressure massage.

Ware, and various New York Mets players. Enthusiasts rave about increased range of motion around tight muscle tissue, which for Olympic athletes is thought to help them improve recovery time and enhance performance times.

Cupping involves creating a vacuum inside of a bamboo, glass, earthenware, or silicone vessel, called a “cup,” and then placing it on the skin over areas of acupuncture points, tissue discomfort, or muscular tightness.

The vacuum from inside of the cup creates a suction, or negative pressure, and lifts tissue up into the cup, creating a distinctive feeling on the skin.

The cups take about five minutes to apply, and remain in place for a range of 10–25 minutes, depending on the area being treated, and the age and condition of the person being treated.

Researchers suggest that this causes local increase in fresh, oxygenated blood flow to the area, which produces a therapeutic effect. The area is worked using the opposite pressure of massage, which pushes into the tissue. Cupping lifts tissue up and separates fascia and soft tissue from the muscle so it can relax back into its normal, elongated state.

Many people ask, “Does cupping hurt?”

With the suction, many people at first will feel this as a pulling, slight pinching, or odd sense of negative pressure, but very seldom do they refer to it as painful. If the cups are moved, this can enhance the effect of treatment, but can also be less comfortable than if the cups stay fixed in one place. Most often cupping marks are painless, and others remark on their appearance, while the receiver feels much better after cupping.

This discoloration of the skin can last days, but generally is not uncomfortable at all. The marks also tend to decrease each time a person receives cupping treatment, as the tissue naturally relaxes and remains less tight.

I often use cupping in my practice with clients who have a buildup of neck and shoulder tension from locked posture patterns due to office desk jobs, athletes seeking performance enhancement and decreased pain and recovery time, and to help relieve stress and anxiety.

Cupping works on the theory that if there is a blockage or stagnation in the tissue, whether from scarring, or tightness in the muscle or myofascia, the suction and negative pressure help the body free up those adhered spots.

I recommend you seek out a licensed acupuncturist to discuss and complete your cupping treatments, as practitioners who have studied acupuncture to degree level have often received adequate training in cupping and can help assess if cupping is suitable for you.

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

blossoms and roots wellness
acupuncture and therapeutic massage

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CASA Program Receives National Grant to Benefit More Children in Lancaster County

Court Appointed Special Advocates of Lancaster County has been awarded a $37,000 grant from the National Court Appointed Special Advocate (CASA) Association. Funds will be used to help more abused or neglected children in Lancaster County benefit from the services of a CASA volunteer.

CASA of Lancaster County is one of almost 1,000 CASA and Guardian ad Litem (GAL) programs across the country that recruit, train and support 76,000 volunteer advocates. These citizen-volunteers help ensure that children who have been removed from their parents’ care receive appropriate services, have a voice in determining their futures and, ultimately, find a safe, permanent home where they can thrive.

A child enters the foster care system every two minutes, and currently there are not enough CASA volunteers to serve every child. On average, for every child assigned a CASA volunteer, two others do without. “The needs of Lancaster County’s children coming into care are complicated, and life in foster care can be chaotic,” said Jessica Laspino, Executive Director. “Every child deserves the support of a caring, consistent adult with the training to help her or him heal and thrive.”

The federal grant funds distributed through National CASA are provided by the Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice, as authorized under the Victims of Child Abuse Act of 1990. They are awarded through a competitive process. In 2016, National CASA awarded over $4.4 million in federal grants. CASA of Lancaster County is holding its next volunteer training from September 11–October 2, with a swearing-in ceremony the evening of October 4. Classes meet every Monday and Wednesday at a location TBD. Admission to preserve training for volunteer advocates is contingent upon completing the necessary prerequisites.

For more information about becoming a CASA volunteer or other ways to get involved in changing a child’s life, visit our website casalancaster.org, call (717) 208-3280, or email bonnie@casa lancaster.org.

EDITOR’S PAGE

Dear Readers,

Welcome to our fall edition!

Fall is a time of abundance, harvest, and thanksgiving, and we here at LCW have been blessed with an abundant harvest and are truly thankful! Thank you for allowing us into your homes and offices throughout the year. We appreciate each and every one of you!

October is National Breast Cancer Awareness Month, and Dr. Nitis Tanna’s article about the advantage of 3D mammograms vs. 2D mammograms is without a doubt the best one I’ve seen on the subject and a must-read for every woman!

Dr. Tanna is Chief of Mammography & Breast Imaging Services at Penn Medicine/Lancaster General Health in Lancaster. His article highlights the importance of choosing 3D mammograms over 2D mammograms. 3D imaging can detect cancers and precancerous cells much earlier than traditional 2D imaging. Most insurance will cover 3D imaging, and even if insurance doesn’t cover it, the out-of-pocket difference is only $128—not all that much when you consider it could save a life.

This informative article can be found on page 17.

In recognition of National Diabetes Month, the Physicians’ Alliance is sponsoring Diabetes Day on Saturday, November 11, 2017, from 10:00 a.m. to 12:00 noon at Heart of Lancaster Regional Medical Center in Lititz. Complete details are on page 23. So mark your calendars and join them for this wonderful educational event.

Refreshments, health screenings, fall risk assessments, door prizes, and admission are all free.

Heritage Design Interiors’ Annual Holiday Open House is scheduled for Nov. 3–12 this year, and there’s a 20% discount coupon on page 19. You’ll want to stop by and get an early start on your holiday decorating.

Interior designer and owner Anita Yoder specializes in window treatments and home décor. Specialized window treatments require several weeks advance ordering time, so mark your calendars and pay her a visit to jump-start your holiday preparations this year.

The 4th Annual Trick or Trot 5K and Monster Run for Kids takes place on October 28 through historic Woodward Hill Cemetery and Lancaster County Central Park. This event is always a lot of fun and great exercise, so come on out and join in on the camaraderie. There are a host of wonderful events happening this time of year; so get out and about while enjoying the beautiful weather.

Winter will be here before we know it, and we’ll need lots of warm memories to get us through.

Please remember to pray for all our men and women in uniform. Every day they and their families sacrifice to keep us and our nation free and safe. Thank you!

With blessings and appreciation, JoAnn Notargiacomo

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Lancaster County Woman
Men Making a Difference

Women in the United States continue volunteering at a higher rate than men, according to a 2014 U.S. Bureau of Labor Statistics report. At Court Appointed Special Advocates (CASA), our training stats reflect the same trend; women participants outnumber men six to one. These numbers, however, don’t change the fact that millions of children in this country lack a positive male influence in their lives. When you combine the absence of a male role model with removal from the only home a child has ever known you now have suffering.

At CASA of Lancaster County, volunteers are specially trained individuals whom the Court appoints to protect the best interest of the children in cases involving troubled families, and sometimes, the male children relate better to a man. Typical duties of a CASA include; conducting independent investigations by reviewing records and interviewing individuals involved in the child’s situation, providing written reports documenting your findings and recommendations, appearing at hearings to advocate for the child’s best interests, explaining court proceedings and the role of a CASA volunteer to the child in proceedings and the role of a CASA volunteer to the child.

Do you believe that you are the kind of man who can accomplish all of this? Can you fight for the rights of an abused or neglected child? Learn more by attending one of our information sessions:

- **Tuesday, October 17**
  - 6:00 p.m. at Passenger Coffee, 7 West King St., Lancaster, PA 17602
- **Tuesday, November 21**
  - 6:00 p.m. at CASA, 53 North Duke Street, Suite 218, Lancaster, PA 17602
- **Tuesday, December 19**
  - 12:00 p.m. at Garden Spot Village, 433 S. Kinzer Ave., New Holland, PA 17557

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

To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280 or casa@casalancaster.org.
After an extensive physician search and the renovation of a new facility, the CHI St. Joseph Children’s Health Behavioral Health Center opened to patients and families on Monday, Aug. 7, 2017 at 1929 Lincoln Highway East in East Lampeter Township.

The new Behavioral Health Center is led by a team of dedicated mental health professionals and delivers a program focused on working with and supporting families to treat and prevent behavioral health and psychiatric challenges faced by children throughout the community of Lancaster.

“We began this journey in the fall of 2015, determined to change the course of child and adolescent behavioral health in the Lancaster Community,” said Philip Goropoulos, president of CHI St. Joseph Children’s Health. “Behavioral health is a great need in the community and both children and families are looking for forward-thinking treatment options.”

The Behavioral Health Center’s innovative, family-focused approach will incorporate family functioning as well as the health and well-being of parents and care-givers into the child’s treatment strategy. Together, the team of providers, which includes a board-certified child and adolescent psychiatrist and a psychiatric nurse practitioner specializing in the care of children, work with the child’s family to make modifications and changes to their daily lives to improve the health and well-being of the child and of the entire family.

“The behaviors, attitudes, responses are a product of environment and adolescents are greatly influenced by the interplay between their environment and genetic factors,” said Thomas Foley, MD, who along with Mary Jo Hanley, CRNP, leads the Center's behavioral health team. “Traditional behavioral health treatment and care models often do not place enough emphasis on this relationship, which is what makes the CHI St. Joseph Children’s Health approach unique.”

Foley and Hanley both bring extensive child and adolescent psychiatric experience to CHI St. Joseph Children’s Health,” adds Goropoulos. “Our behavioral health team, including therapists and family wellness counselors and case managers, all work in partnership to support and care for children and their families.”

To further assist the community in areas of great need, CHI St. Joseph Children’s Health’s new Behavioral Health Center has already began partnering with Lampeter-Strasburg, Penn Manor and Pequea Valley School districts to provide assessments and treatment strategies for children and families based on school referrals. Partnerships between the new Behavioral Health Center are expected to continue to grow.

“Behavioral health is essential in our community,” said Karen Staub, special services director at Lancaster-Lebanon School District. “We have many students and families who are in need of additional services that simply cannot be provided at the school level. Our partnership with CHI St. Joseph Children’s Health gives us another resource of trusted professionals who will provide long-term solutions benefiting our students and the overall health of our schools.”

The new Behavioral Health Center is located at 1929 Lincoln Highway East, Suite 100, in Lancaster. Behavioral health services will be available to children up to age 26. Although CHIP, Medicaid and private insurance will be accepted, the new Behavioral Health Center will provide mental and behavioral health services for children in Lancaster County regardless of insurance. In addition, a discount program based upon household income is available to uninsured families.

Families in need of service at the new Behavioral Health Center should call 844-837-9285 or 717-947-6535 for more information or visit www.chistjosephchildrenshealth.org.

**Five Tips from East Asian Parents to Help Your Child Excel in School**

Cornelius N. Grove, Ed.D.

You’re a parent of a young child. You know that a solid education is critical to his future. You live in a state whose education system, within the U.S., ranks near the top. But the U.S. ranks 17th among 50 nations, behind not only Asian nations but also many Western nations—even Russia! So you're concerned.

For your son, you’re taking all the steps popular culture recommends: You read to him; you require him to finish his modest homework; you communicate regularly with his teacher…He’s not on the road to failure, thank goodness! But neither is he doing especially well. You hoped to instill in him, during these impactful early years, the habit of attaining academic excellence.

What can you do? There are things you can do. But basic to what you do is how you think about your child’s learning. Americans have a distinctive way of thinking about these things, quite different from how people elsewhere think about children’s learning. Their children learn more than ours. So how do people in nations at the top of the school rankings think differently?

For decades, East Asian students have excelled in the international rankings. Here are two ways in which East Asians think differently from us.

1. Children should “fit” schools; schools should not “fit” children. In the U.S. during the early 1900s, the idea grew that schools should “fit” the desires and interests of its students. Educators’ focus shifted from teaching skills effectively to reaching teaching them appealingly. Parents began to expect “child-centered” learning and, recently, began worrying that students are stressed by homework. Americans came to expect schools to adapt to, or “fit,” their students.

In East Asia, making schools fit students has not been a goal. Citizens don’t simply encourage children to learn what schools teach. They coach, train, and drill them so that academic excellence is assured.

If a child performs poorly, her parents participate with her in diagnosing what had not been done correctly, and then to master that skill.

2. Children perform well academically, or not, depending on their effort. East Asians know that individuals have—or lack—a range of inborn abilities, but they don’t consider this important in explaining children’s school performance.

American parents focus on inborn abilities. At first they don’t know what these are, but they think it’s vital to find out. They provide the child with a range of experiences so that unique abilities can emerge. Parents assume that each child must rely throughout life on the abilities he’s been given. They see each child as shaped much more by inner factors than by anyone’s effort.

East Asian parents focus on a child’s effort. They view children as malleable, which means “able to be changed, without breaking into a new shape through the application of effort.” Parents believe it’s their responsibility to shape each child and direct her onto an advantageous life course. They should do this because they understand their community’s values. They can do this because their child is malleable—and capable of persevering effort.

The East Asian perspective leads to parental behavior rarely seen in the U.S.:

- East Asian parents view academic learning as each child’s most important responsibility within the family.
- During each child’s first years of schooling, parents think of themselves as actively sharing that responsibility with their children.
- Parents don’t simply encourage children’s studying; they coach, train, and drill them so that academic excellence is assured.
- If a child performs poorly, her parents participate with her in diagnosing what had not been done correctly, and then to master that skill.

Five Tips from East Asian Parents to Help Your Child Excel in School

- East Asian parents focus on their child’s effort. They view children as malleable, which means “able to be changed, without breaking into a new shape through the application of effort.” Parents believe it’s their responsibility to shape each child and direct her onto an advantageous life course. They should do this because they understand their community’s values. They can do this because their child is malleable—and capable of persevering effort.

The East Asian perspective leads to parental behavior rarely seen in the U.S.:

- East Asian parents govern children’s use of time, insuring that a majority of their waking hours are devoted to academic learning.
- Parents never pump up their child’s self-esteem; they know that self-esteem grows naturally as the result of outstanding performances.
- Parents actively instruct, mold, direct, and train children, insuring that they know the “how to” of academic skills.
- Parents don’t worry that persevering academic effort will harm their child psychologically or psychologically.

As the parent, what can you do? If you believe that masterful capacity to learn is your greatest gift to your child, be guided by East Asians’ ways of thinking:

1. You and your child are responsible for his academic prowess.
2. The habit of persevering study must be set early in life.
3. Insure mastery of basic processes; do not fear drilling.
4. Pay relentless attention to correcting each learning shortfall.
5. Don’t inflate his self-esteem; instead, insure that he earns it.

Locals Fight Alzheimer’s—
One Senior Selfie at a Time

The local SYNERGY Home Care team is raising money for Alzheimer’s disease one Senior Selfie at a time. Here’s the best part: No one has to crack open their wallet to join in—they just have to crack a smile!

Throughout the month of July and August, the in-home care franchise organization is asking anyone 65 and up to turn the camera on themselves and say cheese. In return for the free smile, SYNERGY HomeCare will donate $5 for every Senior Selfie posted to the company’s Facebook page. We’re even planning a Senior Selfie party for local seniors to teach them the trendy technique.

Seniors posted more than 500 selfies last year and SYNERGY HomeCare donated $50,000 to the Alzheimer’s Association. This year, the goal is to have 1,000 Senior Selfies and raise even more money. Seniors are encouraged to use the (hashtag) #SeniorSelfie when posting.

Getting involved is a snap!
• Selfies must be of a senior (age 65 and up).
• All Senior Selfies must be posted to the National SYNERGY HomeCare Facebook page with the #SeniorSelfie.
• If a senior does not have access to Facebook—family members are encouraged to help them take a selfie and post on their behalf.
• Family and friends can be in the picture with the senior, too.

Here is a link to a slide show with some of the Senior Selfies we received last year—Senior Selfie Slideshow: https://919marketing.app.box.com/s/53iy5i0jzn34tvphuygej07quy9h

Did you know?
In the late stages of Alzheimer’s disease, people lose the ability to smile. SYNERGY HomeCare not only wants to save their smiles but their memories by raising awareness and money for continued research into this growing epidemic.

According to the Alzheimer’s Association:
• Someone develops Alzheimer’s every 66 seconds in the United States.
• Alzheimer’s disease is the nation’s sixth-leading cause of death.
• More than 5 million Americans are living with the disease.
• There are more than 15.9 million caregivers of people with Alzheimer’s and other forms of dementia in the United States.

For more information, contact Tammy Delgado SYNERGY HomeCare (954) 829-9189 tammy.delgado@synergyhomecare.com.

Event Planning Made Simple!

“Our customer philosophy is to provide an exceptional client experience, while making everyone feel valued, celebrated and relaxed,” said Erb. “When planning an event, we help our clients think through and encourage them to identify what is most important to them as a couple. Is it pictures, flowers, décor? Once they know that, they can then move forward with planning and working within their budget.”

Born and raised in Lancaster County, Erb had never initially planned on going into the field of event coordination. She attended business to become a paralegal, then changed tracks to human resources before dedicating herself full-time to her family. However, her change to human resources opened the door to new possibilities.

“I have been a planner since high school! As class president, I was responsible for planning proms, graduation ceremonies, class trips, school dances, etc. I always enjoyed organizing events, planning details and following them through until the event was complete. As a human resources professional, I was then responsible for planning and carrying out company events for employees and their families, anything from employee orientation meetings/lunches to company picnics and annual dinners,” she explained.

“In 2008, I planned a family member’s wedding and walked through the entire process with them, from choosing vendors, going on appointments and managing the ‘day of’ for them. I loved it and felt I was ready to begin my own business in the event-planning industry,” Erb continued.

After finishing her training with the Association of Certified Professional Wedding Consultants, she founded her business in 2010, later dubbing it Simply Events, Inc. Since then, the business has continued to expand, and Erb has been able to turn it into a family business.

“I love how my whole family has been involved and excited about my business since I first started out. But now that my children are young adults, they can actually advise me on things like social media and search-engine optimization! They are honestly my biggest cheerleaders, and I’m so grateful for the support that my husband [Steve Erb] and children give to me every day!” Erb commented. “My daughter, Nicole Amspacher, has been helping me with weddings since she was 16. This past summer, she came on board as my Administrative Coordinator as well as a Lead Wedding Coordinator. She knows the business and loves serving brides, as well as keeping our office running smoothly.”

Looking forward, Erb is excited to see where her business takes her.

“I’m so proud of my team! I want to concentrate on continued growth, not only for Simply Events, Inc., but adding to our clientele and making sure my team has what they need to feel valued and grow by being challenged and encouraged to try new things. I desire that the Simply Events, Inc., brand becomes well-known throughout Lancaster County and beyond as an organization [who plans both weddings and corporate events] that goes above and beyond for each and every client and provides the Simply Events, Inc., team a wonderful and meaningful place to work!” said Erb.

For more information, or for support and guidance with an upcoming event, call Simply Events, Inc., at (717) 725-8028 or visit their website at simplyeventsinc.com.
Codependency: How to Recognize the Behavior and Change the Pattern

Sarah Bender, MS, LPC, CAADC

In codependent and enabling behaviors whereby poor boundaries exist and an imbalanced, unhealthy relationship develops. Codependency occurs as part of an interaction between at least two people. In this process, the codependent individual engages in enabling another person(s)’s unhealthy or destructive behaviors while simultaneously neglecting his or her own personal needs and well-being. As a result, codependency is mutually reinforcing in nature and results in the individuals being stuck or trapped. Codependency develops in situations where dysfunctional or strained family systems exist, which include but are not limited to substance use and addiction, gambling, codependency includes the following poor boundaries, people-pleasing behaviors, poor self-esteem, unhealthy communication, emotional pain (shame, anxiety, sadness, etc.), obsessive or ruminative thinking (i.e., worrying), focus on taking care of others, reactivity or sensitivity to feedback from others, difficulty seeking help or support from others, and perfectionism. Codependent individuals may be perceived as controlling or “bossy.” Also, individuals in codependent relationships may report feeling “stuck” or “trapped.” Codependency develops in situations where dysfunctional or strained family systems exist, which may include but are not limited to substance use and addiction, gambling, addiction, significant illness or injury, mental-health concerns, or abusive behaviors (physical, sexual, emotional). In treating conditions such as addiction and mental health, it is important to address any patterns of enabling and codependency due to these issues influencing and often impeding recovery efforts. While codependency has its roots in dysfunctional families, it impacts relationships outside the family, which can include friendships and workplace interactions as well. This radiating effect occurs by influencing how effectively individuals address self-care needs, maintain functioning, experience triggering of codependent or enabling behaviors, and practice stress management. If you believe that you or a loved one may be struggling with codependency issues, it is important to seek out information and support. Therapy or support-group services can be helpful in not only recognizing, but also changing the patterns of behavior and coping with the thoughts and emotions that maintain the behavior. Free support groups available to the public include Codependent Anonymous as well as groups focused on the codependency and family patterns related to addictions, including Al-Anon and Nar-Anon.

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 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.

Rosie’s Tavola

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Lynnette G. Ruch, Ph.D.
Hubert R. Wood, MS, LPC
Sarah L. Bender, MS, CAADC, LPC
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Tiffany M. Kress, MA
Victoria VanBuren, MS, BSL

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Psychological Services, PC

Sarah Bender, MS, LPC, CAADC

The term codependency is referenced often in everyday life; however, do we really understand what codependency is? In general, codependency refers to a pattern of behaviors whereby poor boundaries exist and an imbalanced, unhealthy relationship develops. Codependency occurs as part of an interaction between at least two people. In this process, the codependent individual engages in enabling another person(s)’s unhealthy or destructive behaviors while simultaneously neglecting his or her personal needs and well-being. As a result, codependency is mutually reinforcing in nature and results in the individuals being stuck or trapped. Codependency develops in situations where dysfunctional or strained family systems exist, which may include but are not limited to substance use and addiction, gambling, codependency includes the following poor boundaries, people-pleasing behaviors, poor self-esteem, unhealthy communication, emotional pain (shame, anxiety, sadness, etc.), obsessive or ruminative thinking (i.e., worrying), focus on taking care of others, reactivity or sensitivity to feedback from others, difficulty seeking help or support from others, and perfectionism. Codependent individuals may be perceived as controlling or “bossy.” Also, individuals in codependent relationships may report feeling “stuck” or “trapped.” Codependency develops in situations where dysfunctional or strained family systems exist, which may include but are not limited to substance use and addiction, gambling, addiction, significant illness or injury, mental-health concerns, or abusive behaviors (physical, sexual, emotional). In treating conditions such as addiction and mental health, it is important to address any patterns of enabling and codependency due to these issues influencing and often impeding recovery efforts. While codependency has its roots in dysfunctional families, it impacts relationships outside the family, which can include friendships and workplace interactions as well. This radiating effect occurs by influencing how effectively individuals address self-care needs, maintain functioning, experience triggering of codependent or enabling behaviors, and practice stress management. If you believe that you or a loved one may be struggling with codependency issues, it is important to seek out information and support. Therapy or support-group services can be helpful in not only recognizing, but also changing the patterns of behavior and coping with the thoughts and emotions that maintain the behavior. Free support groups available to the public include Codependent Anonymous as well as groups focused on the codependency and family patterns related to addictions, including Al-Anon and Nar-Anon.

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SPINE SURGERY: Should I Get a Second Opinion?
Dr. Marotti Answers Your Questions.

QUESTION: Why should a patient get a second opinion?
ANSWER: Surgical decision-making can be complicated, and not all surgeons see things the same way. Also, if you do not feel you “click” with a surgeon’s bedside manner, a second opinion is a good idea.

QUESTION: When should I get the second opinion?
ANSWER: Anytime! 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.

QUESTION: What symptoms should cause me to seek a second opinion?
ANSWER: If you are experiencing ongoing pain, numbness, tingling or weakness after a previous surgery; if your surgery did not produce the desired outcome; if your surgery made you worse than you were before; or if you are confused or frustrated by the answers your surgeon is giving you, getting a second opinion would be warranted.

QUESTION: Which doctor from Argires Marotti Neurosurgical Associates of Lancaster would I seek an appointment with for my symptoms?
ANSWER: You would make an appointment with the same type of provider you were seeing before. Our neurosurgeons would offer you a second opinion if you saw a neurosurgeon or spine surgeon previously. If you have any questions or are not sure who to see, we would be glad to help you.

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.
We provide comprehensive female and male infertility evaluation/treatment.

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- PCOS (polycystic ovarian syndrome)
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Hormones

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Kim and Eric Gearhart
We went to BeBalanced in Lancaster as a couple. Nicola was our weight-loss specialist. She was incredibly knowledgeable and explained everything to us and answered all of our questions. It was great going through this program as a couple. We both lost over 20 lbs. during our time on the program. We have tried to lose weight in the past, but nothing worked or was too complicated to keep up with and/or understand.

This program was very simple and easy to follow! It helped us lose weight that we probably would have never lost otherwise. We would recommend Nicola and this program to anyone interested in getting rid of unwanted pounds and beginning a healthier lifestyle!

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

Find out more about “Natural Hormone Balancing” Tuesday nights at 7 p.m. FREE Seminar to answer ALL of your questions/concerns OR make a FREE Consultation appointment

Our Becoming Balanced Program is now PATENT PENDING.

Have you ever tried a Hormone Weight-loss Center?
We Guarantee Results in 30 days!

We are growing nationwide because we guarantee results!

The word is out and becoming even more mainstream that hormones are the KEY to your weight, especially over the age of 35. Leaders in the health field like Dr. Oz, Dr. Mercola and leading author and OB/GYN Dr. Christine Northrup all agree that hormone health and balance are key to weight management and loss with age.

At BeBalanced we have known this fact for years! We use a process called “Natural Hormone Balancing” to allow us to work with your hormones to get fast and efficient weight loss as compared to the standard calories-in-calories-out model of dieting. This soon-to-be irrelevant theory only slightly alters your hormones, yielding minimal and slow results (1 lb./week average) and simply does not alter hormones enough for women over 40 years old to be able to lose weight at all, hence their frustration! Maybe you have experienced this?

At BeBalanced we are so confident that we do what no other weight-loss center does, we guarantee a minimum loss. If you do not lose 15 lbs. in 30 days, we give you more times, supplements and consultations until you do. That’s right, free service and product, and this is due to our rarely ever having to do this. It is important to note that the Becoming Balanced program burns fat and does not wear away muscle which can slow metabolism long term.

Our fast results keep you motivated because, as you know, many women over 35–40 years old get such SLOW results they give up! Women come to us as a last resort when all the major weight loss programs fail them and they have lost all hope. They often say that their doctors, personal trainers, nutritionists and even their holistic doctors do not understand their issues with weight. Often mood, sleep and female issues occur simultaneously that are ALL connected to hormones. BeBalanced aids women with their overall hormone health, improving their quality of life! We have helped over 8,000 women in the state with our budding franchise and our Lancaster home office. With our fast, risk-free method of “natural hormone balancing” we can resolve issues of stubborn weight, or mood, sleep and energy.

We are simply faster, safer and less expensive than most weight-loss programs. Our program includes bio-identical hormone replacement therapy, which most women need to do for complete hormone health results.

By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will not only lose weight quickly, but your mood and sleep will improve as well as any type of female-related condition (almost all PMS and menopausal symptoms). Our philosophy is simple stress management and diet changes (getting rid of foods you’re sensitive to) combined with natural supplements to balance sex and stress hormones naturally…these lifestyle changes are the foundation of our scientific system.
5 Catastrophic Weight-Loss Blunders…and How You Can Avoid Them

Keith Sheehan, Doctor of Chiropractic and Nutrition Response Testing® Master

How do I lose weight and keep it off? You must sift through a lot of bad information to find the answer! And who has time to try out every diet to see if it’s the right one? I’ve decided to share five weight-loss blunders I’ve seen in my 20 years of getting sick people well naturally.

Blunder #1: Reducing the number of calories…without addressing food quality…

Eating processed diet foods is abysmal for your health, as they have chemical effects on the body similar to a drug. So you will try to use WILLPOWER to cut back on your calories, which DOES NOT WORK! Instead, eat balanced whole foods for your body, so you feel SATISFIED but also LOSE WEIGHT.

Blunder #2: Following a one-size-fits-all diet…while ignoring your own individuality…

Most people have gained their weight in a specific way, for a specific reason. Hormonal balance, stress levels, age, and metabolism must all be taken into account to design the most effective program and address the REASON you have gained weight.

Blunder #3: Crash diets to lose weight in the short term…while sacrificing health in the long term…”

“How much damage am I about to do?” a patient recently asked me. She was about to start a crash diet to lose 60 lbs. for a photo shoot! She KNOWS that this will be a huge setback for her recovery from fatigue and depression. There IS another way to lose weight WITHOUT sacrificing your health.

Blunder #4: Suddenly changing everything you eat…with no plan for maintaining healthy eating habits in the long term…

Instead, try making one small change every week, going at a pace that suits you. Maintaining healthy habits is ABSOLUTELY NECESSARY if you want to keep the weight off. Why go through all that trouble to take it off when you have no plan to keep it off?

Blunder #5: Exercising like mad…but neglecting proper rest and stress reduction…

Did you know that too much high-intensity exercise will make certain people GAIN? But others MUST do high-intensity exercise? Getting the right TYPE and AMOUNT of exercise is crucial for weight loss. And neglect stress reduction and enough sleep AT YOUR PERIL.

So what next? Do your research and apply these five principles. The good news is, you don’t have to do it without help! At my office, we work to understand how your unique body works. We detect hidden food allergies and intolerances, and your individual biochemical and hormonal imbalances to provide a reliable plan for weight loss AND better health. We educate you about YOUR metabolism—what foods to eat, what type of exercise will maximize fat loss and how often you should be resting to restore your body. We give you the tools to take your health into your own hands and teach you how to lose weight (and inches!) quickly, easily and effectively while maximizing—not compromising—your health.

Would Dr. Sheehan’s weight-loss program be right for you? Find out if you might be a candidate! Call the office at 717-392-6606 and mention the Lancaster County Woman newspaper for a complimentary evaluation.

Balayage Hair Trend Is Here to Stay!

Colleen Myers, Owner
Scarlet Blossom Hair Studio

Balayage is the French word for sweeping, and it is a high-lighting trend sweeping the nation. In the last couple of decades, foil has dominated in salons as a technique for creating lighter strands, but balayage is threatening to replace foil as the preferred method.

What is balayage highlighting? Colleen Myers of Scarlet Blossom Hair Studio explains that “it is a hand-painting technique designed to create a softer and more sun-kissed look than what is typically achieved with foil highlighting.” Colleen was first introduced to balayage in 2001 through advanced training with Siggers Salon in Atlanta, Georgia. It took a while for the technique to gain popularity, but it finally caught on a few years ago and is proving to be more than just a passing fad. With the technique gaining popularity, hair-color manufacturers have stepped up to create products specifically designed to help professionals successfully create beautiful looks. Access to better products and tools has built confidence and excitement for stylists to continue to suggest balayage to clients.

Through November 15, Colleen is offering a free haircut with any highlighting service to LCW readers who mention this ad (cannot be combined with other specials or discounts). Call Scarlet Blossom Hair Studio or check out the website for more information and to book your appointment.
Gloria Denlinger is determined to help other women in Lancaster County avoid her experience with breast cancer by sharing her story.

“My biggest regret is not knowing that I could have chosen 3D mammography for my annual screening,” explains Gloria.

An Unexpected Diagnosis
I met Gloria in September 2016 when she came to the Suzanne H. Arnold Center for Breast Health at Lancaster General Health’s Suburban Pavilion. Gloria had recently noticed that one breast was smaller than the other. A surgeon at the facility where she normally had her mammograms (not affiliated with LG Health) did a biopsy and diagnosed her with metastatic breast cancer, meaning it had spread to her lymph nodes. Gloria came to our center for a second opinion, and I confirmed the diagnosis, but was saddened to see the extent of her disease.

Most upsetting to Gloria was that she had gotten annual screening mammograms and her tumor was never detected—even as recently as May.

I performed a full diagnostic workup, including a 3D mammogram, and looked at her 2D images from many previous years. I could see that the cancer had been growing for years, but was partially obscured on prior mammograms due to her dense breast tissue. Had Gloria been referred for 3D mammography, her cancer would likely have been detected and treated sooner—possibly up to three years prior, at a much smaller size and stage.

The 3D Advantage
3D/Tomosynthesis technology allows doctors to see masses and distortion associated with cancers and precancerous cells more clearly. Images of the breast are captured from multiple angles, in thin slices that can be examined individually, or combined to create a 3D image of your breast. This makes it easier to detect abnormalities such as cancer, which show up as white areas. And because we are looking at very thin sections one at a time, those white areas are less likely to be obscured by dense breast tissue, which also appears white on the images.

Treating an Aggressive Cancer
Gloria chose to treat her breast cancer at the Ann B. Barshinger Cancer Institute. Because of the advanced size and stage of the cancer, her team recommended a far more aggressive approach to her therapy and surgery: first, chemotherapy to shrink the tumor. Next, a single mastectomy and removal of her affected lymph nodes, followed by 28 sessions of radiation therapy.

As a member of Penn Medicine, LG Health was able to offer Gloria an innovative procedure for breast reconstruction called TRAM flap, which uses the patient’s own abdominal tissue. Dr. Joseph Serletti, Chief of Plastic Surgery at Penn Medicine, performed the advanced surgery right here in Lancaster.

Choosing 3D
Gloria is sharing her experience with other women to let them know they have the option of choosing 3D mammography.

“At most, $128 is a drop in the bucket,” she says. LG Health offers digital mammograms at eight locations and advanced 3D mammography at our Lebanon, Suburban Pavilion, Willow Lakes and Kissel Hill facilities (coming soon to Norlanco). To schedule a screening mammogram, visit www.LGHealth.org/Mammogram.
expanding this offering to local residents.

in the spring and now, as her first group of

sella, who began working with the treatment

the body,” explained Lancaster’s Bonnie Fis-

laser treatment to pinpoint problem areas on

permanent fat-reduction system which uses a

“SculpSure is a state-of-the-art, noninvasive,

system, known as SculpSure, may be just the

thing to boost your body’s fat-burning potential.

“SculpSure is a state-of-the-art, noninvasive,

permanent fat-reduction system which uses a

laser treatment to pinpoint problem areas on

the body,” explained Lancaster’s Bonnie Fis-

sella, who began working with the treatment in

the spring and now, as her first group of

clients are reporting results, is excited to be

expanding this offering to local residents.

But how does it work?

“Unlike Cool Sculpting, SculpSure uses heat

from the laser to break up fat cells, which are

then reabsorbed and disposed of by the body,”

said Fissella. “The laser comes equipped with

a number of options to ensure the best attach-

ment to any type of body frame, so we can

target almost any area of the body—arms,

back, belly, love handles, and legs.”

“The treatment itself is only 25 minutes,”

continued Fissella. “You have a warming-up

phase for four minutes, and then you have a

sustained phase, during which you want to

maintain a bit higher intensity. The increased

heat scales up for about 30 seconds and then

cools down for a bit in a cycle that occurs

over 21 minutes.”

According to Fissella, a minimum of two

treatments are recommended, with four to

six weeks in between treatments, and results

can continue to appear up to 12 weeks after

treatment.

“It’s a very gradual change over time, and

typically you can get up to 24 percent of fat

reduction in a given treated area,” she ex-

plained, adding that as she is finishing up

with the first group of her clients to take ad-

vantage of the procedure’s benefits, she is

documenting information in order to advise

future clients on what to expect and how to

maximize benefits.

One of the major benefits is that the proce-

dure requires no downtime for recovery.

“It’s such an advantage to be able to have

a treatment and return to your normal
daily activities. There are no compression

garments required or movement limita-

tions. You can go out and do whatever you do normally,”

said Fissella, noting that another benefit of SculpSure is that it’s comparatively

more cost-effective than other, similar

treatments on the market.

“For something like this, I encourage my

clients to educate themselves, to gather in

formation and read online reviews,” said

Fissella. “Knowledge is key, and I am dedi-

cated to my role in educating my custom-

ers no matter what procedure they may be

interested in.”

For Fissella, the goal has always been to help

her clients achieve the best possible version of

themselves.

“Diet and exercise are paramount, but Sculp-

Sure can help those stubborn areas become

less problematic. Many of my customers have

been impressed with the results so far—SculpSure has helped them achieve
goals they thought weren’t possible without

a more invasive procedure,” said Fissella.

For more information on SculpSure, or for

information on Fissella’s other services to

beautify and enhance your skin and body,

including electrolysis, permanent makeup,
tattoo removal and skin-improvement proce-
dures, visit her website at bonniefissella.com,
or call 717-572-2009.
Heritage Design Interiors specializes in window treatments and decor for your home or workplace. We strive to provide designs and solutions that best reflect your needs and lifestyle. By listening to your desires, style, taste, and ideas, we will coordinate them into a look that is both beautiful and functional for you.

Year after year, our clients return to us because we listen to their ideas and then offer finishes and furnishings that best complement their space. They have come to trust our experienced designers to help them design and coordinate custom window treatments that enhance their homes.

Specializing in window treatments, Heritage Design Interiors will take care of all of the details. Since there are so many window-treatment options today, we will help you coordinate the best product for your decorating style and function needs. From selecting the colors, patterns, and designs to professional measuring and installation, we take the worry and frustration out of window treatments.

Heritage Design Interiors has been a Hunter Douglas dealer since 1990. We offer 100% exclusively the highest-quality blinds, shades, and shutters available. All Hunter Douglas products are custom made specifically for your windows and manufactured here in the U.S. under the highest quality standards.

Stop by and check out the working displays of blinds, shades, and shutters. You can try out the different control systems, such as cordless lift, motorization, and ultraglide. With so many options and choices, it can be overwhelming. We can help guide you to the window treatments that most efficiently meet your needs and your budget.

Heritage Design Interiors also offers custom window fashions, such as panels, draperies, swags, cornices, and valances, along with custom bedding, pillows, and window seats. You will be able to choose fabrics from our many fabric books that will complement your style of decorating.

Whether you have a single window or a whole house to do, small or large budget, we have the experience, knowledge, and expertise to guide you through the process. The end result will be something that you will take pleasure in for years to come.

Don’t miss the Holiday Open House, November 3–12. Check out Heritage Design Interiors’ website for more details.

Now is the perfect time to start decorating your home so you are ready for the upcoming holiday events, parties, and dinners. Stop by or give us a call.

Professional Services

Improve and Protect Your Asphalt with RDS Paving & Sealcoating

by Susan C. Beam

For almost 50 years, RDS Professional Paving and Sealcoating, Inc., has been exceeding the expectations of customers across the Central Pa. region with regard to any and all asphalt-related needs, including paving, sealing, line painting and concrete work for both residential and commercial properties. As a family-owned and family-operated business, RDS remains committed to values of “honesty, integrity, and customer satisfaction,” according to owner BJ Reedy.

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

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

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

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

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

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

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

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

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

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

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

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SEXUAL ASSAULT PREVENTION & COUNSELING CENTER
HOTLINE ADVOCATE TRAINING

WHO: Community members interested in learning more about sexual violence and supporting victim/survivors of sexual abuse by serving as advocates on the 24-Hour Sexual Assault Crisis Hotline.

WHAT: 40-hour advocate training course (20 classroom hours, and 20 hours of online learning)

WHERE: YWCA Lancaster*
110 North Lime Street, Lancaster, PA 17602
*Online learning can be completed at the advocate’s leisure.

WHEN: September 2017 – October 2017*
*Days and times for classroom instruction vary.

HOW: Pre-screening interviews will be arranged prior to class participation. Contact Mandy Kastner by calling 717-393-1735, ext. 254, or email akastner@ywcalancaster.org with questions or to schedule an interview. Class fee is $60. Cost will be refunded to participants upon completion of 60 hours on hotline.

Community members interested in learning more about sexual violence and supporting victim/survivors of sexual abuse by serving as advocates on the 24-Hour Sexual Assault Crisis Hotline.

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Join us for Diabetes Day!

Saturday, November 11, 2017 • 10am-12pm

Heart of Lancaster Regional Medical Center
1500 Highlands Drive, Lititz

Educational Resources • Refreshments • Health Screenings
Fall Risk Assessments • Door Prizes • Local Vendors • Much More!

Fit With Diabetes

Exercise is a key component in managing diabetes, and, in some cases, can also prevent it. Learn how physical activity affects your diabetes and gain confidence to start a workout routine of your own. Hear a dynamic presentation from Dan Stone, DPT, CDE, a doctor of physical therapy, certified diabetes educator and former collegiate wrestler living with Type 1 diabetes.

For More Information, Contact Doreen at 735-7913

www.physiciansallianceltd.com

Proudly sponsored by:
All that Sparkles: Framed Jewelry Art with Pam Wild

by Susan Cherie Beam

For Lancaster’s Pam Wild, the world is alive with artistic inspiration. The gleam of a seashell, the luster of a flower, a photo of a pet: From these sparks of opportunity, using beads and vintage jewelry, Wild crafts magnificent framed jewelry art, giving life to re-purposed objects and celebrating in a way that sparkles and shines.

“I see possibilities in everything,” she explained. “I find myself looking at things in a new way, and I’m constantly asking myself when I see something I’m in awe of, can I reconstruct that in a new medium?”

Born in Cambria County, Wild was encouraged to develop her artistic side from a young age from both her father, who enjoyed drawing, and her mother, who owned a ceramics shop.

“I was the proverbial ‘coal-miner’s daughter.’ My father worked in the mines, but at home he liked to tinker with art and encouraged me in drawing and painting. I still remember, I must have been around age 3 or 4, sitting on Dad’s lap thinking he was teaching me magic as he taught me how to change the number two into a swan. I remember clapping and being so excited and that was it. I was hooked,” she said, chuckling.

As a teenager, Wild further developed her talents, winning a contest which would have led to her enrollment in art school. Ultimately, she opted to enter the workforce but never lost her fondness for art.

“I was always drawing, painting or experimenting with different mediums,” explained Wild. “But when she became interested in working with jewelry after 2004, when she met Bernie Shiffler, a longtime and experienced gold, silver and platinum-smith, custom jewelry designer and owner of Ephrata’s Parkhill Jewelry. Wild creates each of her pieces by hand, using beads and repurposed jewelry, creating a one-of-a-kind piece infused with richness, texture and just the right amount of eclectic style.

“Each work evolves organically—when I start, I don’t know the exact end result,” said Wild. “Beads are often the base, and then I add jewelry, positioning and repositioning to find just the right spacing and angle. I document different positioning and use the photos to keep things clear and see the piece as a whole, looking to make sure it’s balanced and flows well.”

“It’s so much fun for me to do it. I love watching them come to life,” continued Wild. “Sometimes I get nervous as I’m making them, but then the right element works perfectly and I feel that magic of childhood again... I get really excited and I fall in love with the piece. I feel like I’ve found my niche as I create with my own adapted techniques.”

One of her favorite pieces is her Shawnie Princess piece, which is the emblem of her online store, Shawnie Princess Trading Post, named for her great-great-grandmother, who was a Shawnee Indian. The unique work features intricately arranged seed beads, a selection of vintage jewelry and real feathers incorporated into the piece by hand.

“I’ve also made for clients some pieces I really love,” she said. “Often, I have people send me photos and preferences, such as favorite colors, and from there, construct their custom piece.”

With the holiday season approaching, if you’re looking for a distinctive gift for that special someone, a custom-made piece of framed jewelry art might be just the thing to infuse their holiday with some extra sparkle. Contact Pam Wild by visiting shawneeprincesstrading-post.com and checking out links to her Instagram and Facebook pages as well as her Etsy and eBay shops. Or, stop by Parkhill Jewelry at 5 W. Main Street in Ephrata to view her pieces on display, page through a photo file and talk to Wild herself to help your own ideas sparkle and shine.

‘Tell me how to fight it, Doc.’

C. Katherine DeStefano, PhD, LPC

Fight was her only option. Support her was our only plan. Diagnosed with breast cancer on June 30, 2008, Kathy Hopp began the journey that would forever change her life. She had chemo, radiation, and ultimately a double mastectomy. Through her treatment, she worked any day she could, despite encouragement to let her body rest, because that was just who she was. However, the treatment took its toll as it always does, which made daily living difficult and left financial burdens in its wake. The routine expenses became overwhelming in the face of mounting medical bills; household responsibilities that were second nature were exhausting; and just living required extra effort.

Charities like the Pink Out, born from the work of Jane Rice and a committee of 10 dedicated women, make this experience just a little easier. They chose my aunt and that made all the difference. This organization paid many expenses, honored her experience, and was present through the entire process. The money raised through Help Us Go Pink will be given to foundations like the Pink Out so that this event can make all the difference for so many more.

Remember, research makes a promise for a better future, but the monies supporting families make a better now. Those funds devoted to families do not impact the forward momentum of the research process. The donations do, however, significantly mediate the negative impact of breast cancer for families affected today, which gives the hope for a better tomorrow.

October is Breast Cancer Awareness Month. Breast cancer is not a 31-day experience. So H.O.P.E., Inc. moved its charity event, Help Us Go PINK, to September. Each year, families struggle with loved ones experiencing the physical and emotional turmoil that comes with the diagnosis, fight, and loss associated with breast cancer.

Help Us Go PINK represents those families and others impacted by breast cancer that must spend their time focusing on the health of their loved one battling the disease. It’s a day for families to come enjoy their lives while learning and laughing (mainly laughing) with each other, while H.O.P.E. works to raise funds to support those agencies that provide for each family’s day-to-day needs.

Please join us with your family on September 23, 2017, from 12 noon – 4 p.m. for Help Us Go PINK.

In the Spotlight

Sparkles: Jewelry at 5. W. Main Street in Ephrata to view her pieces on display}
How do I say this? Absolutely not. If you want the best possible 3D/4D or HD pictures of your baby in utero, don’t wait until 34 weeks or later. This misconception held by some causes mothers to miss getting good pictures. We’ve seen thousands of babies, and our experience tells a different story. Let’s look at a breakdown of picture timeframes.

Genders can be seen as early as 12 to 15 weeks, though these timeframes use a technique called the “Nub Theory” and is not accurate for inexperienced “Nub Theory” technicians. Some technicians can accurately determine gender at 16–18 weeks, while others prefer to determine gender at 16–18 weeks, though rates for inexperienced “Nub Theory” technicians. Some providers flat out refuse to miss getting good pictures. Give us a call at 717-394-4447 so you can see our larger retail store and new location.

These timeframes for gender are not good for pretty pictures of what the baby will eventually look like, since the needed facial fat doesn’t start until 24 weeks. That is the reason why babies at this stage of gestation look like aliens, skeletons or grasshoppers in the face.

Beautiful 3D/4D/HD photos should start at 26 weeks and go no later than 34 weeks. Every woman’s body is different, so there are times when good pictures can be obtained after 34 weeks gestation, but these are not common. Starting at 26 weeks is important, since you want your baby to have facial fat, which will make it look human. Every week the baby grows and gains weight, which means if you wait too long, your baby will get large enough to face-plant into the placenta or uterine wall. The bigger the baby grows, the closer it comes to the placenta and uterine wall, which in turn can flatten the nose or cause shadows on the face. Remember, not only are all pregnant women different, but all ultrasound technicians are different, and comparing pictures can disappoint you if your circumstances are not identical to the circumstances of the other mother’s pictures. We will in all cases do our very best to obtain beautiful photos.

Roku via the free NewsON application, and WAGL is available on Amazon Fire through a WAGL 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.
Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

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

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

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

You have a business to run and it’s not graphic design or web development. So when you need an ad, brochure, website or newsletter, contact Ocko Graphics. That is my business.

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Finding the Way to Your Creative Self

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

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

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

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to “find themselves as creators and people.” After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate — and heal. She has a particular interest in guiding those who have longed to write, and she coaches all ages, private lessons, at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute; the Penn State Hershey Cancer Institute, Hershey, Pa.; and WellSpan York Cancer Center, York, Pa.

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

Upcoming Classes

Women’s Intro: “Writing Without Fear”
Tuesday evenings, 5-week series:
Sept. 12, 26, Oct. 10, 24, Nov. 7
6:30–8:30 p.m.
WFTI Lancaster Studio.
Please call for fees/directions.

Women’s Memoir Writing Workshop:
“Telling Our Life Stories”
Monday evenings, 5-week series:
Sept. 11, 18, 25, Oct. 2, 16
6:30–8:30 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:
Sept. 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15
6:30–8:30 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.

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

Therapeutic Writing Workshops for Adults, Children & Teens
Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mistchief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

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

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

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

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

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

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

If you have knowledge, you become empowered.

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

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

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

“Don’t Fear the Bleacher” by A.L. Segro

Get the answers how in a Free Book!

“Don’t Fear the Bleacher” by 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.”

Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about hair colour and why the best efforts of their stylist continue to produce lacklustre results. And he is offering it to the community for free.

Just call toll-free 1-877-702-3081 or go to www.DontFearTheBleacher.com and request your Free Copy of “Don’t Fear the Bleacher” by A.L. Segro.

“If I were able to find the formula for beautiful hair, I would share it with you.”

— Mary Fulgini,
Turnersville, NJ

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

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.

Lancaster County Woman 27 September/October 2017
A Spiritual View of Addiction

by Lori Morrison

As I write this article, the ashes of two of my close family members sit in urns. My nephew Ryan died of an overdose of alcohol three years ago, and my grandson Antonio died of a heroin overdose less than two years later. The silver lining in these two very sad stories is that my nephew Patrick has so far survived a profound meth addiction and, gratefully, is in recovery.

With the loss of these gentle and caring souls, I have reflected deeply on their stories and contemplated enough to finally write this article. I asked myself over and over these questions: What did they all have in common that addiction became so profoundly embedded into their psyche? What advice could I give to others who are struggling with this issue that we now face at epidemic proportions in our families? What made the difference for survival?

So here is what I learned:

Empath: All of these young men were empaths, meaning that they were extremely sensitive to others who are struggling with this psyche? What advice could I give to others who are struggling with this issue that we now face at epidemic proportions in our families? What made the difference for survival?

- Expectations: Many fall victim to families with excessive expectations. When I talk to addicted empaths, the major complaint is that they feel like victims of constant criticism by peers and parents.
- Stigma: There is a misconception that depression is caused by something in your life that goes wrong, but the truth is that sadness is normal. Depression is when everything is going right and you are still sad. Most who are depression find it is too difficult to talk about because of stigma, but the only way out of it is to talk about it because it is a vast problem. Somewhere in the world, by the time you finish reading this article, 20 people will be dead because of a mental illness or addiction. Unfortunately, our society simply puts a band-aid on this gushing wound of depression that so many suffer from. A child should be able to tell a parent that they are going through hell and have a parent say, “everything is going to be all right,” show acceptance and get the proper services before it is too late. Being able to accept a weakness and acknowledge a problem is the first step in overcoming the ignorance about it.
- Asking an empath to “suck it up, what will people think,” is a recipe for disaster. Mental illness and addiction couldn’t care less what your socio-economic level is. In fact often the more affluent you are, the more vulnerable you become. From a wealthy investment banker to a poverty-stricken minority teenager, the suffering is endless and knows no demographic boundaries.

I feel that mental-health practitioners need to take an in-depth look at early identification of children who are empaths. Six years ago I did not receive the world in a more constructive way. Teaching them how to be grounded and less susceptible to judgement and blame could save many lives that are now falling victim to a society’s ignorance of their special needs.

Lori: The Disintegration of My Ordinary Reality is currently available for Kindle on Amazon, in print and on Audible.

Spay and Neuter Pet Clinic

by Bryan Langlois, DVM

Medical Director and Co-Founder of Pet Pantry

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

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

Why spay or neuter dogs and cats?

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

This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostate hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

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

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

Give for the Animals!

- 100% of donations go towards helping people and pets right here in Lancaster County.
- We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.
- We provide lifesaving veterinary care to stray animals.
- We have rescued and adopted out over 350 cats this year.

Pet Pantry of Lancaster County

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

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

September/October 2017 28 Lancaster County Woman
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 reset clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 32 years are widows from a generation when men made the transition to empty nesters. Many of them have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

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

Pursuing a Legacy

INVITING all YOUNG Ladies ages under 50 to join us
“Pursuing a Legacy” Girls Night Out
Palm Court of Double Tree Hilton of Willow Valley
2400 Willow St Pike, Lancaster
Thursday, November 9, 6:00 p.m.
An amazing opportunity to hear the story of the
Unshakable Faith of Pam TEBOW (Tim Tebow’s Mother)

Pam has been recognized with many
national awards, “Woman of the Year”, “Inspirational Woman of the Year” and “Extraordinary Woman of the Year”. She is passionate about encouraging women to trust God and inspire their world. After Rejecting advice to abort her son ‘Timmy’, Pam was thrust into notoriety when she and her now grown son, Tim were in a Super Bowl commercial celebrating life. That has resulted in millions having cause to rethink their stand on abortion.

You will be challenged by her message to “Inspire your World” and motivated in “Parenting a Legacy”

Cost is $20.00 Inclusive

Invite Friends & fill a table!
Reservations are REQUIRED by Wednesday, November 1
checks made payable to Pursuing a Legacy and mail to:
Dawn Loken, 300 Waters Edge Dr, Lancaster PA 17602
For more info call Dawn: 717-587-2555
or email: dawn@loken.com

Become a 2017 Member and Save Lives!

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

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humaneleague.com
Brett Greiman: ‘Still Learning to Fly’

Brett Greiman’s newest exhibit, “Still Learning to Fly,” was a decade in the making and will land at Mulberry Art Studios this November. A First Friday Opening Reception will be held November 3 from 5 p.m. until 9 p.m. Mulberry Art Studios regular gallery hours on weekdays are from 10am until 4pm, and is located in historic downtown Lancaster at 19-21 North Mulberry Street, Lancaster.

“Still Learning to Fly” collects paintings Greiman created over the past ten years, and derives its title from his belief that an artist should never believe that his title from his belief that an artist should never believe that his art is complete. Brett has worked many years as a muralist, illustrator, graphic designer, painter, and educator with well over 100 murals created in the central Pennsylvania area. Brett also has extensive experience as a teaching artist having led community artistic projects, as well as 12 years teaching on the college level. Brett is also a PCA stARTSomethings Art In Education instructor.

Brett was the featured artist for 2006 YorkFest and awarded “Best of Show” at YorkFest 2004 by juror Kimberly Camp, CEO of The Barnes Foundation. He was awarded the York Public Arts Award in recognition of creative contributions to the York arts community in 2002 and was co-recipient of the award again several years later in recognition of his work along with fellow YorkFest Fes
tival Marketplace jurors for re
vitalizing YorkFest.

Brett’s paintings are in the permanent collection of the York County Heritage Trust, Wellspan Health, Harley Davidson, Nixon Nature Center, Mulberry Studio art gallery and many others as well as many private collections.

For more information, and to preview the artwork of Still Learning to Fly, please visit www.mulberryartstudios.com.

Mark Kromer: ‘Portraits in Solitude’

Mark Kromer was born in 1975 and grew up in Ephrata, Pennsylvania. He came from a creative household, the son of wood carver Elmer Kromer and the younger brother of painter Jeff Kromer. Mark is a young age he was fascinated by the fantasy and sci-fi art of the ‘70s and ‘80s, but was increasingly influenced by his brother’s work and later by the art of his art teacher, Richard Huck. During his early years he had created illus
trations for various venues, in
cluding album covers for several bands. Currently he focuses his efforts on portraiture.

For more information, and to view the artwork of Portraits in Solitude, please visit www.mulberryartstudios.com.

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Magnolia Day Spa provides an atmosphere that is relaxing and welcoming to clients. The majority of the staff have over 18 years of experience and continue to further their education. We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered. We also offer a wide range of services. Massages including hot stone and bamboo, spa facials, enzyme/oxygen facials, 4-layer facials, glycolic facials, and microdermabrasion treatments are also available. Exfoliating scrubs and body wraps to remove toxins, hydrate and tone are perfect treatments for dry, dehydrated skin. Manicure and pedicure services provide a nice, healthy look for your nails year round.

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

For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.
When it comes to employment and labor law, one thing is certain—change is constant. Employment laws, regulations and enforcement priorities are constantly evolving, making it difficult for businesses to stay abreast of ever-changing compliance obligations. Legal compliance is especially challenging in the wake of an administration change, and the transition from a pro-employee approach to the American workforce, President Obama advocated, to a pro-business approach, President Trump promised, is no exception.

President Obama’s policies and regulations were designed to enhance employee rights and protections. The Department of Labor substantially increased the amount that an employee is required to earn in salary in order to be exempt from receiving overtime pay. In an effort to comply with this change, employers had to decide whether to convert salaried employees to hourly wage earners, or to increase the compensation of these employees. After President Trump took office, however, the Department of Labor abandoned the new salary threshold, electing instead to seek public comment on the appropriate salary level for exempt employees. Employers that proactively increased employee salaries now have to make the difficult decision of whether to maintain increased wages or return employees to their prior wage.

In addition to the overtime rule change, the Trump Administration and Republican Congress are considering a number of legislative and regulatory changes that will impact the workplace. The Administration’s “travel ban,” which restricts immigration from six Middle Eastern countries, and pending legislation to overhaul the immigration system, may reduce the number of employer-sponsored visas and green cards available to bring foreign employees to the United States. Both the White House and Congress have advanced proposals to create national programs to provide paid leave to employees. Although these programs would be administered by the government, they are expected to be funded by wage contributions made by employers and employees.

At the administrative agency level, the Equal Employment Opportunity Commission was directed to cease efforts aimed at employee pay equity. Many other employment-related changes are underway at both the federal and state levels. Employers should contact their attorney for legal advice on how these changes impact the workplace.

Brubaker Connaughton Goss & Lucarelli LLC is a full-service law firm dedicated to serving the needs of small businesses. Questions about employment law issues may be directed to the firm’s employment and labor law team, Theresa A. Mongiovi, Esquire and Angela H. Sanders, Esquire.
4th Annual Trick or Trot 5K & Monster Run for Kids

SAVE THE DATE — OCTOBER 28, 2017

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Veterinary Acupuncture: Is it Right for Your Pet?

Megan Fowler, VMD, cVMA
VCA Smoketown Animal Hospital

Would you be interested in a treatment option that is safe and effective, can help to reduce pain and anxiety, and promote wellness in your pet? If so, you may be interested in acupuncture!

Veterinary acupuncture and related modalities are quickly becoming an integral component in animal health care, whether your beloved pet is a bird, cat, dog or horse. Although the origins of acupuncture are in ancient Chinese practices and traditions, scientific evidence has shown that acupuncture points and channels are related to important anatomic structures such as nerves, muscles and vessels; this affords them a highly influential role in treating specific diseases as well as in promoting overall health and well-being.

How does acupuncture work?
Think about what you do when you accidentally slam your finger in a door—you quickly grab and squeeze your finger or shake your hand. By creating a different stimulus to the finger, you are able to dull the pain. Acupuncture works in much the same way. By using needles to create more desirable stimuli to the brain, acupuncture can decrease painful or undesirable inputs. Because the nerves in the body are so interconnected, acupuncture leads to both local (at the site of the needle) and body-wide responses as information is relayed to the brain and then dispersed to the body. This information often leads to release of pain-relieving substances, such as endorphins and anti-inflammatory agents. Essentially, acupuncture allows us to tap into the body’s own pharmacy to promote healing, comfort and improved quality of life.

Each patient will have his or her own acupuncture protocol based on your veterinary acupuncturist’s exam and your pet’s specific diagnosis. This allows your vet to treat not only your pet’s primary issue, but any secondary problems arising from that issue. Acupuncture is truly a “whole patient” treatment.

What conditions can acupuncture be used for?
Acupuncture is most often used for pain and musculoskeletal disorders such as arthritis, intervertebral disk disease and cruciate ligament tears, but its applications are actually much wider. For example, acupuncture can be used for gastrointestinal diseases such as diarrhea, constipation and inflammatory bowel disease, as well as problems with inappropriate elimination in dogs and cats. It can also be used to treat skin disorders such as lick granulomas and chronic ear infections, or respiratory diseases like asthma. Neurologic problems such as paralysis and seizures have also been shown to respond to acupuncture treatment. Keep in mind that acupuncture does not replace conventional treatments for many conditions but can be used as an adjunct to improve response to treatment.

Is acupuncture safe?
The short answer is yes! Because acupuncture is non-invasive and no drugs are involved, there is little to no risk of side effects when treatments are performed by veterinarians with training in acupuncture. Some pets may be temporarily sore after a treatment, as a person may be after a vigorous massage, but this usually passes within 24 hours. Because the needles used are so small, your pet will barely feel their placement, and many animals relax and even fall asleep during treatments. It is important to keep in mind that treatments should only be performed by a veterinarian with training in acupuncture as he or she will know the anatomy of your pet and have training in not only medical diagnosis, but also needle placement.

Veterinary acupuncture is a safe, effective treatment that has the potential to treat many ailments and improve the quality of life of many animals. If you think your pet may benefit from acupuncture or you have any questions about veterinary acupuncture, please contact Dr. Megan Fowler at Smoketown Animal Hospital.

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

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

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It is time for our community to celebrate the accomplishments and positive impact the women of Lancaster are making in our community. We are fortunate here in Lancaster to have so many women who selflessly give of their time and energy to make this community a better place. Yet too often, they go unrecognized.

With your help, YWCA Lancaster will pay tribute to six of these deserving women. We are proud to be hosting our inaugural Women of Achievement Awards Luncheon.

The event recognizes and honors women who have demonstrated the qualities of leadership and excellence in their personal and professional endeavors—whether or not they hold a prominent professional position. This is for the “unsung heroes” in our community, women on a mission, women who dare to make a difference, and who support, embody, and complement YWCA Lancaster’s mission of eliminating racism and empowering women.

The Women of Achievement Awards Luncheon will be held on Friday, November 3, 2017, at the Inn at Leola Village.

For more information, please visit ywcalancaster.org/womenofachievement.

Keynote Speaker

Our featured speaker will be Dr. Bertice Berry, who seeks “to inspire change and transformation through lifelong learning, diversity, values and excellence.” Berry has defied the odds on her way to success. She grew up in a large, disadvantaged family in Wilmington, Delaware, and was told by one of her teachers she was not college material. Another teacher recognized something in Berry that, in turn, changed the trajectory of her life. Dr. Berry is a gifted lecturer and comedienne who combines wisdom and humor for an impactful message.

Help us honor six women on a mission to make Lancaster County a better place in which to live.

Partnership opportunities are still available! Purchase your luncheon tickets today!

Join us in recognizing these women and in raising funds to empower all women and eliminate racism.

Call 717-392-1735 to learn about partnerships.

What: Women of Achievement Awards & Luncheon
When: Friday, November 3, 2017 • 11:30 a.m.–1:00 p.m.
Where: The Inn at Leola Village
38 Deborah Drive, Leola, PA 17540
Tickets: ywcawomenofachievement.eventbrite.com

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