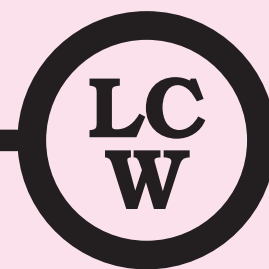




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October is National Breast Cancer Awareness Month

Lancaster County + WOMAN™



The Woman's Journal

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Women's Night Out!

Join us September 29 for an evening
of health education and fun to kick off
October as Breast Cancer Awareness Month.

Lancaster Regional
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Breast Health Center



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New Place, New Faces, New Services for LUXE

by Michael C. Upton

LUXE owners Ana Kitova, Nate Fox, and Lindsey Broadbeck couldn't pass up the opportunity they found in Lititz. The trio were considering opening a second location of their premium salon and spa, but initially wanted to reach an audience further away from their Lancaster city location.

"After I thought about the space, I knew it could easily become the next LUXE," says Ana, while juggling the responsibilities of business owner and mother of two young children. "The location was perfect and helped bring in new clients who did not want to drive into the city. I was shocked how many new clients we brought in."

The original intent was to find a place greater than seven miles from their already established location, but the former Bernard's at Brighton site eventually appealed to Ana. After a few months of renovations, the LUXE Lititz location opened in March 2016. They transformed an already beautiful space to meet the LUXE culture.

To jump into the community spirit, LUXE joined the Lovin' Lititz Every 2nd celebration by offering specials for those Fridays only. Past specials included \$10 off any regularly priced haircut, Botox parties, and half-priced offers. LUXE even hosts a DJ and offers complimentary drinks.

For the most part, the Lititz and Lancaster staff remain at their respective locations with only a couple stylists hopping between the two. There is not enough time in the day for Ana to say all she wants about her employees.

"We have so many talented employees," says Ana.

Premier stylist Nicole has more than 15 years in the industry and has traveled the world cutting hair and sharing trends. She was a finalist in Bravo network's Shear

Genius competition show and is a Wella Educator. Marlin is the author of the tell-all book "Blow Me—Hairy Adventures in the Salon Industry" and specializes in extensions, wigs, and hairpieces. He also performs razor cutting, cuts ethnic and men's hair, and performs corrective color. Fellow premier stylist Colleen is an American Board Certified Haircolorist specializing in keratin treatments, up-styling, and multidimensional color. The newest member of the team is esthetician Renee. She brings sugaring certification to LUXE; sugaring is the act of using a sugar, lemon,

and hot water paste to remove unwanted hair—reportedly it is less painful than waxing and provides longer-lasting results. Renee also performs traditional facial and body waxing as well as eyebrow shaping and spray tanning.

LUXE will soon enlist the services of Maxwell C. Adams, D.D.S. Dr. Adams will bring an experienced array of non-surgical procedures to both LUXE locations. Originally, Dr. Maxwell found these procedures helped ease pain in his oral and maxillofacial surgery patients at Campus Oral. Clients can expect to start making appointments for these new services in November.

LUXE Lititz may be a new location, but they still provide the exceptional service they've come to be known for throughout Lancaster County since 2008.



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Grab your friends, it's Women's Night Out!

Invite a loved one and enjoy an evening out for health education and fun to kick off October as Breast Cancer Awareness Month. This free event will feature a presentation by Dr. Linda Myers on breast health, the importance of mammograms for women over 40 and facts about genetic testing for breast cancer. The movie *FIVE*, an anthology of five short films featuring an all-star cast that explores the impact of breast cancer on people's lives, will follow the speaker. On-site scheduling for annual mammogram screenings will be available.



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Heart of Lancaster
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Member of the Medical Staff of Lancaster and Heart of Lancaster Regional Medical Centers.
Lancaster and Heart of Lancaster Regional Medical Centers are owned in part by physicians.

Women's Night Out

When: Thursday, September 29 • 6:00-8:30 p.m.

Where: Penn Cinema • 541 Airport Road • Lititz, PA 17543

Featured Speaker: Linda Myers, M.D., Board-Certified General Surgeon

Space is limited, so register before September 28 by calling 717-625-5546 or register online at LancasterHealthEducation.com.

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Addressing a Cause of Irregular Periods



Nancy Rist, MD,
Lancaster General Health Physicians
Women's Internal Medicine

If you're not sure when your next menstrual period is coming, or you're having a tough time getting pregnant, I have some good news. Menstrual irregularities and fertility problems can often be corrected by managing a hormonal imbalance with medication and lifestyle changes.

A Frequently Overlooked Diagnosis

Polycystic ovary syndrome (PCOS), also called Stein-Leventhal syndrome, is the leading cause of menstrual irregularities and infertility in women. It is very common, affecting an estimated 15 percent to 20 percent of reproductive-age women. However, it is one of the most underdiagnosed conditions affecting women's health. Fewer than half of women with PCOS are properly diagnosed.

Women with PCOS have too many male hormones, or androgens, and lower-than-average levels of female hormones. As a result, cysts often form on the ovaries. These fluid-filled sacs can interfere with egg release, or ovulation, causing irregular periods and fertility problems.

PCOS can also cause other issues, ranging from acne and facial hair to obesity and diabetes. In fact, more than half of women with PCOS will develop type 2 diabetes or prediabetes before the age of 40. They are also at higher risk of endometrial cancer, high blood pressure, high cholesterol and heart attack.

Several Ways to Manage Symptoms

Fortunately, getting symptoms under control helps reduce the risk of serious complications. Solutions include common medications, integrative therapies and lifestyle changes. For example, metformin is a widely used diabetes drug that is also useful in managing PCOS symptoms. Metformin controls blood sugar, so it helps reduce the risk of diabetes, and may help women with PCOS lose weight and reduce their cholesterol levels. It may also help improve fertility by encouraging ovulation.

For women who don't want to become pregnant, birth-control pills can regulate menstrual cycles and reduce acne. It's important to talk to your doctor about the risks and benefits of the various types of birth-control hormones. Anti-androgen medications, which lower male hormones, can be used alone or with birth-control pills to help treat acne, excess hair on the face and body, and hair loss on the head.

Some solutions are less well known. The journal *Gynecological Endocrinology* recently published an analysis of dietary supplements, or nutraceuticals, for PCOS. They found that a supplement called Inositol looks very promising. Inositol, which

is sometimes called vitamin B8, although it's not a true vitamin, might help correct the metabolic disorder that causes the hormonal imbalance of PCOS.

A variety of other dietary supplements might also be useful in helping treat PCOS-related symptoms, such as insulin resistance, infertility and mood disorders. You can talk to the doctors at LG Health's Women's Internal Medicine practice for more information.

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Nancy Rist, MD



Hyasmine Charles, MD

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Penn Medicine
Lancaster General Health



Dawn Cutillo, HHP
Natural Hormone Expert
Author, *The Hormone "Shift"*

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Many health professionals do not seem to understand or aren't able to figure out why the traditional “calories in, calories out” methods do not work for these women...their doctors, personal trainers, nutritionists and even their holistic doctors. Well that has all come to an end at BeBalanced. **WE KNOW** what the issue is...it is a simple **HORMONE IMBALANCE** that we can explain and rebalance naturally in 30 days. We do this with diet, stress management and some safe supplements that work naturally with your body

(unlike strong medications). **We have helped over 7,000 women** in the state with our budding franchise and our Lancaster home office. Women come to us when all the major weight-loss programs fail them and even when medical weight-loss centers do not help. We can help at a fraction of the cost! With our fast, risk-free method of “natural hormone balancing,” we can resolve issues of stubborn weight or mood, sleep and energy.

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).

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Our method of weight loss burns body fat from the outside in and does not break down muscle or structural (cosmetically needed) fat, diminishing the chance of sagging skin. However, depending on age, sun damage, genetics, etc., there can still be areas to tweak. We all seem to have those areas that can tighten up a bit as well as cellulite bumps we want to smooth, so **WHY NOT** do it all? Lose the stubborn fat and try our new VelaShape III machine, which is FDA approved for smoothing cellulite and tightening up under arms, inner thighs, stomach, love handles, back/bra/line so you look great with or **WITHOUT** your clothes...for true confidence!

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Christine Capobiano— I lost 100 lbs. with BeBalanced

I have struggled with my weight my entire adult life. Almost a year ago, I discovered BeBalanced and my life has truly changed for the positive in many aspects. The BeBalanced program has helped me in ways I had never expected.

After losing more than 110 pounds, I am more active, sleep soundly and am overall much healthier. The education I have received throughout this journey has been amazing and allowed me to lose the weight and gain confidence. Besides the changes in my physical appearance, I am less stressed and have learned ways to relax and get a great night's sleep. My only regret is not starting this program sooner!

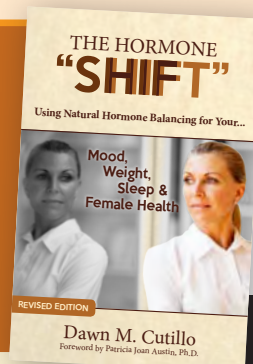
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Take Care of Your Shoulders



Lora S. Regan, MD, MPH,
FACOEM

Do you have shoulder pain?

The shoulder is one of the most flexible joints in the human body, and therefore prone to several types of injuries. The joint itself is more like a “cup and saucer” than a “ball and socket.” Baseball pitchers, and anyone else performing overhead and awkward motions of

the shoulder, have increased risk. Injury rates are even greater if you are not accustomed to this type of activity, like painting your ceiling or cleaning your gutters.

How soon do you need medical attention?

Most shoulder injuries do not require immediate attention, but if you fall on your arm or shoulder and cannot move it, or if the contours of the shoulder are abnormal when compared to the opposite shoulder, then urgent attention and possibly X-rays are needed to rule out dislocation or fracture.

Otherwise, if you have at least 50 percent of your baseline range of motion, then self-care is the best place to start. Apply ice (not heat) and take over-the-counter pain medication, such as acetaminophen (Tylenol®) or ibuprofen (Advil® and others). If you do not notice improvement in a few

days, call your doctor for an assessment. If you hurt your shoulder at work rather than at home, you should notify your supervisor or human resources professional at your workplace for further direction.

When do you need an MRI?

If you have shoulder pain and limited motion that is not improving after four weeks of activity modification, medication, and physical therapy, your treating provider might order an MRI. The optimal time to repair a rotator cuff injury is 4–6 weeks after an injury. However, if you have full range of motion, normal strength, and no pain four weeks after the injury, you do not need any imaging of your shoulder!

Could it be something else?

Shoulder pain can be the result of heart, liver, or intestinal problems in which the pain is “referred” to the shoulder region. Pain in the shoulder that

is not affected by moving the shoulder joint would be one sign. Please be sure to discuss any additional symptoms, such as abdominal pain, when you see your doctor or provider.

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

Doctors and Patients—

Preserving the Relationship

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Lora S. Regan, MD, MPH, FACOEM is the Medical Director, Corporate Health for Penn Medicine/Lancaster General Health. Her passion is to help individuals return to full function after shoulder injuries and other work-related concerns. She is board-certified in Occupational Medicine and Internal Medicine. She has practiced medicine for more than 25 years, and here in Lancaster for the past three years.

Lancaster City & County Medical Society Installs New Board and Welcomes Dr. David J. Simons as President



David J. Simons, DO, FAOCA

As part of their recent Annual Dinner, Lancaster City & County Medical Society (LCCMS) welcomed the following physician leaders as new directors to its Board: Sarah E. Eiser, MD, Lancaster Physicians for Women; Robert A. Garvin, DO, Anesthesia & Pain Associates of Northern Lancaster County; Lora S. Regan, Lancaster General Occupational Medicine; Rebecca

M. Shepherd, MD, LGHP-Arthritis & Rheumatology Specialists; Kristy Whitman, MD, LGHP-Family & Maternity Medicine; and resident representatives Emily Miller, MD, and Caitlin White, MD, both from Lancaster General Hospital.

The Society also elected David J. Simons, DO, FAOCA, president of both Community Anesthesia Associates and the medical staff at Heart of Lancaster Regional Medical Center, as the new President of the Board. Simons takes the helm from James M. Kelly, MD, a family physician at LGHP-Lincoln Family Practice, who served as the Board President from June 2014–June 2016.

“We are very fortunate to have such strong physician leadership in Lancaster County and are excited about the energy and experience represented in

the 2016/2017 board,” commented Beth E. Gerber, Executive Director of Lancaster City & County Medical Society. “Dr. Kelly’s passion for the Society and its mission was very apparent. He laid significant groundwork for increasing our role in engaging early career physicians and advocating for issues to assure that the physician and patient communities are protected. Dr. Simons is eager to continue that effort, and we look forward to working with the physicians in Lancaster County to enhance the role of LCCMS.”

For a complete list of Lancaster City & County Medical Society’s Board of Directors, including the newly elected Board Officers, visit lancastermedicalsociety.org, then “About Us,” then “Who We Are,” or contact the Society at 717-393-9588.

Exercise Is a Great Example for Kids

by Julia Buckley
JuliaBuckleyFitness.com

I know it’s hard to find time and energy to exercise when you have children to care for, and I know sometimes moms feel guilty about taking that time out.

But I want to tell to let go of that guilt—it is not helping your family. To provide the best care for others, you have to take care of yourself.

Please don’t misunderstand. I’m certainly not saying moms should start swimming lengths of the birthing pool as soon as the baby arrives so they can get back into their skinny jeans in double-quick time!

However, it’s important to keep in mind that, in addition to the wealth of health benefits we gain from exercising regularly, we have more energy, a clearer head and more patience when we’re fit—all invaluable assets when caring for a family.

The moms in my online gym tell me how exercise has helped make them happier, more relaxed caregivers. And, they’re quick to add, when

their kids see them exercising, they want to be active, too.

It’s not always easy to fit it in, of course. Even having older children to care for can limit the amount of time moms have to exercise, which is one of the reasons I provide short workouts that can be done at home.

The fact is, when you understand how much your getting exercise can benefit your family, it gets easier to make it a priority. When it’s priority people find there’s almost always a way to fit it in, even when life is at its most hectic—which is often when we need it most.

You can be a fantastic mom if you don’t do any exercise, of course. But being healthy, happy, confident, strong, fit and full of energy definitely transfers benefits to your family.

Also, there’s nothing wrong with wanting to look after your own health and happiness. You’re a mom—but you’re also an individual in your own right.

If you make time for yourself to exercise and enjoy moving your body, know that you won’t be the only one who will enjoy the results.

What Is Cupping Therapy?—What You Need to Know



Jo Ellen Wisnosky, L.Ac., DiplAc
(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.

Other athletes who have used cupping recently are Alexander Naddour, Natalie Coughlin, Andy Murray, DeMarcus

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 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 suc-

tion 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 Wisnosky has 14 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.



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MANAGING EDITOR JoAnn S. Notargiacomo

CONTRIBUTING WRITERS

Julie Anne Fidler • Robin Archibald

STAFF WRITERS

Susan Beam • Michael C. Upton

GRAPHIC DESIGN

Kelly Forbes - Orange Pepper Design - Graphics
Leslie B. Ocko - Ocko Graphics - Website

COMPOSITION ASSISTANT

Jeff Ruth

PHOTOGRAPHY

Glenn Usdin • Steve Stoltzfus - 911 PhotoGraphics
Kevin Notargiacomo - KBK Photos

ADVERTISING SALES

Jinja Notargiacomo, MS, RD, LDN

DISTRIBUTION/CIRCULATION

Stanley L. Eash • Lucy Latham

BUSINESS MANAGER

R. Gregg Fresa

ACCOUNTING

Kathy Roth - Key Business Essentials

LANCASTER COUNTY WOMAN

P.O. Box 10354 • Lancaster, PA 17605-0354
Tel: (717) 299-5766 • **Fax:** (717) 299-6359
Email: jono213@comcast.net

www.LancasterCountyWoman.com

EDITOR'S PAGE

Welcome to our fall edition!

Fall is a time of abundance, harvest, and thanksgiving. We here at LCW have been blessed with an abundant harvest, and we 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. Michelle Shen's article on page 20, "How to Reduce Your Breast Cancer Risk," has truly enlightening information for every woman.

Dr. Shen is the Breast Cancer Program Director at Penn Medicine/Lancaster General Health's Ann B. Barshinger Cancer Institute here in Lancaster. Her article highlights the importance of exercising and maintaining a healthy weight. Research shows and supports that you may reduce your risk of developing breast cancer or having a recurrence if you're a breast cancer survivor by exercising and keeping your weight down.

With school back in session, we've received several requests for information on nutritious and healthy foods to maximize a child's learning, stamina, and energy throughout the day.

Dr. Stacey Denlinger, of Baron Family Practice in Manheim, has written an article, "Kick Off a Healthy and Nutritious School Year—Brain-Powering Breakfast and Lunch Options Your Kids Will Love," which is on page 11. She has provided a wonderful selection of delicious fruits, vegetables, whole grains, lean proteins, and healthy fats your kids will enjoy.

Mark your calendars for the Pennsylvania College of Health Sciences Community Open House on Sat., Nov. 19, and Heritage Design Interiors' Annual Holiday Open House from Nov. 4–12.

Bikram Yoga at Brighton has a fabulous Jewelry Trunk Show scheduled for Nov. 4 and 5, featuring one-of-a-kind pieces that make wonderful gifts which you'll not find anywhere else.

Last but certainly not least, I'd like to take a minute to reflect on and bid farewell to longtime friend and trusted employee Timothy K. Hoar, distribution manager for Lancaster County Woman newspaper, who recently and unexpectedly passed away. Tim worked for me and my late husband Joe for over 25 years. When Lancaster County Woman launched in 1998, Tim assumed



LCW Managing Editor
JoAnn Notargiacomo

the position of logistics/distribution manager and worked tirelessly to promote LCW throughout the county for the past 18 years. From the beginning, he was always our biggest supporter. His loyalty and trustworthiness were beyond reproach. We are deeply saddened by his loss and extend our deepest sympathies to his family. His memorial is also inside this edition. Farewell and rest in peace, my dear friend.

Please remember to pray for our men and women in uniform, and their families. Freedom is not free, and they sacrifice every day to keep our nation safe.

With blessings and appreciation,
JoAnn Notargiacomo
Managing Editor

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Mom's House Receives \$15,000 Grant from Alcoa Foundation

Mom's House of Lancaster has been awarded a \$15,000 grant by the Alcoa Foundation for the 2017 fiscal year. The support will allow Mom's House to expand their mission to serve the growing populations of single-parent families in Lancaster County.

Funding will allow Mom's House to continue their robust program with support services and quality care for current and future single-parent families, empowering them to become better parents, professionals and community members.

Local residents can see how the Alcoa Foundation grant and local funds are benefiting Mom's House of Lancaster

by logging onto momshouse-lancaster.org or LIKE and following us on facebook.com/momshouselancaster.

About the Alcoa Foundation
At Alcoa, sustainability is an integral part of their culture and their core strategy. Alcoa Foundation invests where Alcoa has a presence to further sustainability and to partner with communities in addressing local needs as they adapt to a rapidly changing world.

About Mom's House of Lancaster
Mom's House believes that all parents have the right to raise their children in conditions of dignity and financial independence. Mom's House is the only



organization in Lancaster County that provides free childcare and other support services to young, low-income single mothers (and fathers) enrolled in school full-time, empowering them to break out of the cycle of poverty and be able to raise their family in financial independence. Our nonresidential hand-up (not handout) program provides young at-risk single parents with the right tools to become better parents, professionals and community members.

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Should You Get Screened for Lung Cancer?

Lung cancer is the leading cause of cancer-related death in the U.S., with more than 150,000 people losing their lives to the disease each year—it's more than breast, prostate, colon and ovarian cancer deaths combined.

Pennsylvania ranks 18th on the Centers for Disease Control and Prevention 2013 rankings based on the incidence of lung cancer. While there are more cases of breast and prostate cancers than lung cancer in Pennsylvania, the number of deaths from lung cancer is higher.

Despite the steady rise in this statistic over the past 15 years,

the number of people being screened for lung cancer falls far behind those screened for breast or colon cancers. This is an especially dangerous oversight if you are, or have been, a heavy smoker. Screening is looking for cancer before you have any symptoms, which can help find cancer at an early stage, when it may be easier to treat.

“Patients whose lung cancer is detected in the earliest stage have a much better chance of survival,” says Paul Brown, Jr., M.D., FACS with Cardiothoracic & Vascular Surgeons of Lancaster and affiliated with

Lancaster Regional and Heart of Lancaster Regional Medical Centers. “Conversely, survival rates for lung cancer are quite low when it's diagnosed in the later stages of the disease. Through CT screening, we can catch the tumor early and offer the patient more treatment options, and more time for those treatments to work.”

According to the U.S. Preventive Services Task Force, annual screening with low-dose computed tomography (CT scan) is recommended for those who are:

- Adults aged 55 to 80 years, AND

- Have a “30 pack-year smoking history” and
 - currently smoke, OR
 - have quit within the past 15 years

A “30 pack-year smoking history” means you've smoked an average of one pack per day for 30 years, or two packs per day for 15 years.

A low-dose CT scan uses an X-ray machine to scan the body with low doses of radiation to make detailed pictures of the lungs. If you or a loved one meets the guidelines above, you should speak to your doctor about a screening plan.

Lung cancer frequently has no symptoms at all in the early stages, contributing to the higher mortality rate. Lung cancer screenings can save lives! Early detection plays a vital role in the successful treatment of lung disease. The few minutes a screening may take could make an important difference in your life and the lives of your loved ones. Talk to your family physician about your risk factors and if a referral for a lung screening is right for you. Or call our Regional Center for Cancer Care for further information at 1-877-517-5008.

Reflexology for Mom and Baby!



Holly E. Walters, NC, MR
Board-Certified Reflexologist
Certified Weight-Loss Coach

Throughout pregnancy, a mother undergoes a variety of changes—physically, functionally and emotionally—and needs to adapt to those changes.

During the prenatal period a woman is somewhat limited when it comes to safe yet effective treatment for common challenges such as the allergies, headaches, back discomfort and fatigue which may accompany pregnancy.

Reflexology is a branch of integrative medicine that works on the function of the body via nerve system response. When performed properly by a reflexology practitioner, this treatment stimulates the relaxation response, allowing the body to achieve homeostasis, thus functioning optimally. It is extremely important to seek out a professional, certified reflexologist for your treatments, not a massage

therapist, as massage, although helpful, is a totally different modality.

Some benefits to be expected from reflexology include:

- A reduction in anxiety and stress
- Constipation relief, improved digestion
- Back-pain relief
- Relief from pelvic pain
- Improved sleep
- Increased energy
- Relief from Restless Leg Syndrome
- Excellent physical and mental preparation for birth
- Encourages baby into a good birthing position
- Can assist babies in breech position to turn their heads down
- Inducement of labor, naturally

Reflexology during pregnancy is not only good for the mother, but beneficial to your baby as well! When a woman experiences total relaxation and a relaxed sense of well-being during and after her treatment, energy paths are clear and blood flow is increased. With improved blood flow to the placenta, your baby receives a greater supply of oxygen and nutrients, and a decrease in the mother's cortisol, often found in

the amniotic fluid. This can have long-lasting positive effects for your newborn.

Body & Sole Reflexology and Spa offers maternity packages for both massage and reflexology. We have on staff a board-certified master reflexologist, a second reflexologist currently in training, five licensed massage therapists as well as a personal trainer.

We look forward to increasing your comfort and improving the health of you and your baby during this very precious time of your lives! Call today for an appointment.

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**SAVE THE DATE:
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1821 Oregon Pike, Lancaster, PA 17601

Lancaster Seminary Hires Rev. Dr. Carolyn M. Call



Rev. Dr. Carolyn M. Call

Lancaster Theological Seminary has hired Rev. Dr. Carolyn M. Call of Granger, Indiana, to lead development and communication in the graduate school of theology's Office of Advancement.

Call will oversee all Seminary fundraising efforts and direct alumni/ae, church and community relations, stewardship, communication, and marketing.

In making the announcement of Call's appointment, Rev. Dr. Carol E. Lytch, president of Lancaster Theological Seminary, said, "Dr. Carrie Call is a scholar and inspiring leader with extensive experience in higher education, and church and community relations. We are delighted to welcome her to this historic seminary as we prepare to enter our third century of educating and nurturing leaders for the Church and the world."

Call joins Lancaster Seminary from the Indiana-Kentucky Conference of the United Church of

Christ, where she has served as an associate conference minister since 2012. Previously she worked for 10 years at Saint Mary's College, Notre Dame, Indiana, as an instructor in the departments of Psychology and Education, and director of the Office for Civic and Social Engagement. From 1992-97 she was pastor of Old First Church, Middletown, N.J.

Call is author of *Spiritually Healthy Divorce: Navigating Disruption with Insight & Hope* (Skylight Paths Publishing, 2010).

She holds three degrees from Cornell University: B.S. in rural sociology (1986), M.S. in development sociology (2000), and Ph.D. in education (2004). She received a Master of Divinity with a concentration in systematic theology from Colgate-Rochester Divinity School in 1990. Call was ordained as a minister with full standing in the United Church of Christ in 1994.

Call, who starts Oct. 17, will report to Rev. Dr. Carol E. Lytch, president of Lancaster Theological Seminary.

Lancaster Theological Seminary, a graduate school affiliated with the United Church of Christ, is known for academic excellence, celebration of differences across Christian traditions, and creative engagement on issues of importance to our world.

Lancaster Seminary Board Installs Two New Trustees, Names Two Trustees Emeritae

The Lancaster Theological Seminary Board of Trustees installed two new trustees at its August meeting, bringing the number of board members to 21. The trustees also voted to honor two former board members by designating them as trustees emeritae.

Lancaster native Shayna J. Watson will serve a three-year term on the Lancaster Seminary Board of Trustees. Lancaster resident Carol T. Pyfer will serve a one-year term as a trustee, during which time she will chair the Advancement Committee.

The new trustees emeritae are Margaret "Sandy" Cross of Lancaster, Pa., and Marjorie Riley Lohnes of Westminster, Md.

Dr. Richard A. Kratz, Lancaster Seminary Board of Trustees chair, said, "We welcome Shayna and Carol, who will share their expertise in support of our mission to educate and nurture leaders to join in God's redemptive and liberating work so that all creation may flourish. In addition, we honor Sandy and Marjorie for their long-standing service to Lancaster Seminary as advocates and generous supporters."

**Shayna J. Watson,
trustee, three-year term**

Ms. Watson received a Master of Divinity degree from Lancaster Seminary in 2012. A member of Saint James Episcopal Church in Lancaster, she is a chaplain at both Hospice & Community Care

and Penn State Hershey Medical Center and Children's Hospital. She is Lancaster Seminary adjunct instructor of Introduction to Preaching, a member of the Lancaster Public Library board of directors, and a member of the executive committee of the Lancaster NAACP. She has an undergraduate degree in political science and Africana studies from the University of Pittsburgh.

**Carol T. Pyfer,
trustee, one-year term**

Ms. Pyfer had served for 14 years as a Lancaster Seminary trustee, including board chair. She was honored as a trustee emerita for her commendable service. A speech-language pathologist with degrees from Baylor University

and Vanderbilt University, she has worked in her profession in Texas, Tennessee, and Pennsylvania, including at the S. June Smith Center in Lancaster. She is a member of First United Methodist Church in Lancaster. Her many volunteer activities have included leadership roles on behalf of the American Association of University Women, Junior League of Lancaster, Fulton Theatre, Samaritan Counseling Center, and YWCA of Lancaster.

**Margaret "Sandy" Cross,
trustee emerita**

Ms. Cross served for six years as a Lancaster Seminary board member and chair of the Advancement Committee. With her husband, Gary Cross, she has led

the Seminary's participation in the Lancaster County Foundation's Extraordinary Give campaign since 2013. The Pennsylvania Association of Fundraising Professionals honored the couple as Volunteer Fundraisers of 2013.

**Marjorie Riley Lohnes,
trustee emerita**

Ms. Lohnes is a lifelong member of St. Paul's United Church of Christ, Westminster, Md. She served six years as a Lancaster Seminary trustee. An advocate for Seminary enrollment and fundraising, she has chaired both the Education and Student Life Committee and the Trustee Leadership Committee.



Bonnie McKinley, DO

Joint Pain and the Weekend Warrior

If that weekend Zumba class, game of basketball or run through the park has you limping into work on Monday morning, you are not alone. Sports injuries are now the second-leading reason for physician office visits, behind only the common cold. With studies showing that just one in five Americans get the recommended dose of daily exercise, it's no surprise that a growing number of these injuries are occurring in "weekend warriors."

Bonnie McKinley, DO, an orthopedist specializing in sports medicine with Orthopaedic Specialists of Central PA, affiliated with Lancaster Regional and Heart of Lancaster Regional Medical Centers, is quite familiar with the plights of weekend warriors.

"My goal as an orthopedic specialist is to get my patients back to thriving in the activities that they love. It is common for me to see injured weekend warriors in my office. These patients can suffer from either sudden traumatic injuries or from overuse issues due to a lack of proper training. In the case of overuse injuries, allotting for an ample amount of rest in combination with proper rehabilitation and gradual return to activity is key."

"If you go from workweek to weekend and have a dramatic increase in the physical demands on your body, you can expect your body to protest," says Dr. McKinley. "Your brain may tell you that your body hasn't changed much since high school, but you can be certain it has. Even a few extra pounds can put undue stress on joints and ligaments, resulting in pain you haven't experienced before."

It's not just baby boomers experiencing these problems. Physicians are seeing men and women in their 20s, 30s and 40s with stress and overuse injuries. If you're a weekend warrior, some of the most common injuries to watch out for include:

- **Sprained ankles.** A very common injury, as it can occur in almost any sport or activity. Common causes are stepping hard onto an uneven ground surface or changing direction too quickly.
- **Stress reaction, also known as shin splints.** Pain felt in the front side of the lower leg, most commonly affecting runners.
- **Rotator cuff injuries.** Caused by repeated stress on the shoulder joint; can lead to torn ligaments in the front or back of the shoulder, sometimes requiring surgery.
- **Golf or tennis elbow.** Also known as tendonitis, results from strained or inflamed tendons on the inside or outside of the elbow.
- **Achilles tendonitis or Achilles heel.** Tendons in the back, lower part of the leg lose their elasticity with age, making them vulnerable to inflammation, pain and tears from forceful running, jumping or pivoting.
- **Plantar fasciitis.** Pain caused by running, or even walking, felt mostly at the bottom of the heel; may also radiate down the entire bottom of the foot.

- **Knee pain.** Very common in sports with lots of running; often caused by irritation on the undersurface of the kneecap, or from wear and tear on the patella or the medial and lateral joint.

Most of these injuries occur as a result of overuse, poor flexibility and/or poor body mechanics, rather than as a result of accident or trauma. A few simple steps can dramatically reduce the likelihood of these types of injuries:

- **Maintain a balanced workout plan.** Performing a wider variety of physical activity—including some combination of cardiovascular, weighttraining, cross-training and stretching exercises—can help you avoid injuries. Try to set a plan that allows regular exercise at least one or two times during the week, reducing the shock to your body on the weekend.
- **Increase intensity gradually.** Start any new activity with intensity levels you can handle, and ensure you don't increase those levels too quickly—10 percent per week is a good rule.
- **Listen to your body.** The most important of the rules to follow.

The theory "no pain, no gain" is not one that should be applied to the average weekend warrior or amateur athlete. Pain—whether sharp or dull—is your body's way of alerting you that you are either doing too much, or not doing it correctly. Simply "pushing past the pain" will often result in injury.

If you do experience a minor injury, consider trying to manage with R.I.C.E.—rest, ice, compression and elevation. If the pain lasts more than three days, it's a good idea to see a physician for an evaluation. You can also consider physical therapy services, either as a means to prevent injury or to manage one.

"Physical therapy is not just effective when you're recovering from an injury or surgery," says Dr. McKinley. "A qualified therapist can help you learn how to stretch, strengthen and heal your body, with a specific focus on the sports or activities you're passionate about."

If you do not have an orthopedic physician, visit oscpdocs.com for more information, or call 717-735-1972 to make an appointment.

Kick Off a Nutritious School Year

Brain-Powering Breakfast and Lunch Options Your Kids Will Love

Many studies over the past two decades have shown sufficient intake of healthy food is essential to brain function—especially for children. What children eat for breakfast and lunch on a school day has a direct impact on their focus, comprehension and application in learning.

"As adults, we know intuitively that what we eat has an impact on our performance at work and in our social lives," said Stacey Denlinger, DO, of Baron Family Practice at 80 Doe Run Road, Manheim, Pa., affiliated with Lancaster Regional and Heart of Lancaster Regional Medical Centers. "The same is true for children, whose brains are still growing and developing at a rapid pace. The proper balance of nutrients and hydration is critical during the school-age years."

Four areas of nutrition are essential to the "student body": fresh fruits and vegetables, whole grains, lean proteins and healthy fats.

Also, specific vitamins can be incorporated to enhance specific cognitive functions. For example, to improve memory, add foods rich in lecithin, such as peanuts, soy beans, and wheat germ. Potassium aids in energy and brain functioning and can be found in oranges, bananas, apricots, avocados, melons, peaches and nectarines.

For a healthy breakfast on a hectic morning, consider one of the following options:

- One hard-boiled egg and one sliced apple with peanut/almond butter for dipping.
- Bowl of cereal with high protein and low sugar count; ½

cup almond, coconut or organic whole milk.

- ½ cup steel-cut oats with berries, Greek yogurt and local honey; mix all ingredients in a bowl and store in fridge overnight.

Many schools have made changes to lunch offerings, reducing or eliminating processed foods and fatigue-inducing high-sugar and high-carbohydrate meals. If you pack your child's lunch, here are some easy and nutritious choices:

- 2–3 slices of organic turkey or chicken breast on whole grain bread.
- Kid-friendly "salad" with sliced cucumbers, tomatoes, peppers, chicken bites; dressing or dip based with olive oil, avocado or sour cream.



- Whole-grain crackers with salsa, guacamole or nut butter; side of tuna or chicken salad.
- Bowl of chicken, bean or split pea soup with crackers (if your child has access to a microwave).
- Gluten-free pasta or three-bean salad; fun pasta shapes make a fun lunch for younger kids.

Many kids have after-school activities that require physical stamina, so make sure what they eat for lunch helps them maintain energy mentally and physically throughout their day.

If your children do not have a family physician, visit HeartandRegionalMed.com or call 1-844-784-DOCS to find one who is close to where you live or work.

Interested in Couples Therapy? The Myths and the Realities



Tiffany M. Kress, MA

One of the valuable services therapists provide is couples therapy. This article will discuss what couples therapy is by reviewing the following: focusing on the process, why couples don't seek counseling right away, common myths about couples therapy and the realities, common stressors people are dealing with when they seek couples therapy, and who could benefit from couples therapy.

Couples therapy aims to identify repetitive, negative interaction cycles as a pattern and understand the source of reactive emotions that drive the pattern. Once that is accomplished, services focus on expanding and reorganizing key emotional responses in the relationship, facilitating a shift to new patterns of interaction, creating new and positively bonding emotional events in the relationship, fostering a secure attachment between partners, and maintaining a sense of intimacy. Common core principles of relationship counseling and couples therapy include respect, empathy, tact, consent, confidentiality, accountability, expertise, evidence-based certification, and ongoing training.

Couples are often too afraid to seek treatment because they think the focus will be on identifying blame for all the problems in the relationship. Some worry that if they go to therapy, they will be labeled as "crazy." Also, there is still a stigma when people say they are going to counseling, especially couples. Couples may not seek counseling because they don't think the concern is a "big deal" or they say to themselves,

"I can handle it on my own." Oftentimes when this happens, they ignore or dismiss the concern and don't seek help, for example, until the issue of divorce comes up or a partner gives an ultimatum: "We try couples counseling or I am leaving and done with this relationship." Many times when couples come in to session, the issue/issues could have happened years ago without ever being addressed and continue to affect all aspects of the couple's life. We as therapists and advocates need to continue to address these worries and bring more awareness to these types of concerns.

In addition to barriers, many myths and misconceptions about couples therapy exist. Here are three common myths about couples counseling and their realities.

Myth #1 The therapist is going to take sides.

If a person thinks the therapist is going to take sides or they will get blamed for all the problems in the relationship, they are going to be less likely to seek counseling. Couples therapy is a team effort. The therapist is there to be a nonjudgmental third party to help guide and mediate the situation, but the couple needs to do the work, which includes showing up to appointments, being on time, allowing and being open to change, doing any "homework" that is assigned from the therapist, and being patient and giving it some time, to name a few.

Myth #2 Couples therapy is only going to focus on my childhood.

Most couples therapists focus on the here and now. Most couples didn't know each other when they were children. That is not to say talking about childhood is not important and will not be brought up in therapy, but couples therapists mainly focus on the present, the concerns at hand, healing, seeing patterns whether through the couple's past and making connections or current patterns that need to be addressed, change to bring about,

and what lies ahead for the future with the couple.

Myth #3 Couples therapy doesn't help.

Most couples come to counseling in crisis mode. Couples counseling is the last resort because all other things the couple tried didn't work. Most of the time, the issue/concern has been brewing for years, and many often want a "quick fix" to all their concerns. The issue/concern didn't happen overnight; it will not get resolved in a day. A lot of couples are frustrated, upset, and overwhelmed when they come in to services, which can lead to a negative view or attitude toward counseling in general and affect treatment and outcome. Counseling is a process and takes time.

There are many common themes or issues/concerns that cause couples to come into counseling. The most common theme is financial difficulties. There are also struggles with trust and infidelity. Couples who are middle-aged often have the most stress because they are dealing with young children and aging parents at the same time. Another concern in couples therapy is sexual issues, whether it be a lack of intimacy or a physical problem. In-laws and family issues are a major concern and often dealt with in couples therapy. Communication issues are also a major theme in couples counseling, which can include criticism, stonewalling, defensiveness, and contempt. All of the communication issues can damage a relationship. Many couples deal with things in life differently based on the way they grew up or their philosophy on life. As long as a couple is open-minded, willing to make an effort, and do the work, there is always hope for change.

When people hear of couples therapy, they often think it is just between a married man and woman, but this is just not the case. Couples therapy is for any significant relationship in a person's life. It can be between a married man and woman, but it is also for cohabiting couples,

Psychological Services, Pc

Life Span

Lynnette G. Ruch, Ph.D.
Hubert R. Wood, MS, LPC
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Dawn M. Baldwin, MS, LPC
Tiffany M. Kress, MA

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Tiffany M. Kress, MA, earned her bachelor's degree in clinical/ counseling psychology and master's degree in counseling psychology, with a specialty in marital and family therapy, from Kutztown University. She completed an internship in a pregnancy resource center, helping pregnant women get vital information and support. She completed an internship in the Kutztown University counseling center, working with students with various concerns. In this internship, she gained training in crisis intervention, trauma counseling, mindfulness, stress management, time management, meditation, yoga and tai chi. Her experience includes work in individual, couples and group psychotherapy as well as substance-abuse evaluations. She has led and formed many women's groups at the Kutztown University counseling and women's centers dealing with self-esteem issues, body image and eating disorders. Tiffany's clinical interests include, but are not limited to, family and relationship issues, couple's issues, women's issues, gay and lesbian issues, gender identity, obsessive-compulsive and related disorders, and trauma issues.

homosexual couples, nonfertile couples, couples with children, couples with infidelity concerns, and couples who are adopting. Again, it is any significant relationship. They do not have to be dating or a romantic couple. Couples therapy could also in-

clude friends who have become distant, or a mother-and-son or a father-and-daughter relationship, for example. Relationships are difficult and require effort. With the help of a counselor or therapist, many relationships can be improved and strengthened.

Five Ways to Protect Your Garden from Deer

by Melinda Myers

Don't let your vegetable and fall flower gardens succumb to hungry deer. Even if you're lucky enough to be deer-free now, be vigilant and prepared to prevent damage as these beautiful creatures move into your landscape to dine. Here are five tactics to help you in the battle against these hungry animals.

Fencing is the best, though not always practical, way to control deer. Install a 4–5-foot-high fence around small garden areas. This is usually enough to keep out deer that seem to avoid small, confined spaces. The larger the area, the more likely deer will enter. Some gardeners report success surrounding their garden or landscape with strands of fishing line set at 12" and 36" above the ground.

Low-voltage electric fencing or posts baited with a deer repellent are also options. Just be sure to check with your local municipality before installing this type of fencing.

Scare tactics are less effective on deer in urban environments. They are used to human scents and sounds. Many gardeners report success with motion-sensor sprinklers. As the deer passes in front of the motion sensor, it starts the sprinkler and sends them running. Just be sure to turn off the sprinkler when you go out to garden.

Repellents that make plants taste or smell bad to deer can also help. You will find products containing things like garlic, hot pepper oil, and predator urine. Apply them before the animals start feeding for the best results. And reapply as directed on the label. Look for products like Deer Ban (summitchemical.com) that are easy to apply, odorless and last a long time.

Include deer-resistant plants whenever possible. Even though no plant is 100 percent deer-proof, there are those the deer are less likely to eat. Include plants rated as rarely or seldom damaged by deer. And be sure to provide additional protection if

you include plants known to be frequently or severely damaged.

Constantly monitor and evaluate the effectiveness of the methods used. Deer often change their feeding location and preferred food. And if the populations are high and the deer are hungry, they will eat just about anything. Be willing to change things up if one method is not working. Using multiple tactics will help increase your level of success.

So don't let hungry deer stop you from gardening. Be vigilant and persistent and send them elsewhere to dine.

Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including *Small Space Gardening* and the *Midwest Gardener's Handbook*. She hosts The Great Courses "How to Grow Anything: Food Gardening For Everyone" DVD set and the nationally syndicated Melinda's Garden Moment TV and radio



Deer damage can be devastating to vegetable and flower gardens, making fencing, repellents and other tactics essential.

Photo credit: Melinda Myers, LLC

segments. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Summit

Responsible Solutions for her expertise to write this article. Myers' website is www.melindamyers.com.

Prepare Your Kids for a Healthy New School Year

No matter what grade your child is in, the hustle and bustle of getting your child ready for a new school year, one important task is often overlooked: setting up an appointment with your child's pediatrician. It can be the springboard into a successful year.

The American Academy of Pediatrics (AAP) advocates that every child receive care through a "family-centered medical home." This means care is provided by the same physician(s) over a long period of time, particularly during the years from childhood to puberty when vital changes are taking place.

"Having a long-term history with a child gives the doctor insight into the child's progress and development over time," says Pierre Caron, MD, a family physician with Family Health Center of Mount Joy at 970 E. Main Street Mount Joy, Pa., and proudly affiliated with Lancaster Regional and Heart of Lancaster

Regional Medical Centers. "It helps us detect emerging problems, being informed by details of the patient's history, such as past illnesses or injuries and changes in academic or emotional status."

Most insurance plans, including Medicaid, cover the annual well-child visit up to age 18. Below is a convenient checklist for your child's back-to-school checkup:

Get your forms in order. Check that you have all the school and sports physical forms for each child, and ensure you obtain copies of all necessary records and physician signatures. Remember to bring special permission forms allowing the school to administer your child's medications, if needed.

Medications and supplements. Bring a current list of your child's supplements and prescription or over-the-counter medications.

Immunizations. If you do not have a consistent medical home for your child, carry copies of his or her vaccination records. Trust your child's physician to advise you on the best course of vaccinations.

Height and weight. Ask if your child's growth, weight gain and body composition are in normal range for his or her age, and whether any nutrition or exercise adjustments are appropriate.

Allergies and asthma. Discuss any sinus or breathing problems, determining if any medications should be added or adjusted. Also include any environmental or food allergies.

Sleep patterns. Discuss any issues your child has with quality of sleep. Depending on age, this may include bedwetting, morning fatigue, and trouble falling or staying asleep.

Diagnostics. Depending on your child's age and overall health, beyond blood pressure and heart rate, the pediatrician may suggest lab work. If blood is to be drawn, ask the physician to test for iron levels (anemia), vitamin D, cholesterol, blood sugar and A1C levels. NOTE: When setting the appointment, ask the scheduler if your child should FAST before the appointment.

Vision and dental. If your pediatrician doesn't offer vision screening in the office, ask for a referral for an ophthalmologist. Remember to schedule your child's annual checkup for cavities and gum health, and to confirm your child's adult teeth are growing in properly.

Overall wellness. The annual physical is a good time to ask questions or discuss anything concerning about your child's development. This includes, but is not limited to, academic

progress, social and emotional, body image, depression or lethargy. For teenagers, use this opportunity for an open, three-way discussion about alcohol, drugs and sexual activity.

Back to school can be a busy and stressful time for parents, but allowing the annual physical to fall between the cracks can lead to much bigger trouble down the road. Using this checklist will help you maximize the time in your pediatrician's office, and give you peace of mind that your child enters the new school year with their healthiest and happiest foot forward.

If you do not have a dedicated primary care physician, visit HeartandRegionalMed.com or call 1-844-784-DOCS to find a physician. It's not too late to get your child on track for the rest of the school year.

Eastern Medicine Meets Modern Technology in Pursuit of Superbug Cure



Paul D. Allegretti, DO

Antibiotics are a common cure for many ills. However, by eliminating one problem, they can sometimes create another. In some cases, *Clostridium difficile* colitis, or “C. diff” as it’s commonly called, can be contracted after you take antibiotics. How does this happen, you might ask? Antibiotics

cleanse the intestine of protective bacteria, thus allowing these potentially toxic bacteria to thrive. The great news is that an intuitive and simple treatment is now being offered locally to help cure “C. diff.” Fecal microbiota transplant, or FMT, presents a surprisingly more effective alternative to standard antibiotic treatment.

Before we move on to the details of FMT, here are a few facts about “C. diff.” While you may not be familiar with it, “C. diff” has become more common the last 10 years, and has become more deadly over time. It is estimated that 15,000 to 30,000 deaths occur each year from the infection. It is particularly harsh on people who have compromised immune systems or signif-

icant illnesses. Antibiotics have been used to treat “C. diff” in the past. Unfortunately, despite antibiotic treatment, “C. diff” comes back 25–60 percent of the time. We used to see “C. diff” mostly in hospitals; however, we are seeing more and more cases in the community. Given that fact, we knew we had to find a better way to help patients with “C. diff.” FMT has proven to be the solution we were looking for.

FMT may sound unpleasant, but it is actually quite simple and effective. FMT is an infusion of healthy stool from a donor to a patient’s diseased GI tract, performed during a colonoscopy. In effect, it is like delivering a megastrength probiotic to the diseased GI tract to overwhelm the harmful bacteria. A land-

mark study was published in the *New England Journal of Medicine* last year comparing FMT to standard antibiotic therapy with vancomycin. FMT demonstrated an 81 percent cure vs. 31 percent for vancomycin. Multiple studies have been published in the last five years demonstrating an overall CURE rate of 91 percent. What’s even more fascinating is that FMT started long ago in the Far East. The idea of using stool as a cure dates back to the fourth century, where the Chinese used it for food poisoning.

Working with other physicians across the state and country who have performed this treatment, I developed LGI’s protocol for FMT in 2013. Since November of 2013, I have

performed over 80 transplants between LGPC, our procedure center, and Lancaster General Hospital.

As for the stool itself, rigorous donor testing of the donor’s stool and blood is performed to minimize any risk of passing any transmissible disease. Other criteria, including medical history, are considered before donors are approved. While there are some minimal costs associated with donor testing, the procedure itself is covered by most insurance plans.

FMT’s impressive data continues to grow, and there could come a time where it is used for more GI diseases, such as IBS, IBD and constipation. For now, it is only approved for “C. diff,” but studies are ongoing.

If you have questions about FMT or would like to schedule a confidential consultation with Dr. Allegretti, please call (717) 544-3500.

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Paul D. Allegretti, DO

Board certified in Internal Medicine and Gastroenterology, Dr. Allegretti received his B.A. in biology and English from La Salle University. He earned his degree as Doctor of Osteopathy at the Philadelphia College of Osteopathic Medicine, and completed his internal medicine residency and GI fellowship at Lankenau Medical Center. Since the inaugural year in 2013, Dr. Allegretti has served as director for the annual GI Symposium, hosted by LGI physicians, with the goal of partnering with and educating primary care physicians in Lancaster County. Dr. Allegretti was also the author of the first protocol for Fecal Microbiota Transplant (FMT) in Lancaster County, and the first to treat patients with this procedure. He has published several articles and has presented research at four of the last six ACG National Meetings. Dr. Allegretti serves as LGI’s Director of Anesthesia and is also the managing partner.

Dr. Allegretti joined LGI in 2007.

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Left to Right: Suzy McLean, Elissa Gray, Katerina Ketner



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We like it hot at Bikram Yoga at Brighton. Our heated flooring helps us to maintain a steady temperature to help your yoga practice. Because heat rises, you get all the benefits of this innovative technology without having to worry about overheating when you lie down. The flooring material also is dirt and sweat resistant, making for a very clean, hygienic, and comfortable environment.

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Upcoming Events

Taoism Workshop Series

Guided by David King

Sunday, September 25

1–3 p.m.

The Tao of a Balanced Diet

Hands-on cooking demonstration and class. \$35

Sunday, October 9, 1–3 p.m.

The Tao of Advanced Healing

\$35

Astrology 101: Understanding Your Unique Life Path...What is Astrology AND What is NOT

Friday, October 7, 6:30–8 p.m.

Meet and greet visiting astrologist Reverend Gabriella von Elekes, Baroness from Transylvania. Join us for wine and cheese as Gabriella discusses the history of Astrology and how we 'live' astrology in our mundane life without even realizing it. Informal setting, Q&A encouraged! FREE.

(Gabriella will be available for private consultations either Saturday or Sunday, your personal session will be burned on your own CD to take home.)

Hypnosis

Sunday, October 16, 1–3:30 p.m.

Join us for an educational afternoon exploring Hypnotherapy with Dolores Merrell, and dispelling the myths that surround this practice, along with learning interesting and fun exercises that will make this experience meaningful!

Dolores Merrell has been certified by the National Guild of Hypnotists since 2001, established Advanced Hypnosis Services in 2006, has offered private hypnotherapy sessions, has presented many seminars and lectures, was an adjunct professor at West Chester University for Alternative Treatment Modalities graduate course studies and is a certified Instructor the NGH and NFNLP. \$30

Posture Clinic/Workshop and Master Class

Saturday, October 23,

Class 9–11 a.m.;

Workshop 11:30 a.m.–3:30 p.m.

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Saturday, November 5, 1–3 p.m.

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A Mindful Approach to Personal & Career Development

Sunday, November 13, 1–3 p.m.

Facilitated by Wendy Gillman who brings well over a decade of Career Counseling to this event. This will be a very strategic session allowing for each participant to create their personal Road Map for their next Chapter in Life. \$45.

Honoring Trudie Weitzel, PAPSA's Educator of the Year

by Susan C. Beam

American writer William A. Ward once wrote, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

Since 2002, Lancaster native Trudie Weitzel has been inspiring her students at Lancaster School of Cosmetology & Therapeutic Bodywork, and her hard work did not go unnoticed. This year, on July 21, Weitzel was honored with the 2016 Outstanding Educator of the Year award, presented by the Pennsylvania Association of Private School Administrators, which is comprised of more than 146 educational institutions across the state.

"I was truly surprised and honored when [school owner] Miss Debbie told me," she said. "I cannot thank enough the students and my colleagues who nominated me and wrote letters of support. I'm so fortunate to work with such amazing people."

According to Weitzel, designing hairstyles has been a part of her life for as long as she can remember.

"Ever since I was a child, I enjoyed playing with hair. It really picked up when I was a teenager—I was always doing someone's hair," she remembered.

Eventually, Weitzel took that love and turned it into a career, attending beauty school and then running her own business, Trudie's Hair Design, for 17 years. However, she decided that she was interested in giving back to the next generation of stylists, and eventually, after obtaining her teaching certificate, she came to Lancaster School of Cosmetology & Therapeutic Bodywork, where she specializes in



Lancaster School of Cosmetology instructor Trudie Weitzel was named Outstanding Educator of the Year in the state of Pennsylvania.

advanced salon and advanced technique training.

"I can't say enough about this school and the education that's offered here. It's fantastic. Everybody works as a team and supports each other. I feel really privileged to be a part of it, and I just love Miss Debbie and Mr. Jerry," she said, adding with a laugh, "I've been thinking about retiring, but I don't think I'll ever retire! It's too much fun!"

Weitzel said it's also the students who make the job so rewarding, and she loves encouraging them to keep moving forward.

"I keep telling my students, I don't think of this as work," she said. "This is fun! You need to have a passion for what you're doing. If you don't, it's not going to work. If you have passion, you'll be there and it's going to be great, and you'll be successful. And I always tell them to follow their dreams. They can do it."

When she's not teaching, Weitzel enjoys spending time with her son, Kori Walter, and grandson, Lucas Walter. She also likes sewing and restoring antique furniture.



Left to right: Hunter Hopkins, Awards Committee Chair, PAPSA; Trudie Weitzel, Outstanding Educator of the Year winner; Mark Bohen, President, PAPSA; Aaron Shenck, Executive Director, PAPSA

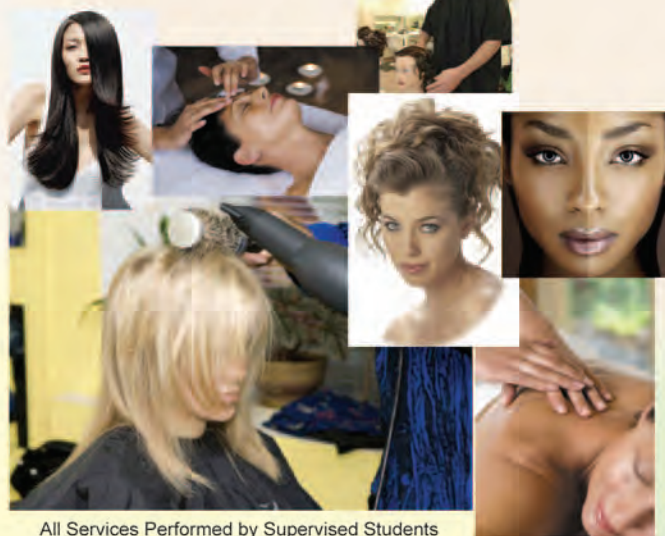


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Photo © David Schrichte

Pediatric Flatfoot Deformity: *When and Why it Is a Problem*



Keith Tyson, DPM

A flatfoot deformity occurs when the inside border of the foot appears flatter than normal. This type of deformity can occur in all age groups, although it is most common in children. Some of these children may progress to adulthood with painless, normal arched feet; however, others may have pain associated with their deformity. It is very important that the child with flat feet be evaluated by an individual who specializes in foot and ankle deformities.

Between nine and 18 months, when the child first begins to walk, the foot has less bony architecture and has a very chubby or fat appearance. This is a very difficult stage to determine whether or not the child has flat feet. At 2–4 years of age, the foot has less fat and more prominent bony structures. At this age, flat feet can become more noticeable. This is a critical time because at this age the foot is primarily composed of cartilage, and because cartilage is very soft, the abnormal forces caused by the flatfoot may cause permanent structural damage to the foot.

A flatfoot deformity in a child will cause numerous changes to the structure and hence the appearance of the foot. The inside of the arch becomes flattened, the front part of the foot appears to point outward, and the ankles appear to be rolling inward. The majority of cases of flatfoot in children are associated with ex-

cessive flexibility of the joints in the foot; however, the deformity may also be rigid or stiff in its appearance.

Since the flatfoot deformity causes some instability of the foot during walking, the child usually complains of pain in the arch, heel, or ankle as well as cramping in the legs. These symptoms are often increased with excessive standing, walking, or running and may lead to compensatory alterations in lifestyle.

After speaking with the parent and the child, the doctor will examine the foot with the child sitting, standing, and walking. X-rays of both feet will likely be taken in a standing position in order to recreate the foot in its weight-bearing state. At this point the doctor will recommend treatment based on the severity of the deformity.

If the child presents with a mild deformity and no pain, then generally no treatment is ren-

dered, and biyearly checkups are scheduled to monitor the progression of the deformity. On the contrary, if the deformity is moderate to severe, and the child complains of pain or cramping in the feet or legs, then treatment is indicated. Treatment generally begins with supportive shoes and an insert for milder deformities. The more severe cases will require functional foot orthotics in order to control the abnormal mechanics of the foot. Calf-stretching exercises are also commonly recommended for children because a tight calf muscle can worsen the flatfoot deformity over time.

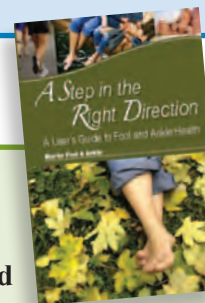
If the child has a deformity that does not respond to functional orthotics or stretching, then surgery to correct the flatfoot deformity is indicated. The main goals in flatfoot reconstruction are:

1) Convert a painful, uncontrollable foot into a pain-free controllable foot.

2) Arrest the progression of the deformity.

This may be accomplished using several different types of procedures based on the individual child's needs. The benefits and the risks of the surgery should be discussed at length with a foot and ankle surgeon.

Keith Tyson, DPM, is a Fellow in the American College of Foot and Ankle Surgeons. He graduated from Temple University School of Podiatric Medicine and went on to complete his residency at Northlake Medical Center in Tucker, Ga. His professional special interests include adult and pediatric symptomatic flatfoot correction. He joined Martin Foot and Ankle in 2005.



Free Book on Foot Pain and What You Can Do About It

Martin Foot and Ankle doctors have written a new book designed to give you the information you need to maintain the health of your feet and ankles, and they are offering it to the local community free of charge.

"We wrote the book because too many people suffer from foot pain unnecessarily."

— Martin Foot and Ankle Doctors

Local residents can order a copy of *A Step in the Right Direction: A User's Guide to Foot and Ankle Health* by visiting www.martinfootandankle.com or by calling 717-757-3537, ext. 7010, 24 hours a day. There is no obligation, no one will call, and we value and respect your privacy.

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How to Reduce Your Breast Cancer Risk



*Michelle C. Shen, MD
Breast Cancer
Program Director*

By exercising and maintaining a healthy weight, you may reduce your risk of developing breast cancer or having a recurrence if you're a breast cancer survivor.

Weight gain during adulthood is a strong predictor of breast cancer risk. Gaining more than 10 pounds increases your risk by 18 percent. A body mass index (BMI) greater than 33 increases your risk of breast cancer by 27 percent.

Women already diagnosed with breast cancer are more likely to survive if they are not overweight. Those with BMIs greater than 30 respond less favorably to endocrine and chemotherapy treatments than women of healthy weight, and have greater risk of developing cancer in another area.

This data tells physicians that we can't treat cancers with surgery, radiation and chemotherapy while ignoring the importance of maintaining a healthy weight.

Exercise to Reduce Weight and Risk

More and more, research is making a connection between exercise and breast cancer prevention and survival. Why?

- Exercise helps you control your weight.
- Exercise may lower estrogen levels, which can help reduce the risk of an estrogen-receptor breast cancer—about 75 percent of all breast cancers.
- Exercise may boost the body's immune system so it can fight the growth of cancer cells.

- Exercise can improve your mood and feeling of overall well-being.

French researchers recently examined studies involving more than 4 million women worldwide over a 26-year period. Those who were active had better odds of avoiding breast cancer. The most active women (engaged in more than an hour a day of vigorous activity) showed the most benefit, lowering their cancer risk by 12 percent. For breast cancer survivors, physical activity can reduce the odds of a recurrence, and increase the likelihood of survival.

A Little Bit Goes a Long Way

Best of all, you don't need intense exercise to benefit. Current national guidelines recommend you get about 150 minutes of exercise a week, which breaks down to about a half an hour of brisk walking five times a week. Last year, an analysis of data from the American Cancer Society demonstrated that walking, even at a pace of about three miles per hour, can reduce the risk of breast cancer.

It's hard to ignore the wealth of evidence that shows exercise influences your risk of devel-

oping cancer or having it come back. While the numbers vary depending on the research, the bottom line is always the same: Exercise and maintaining a healthy weight are important

to your breast health. Ready to take a walk?

To calculate your risk for breast cancer, take our online risk assessment at LGHealth.org/BreastProfilr.

Michelle C. Shen, MD, is a breast surgeon with Lancaster General Health Physicians Surgical Group and the Breast Cancer Program Director. She attended the University of Texas School of Medicine, did her residency at the University of Texas Health Science Center, and her fellowship at the University of Texas MD Anderson Cancer Center. As a fellowship-trained breast surgeon, she has extensive training and education not only in breast surgery, but also in areas like genetics, oncology, reconstructive surgery and the emotional needs of patients facing breast cancer. Watch Dr. Shen's video at LGHealth.org/BreastCancer.

Strength in cancer care lives here in Lancaster. And so do I.
— Dr. Michelle Shen, Breast Cancer Program Director

I'm proud to join the experienced team of breast cancer experts at the Ann B. Barshinger Cancer Institute. As a fellowship-trained breast surgeon, I see first hand the life-saving care that we deliver to our patients and the benefit of having everything, from 3D mammography to breakthrough treatments to support services, all under one roof. As part of Penn Medicine, our community has access to world-class medical care and groundbreaking research right here in Lancaster. **Strength in breast cancer treatment is here at the Ann B. Barshinger Cancer Institute.**

Learn more about our life-saving care and read a patient story at LGHealth.org/BreastCancer

Penn Medicine
Lancaster General Health
Ann B. Barshinger Cancer Institute



Shea F. Stevens, DMD, FICOI, and family

Creating confidence...
one *smile* at a time.

Dr. Shea Stevens
received the
prestigious award
of Top Dentist in
Lancaster 2016

General Dentistry

- preventive care
- root canals
- extractions
- whitening
- all-porcelain crowns and bridges (no metal)
- white fillings
- dentures
- periodontal disease therapy
- sealants

Cosmetic Dentistry

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

Dental Implants

- bone grafting
- sinus lifts
- surgical placement of dental implants
- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation



Sleep Apnea Devices

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



The Many Benefits of Dental Implant Therapy

Dental implants are the next best thing to healthy, natural teeth.

Strong and stable, a dental implant restores a lost tooth so that it looks, feels, fits and functions like a natural tooth. Other options can lead to bone deterioration, and may interfere with eating, smiling, speaking and other activities of everyday life.

Built to last. Dental implants are a long-term solution. Traditional, tooth-supported dental bridges only last five to seven years; although with proper care they can often last more than 10 years, at some point they may need to be replaced. While dental implants will likely need periodic adjustments, they can last a lifetime when properly placed and cared for over time.

Enjoy life without worrying about your teeth! No need to stay home or feel uncomfortable in public, embarrassed because your smile looks different, or worrying that missing teeth will limit your ability to join in the fun or that removable dentures or tooth-supported replacement teeth will loosen or fall out when you talk, eat or laugh. Teeth restored with dental implants are teeth that let you, not your teeth, lead your life.

Retain your natural face shape, and smile. A face without teeth can sag and appear sunken and sad. Dental implants allow you to maintain the natural shape of your face and smile.

Protect healthy bone. Leaving empty spaces in your mouth after losing one or more teeth can lead to additional health issues, such as the loss and deterioration of some of your jawbone. When it is not being used to support a natural tooth, the jawbone deteriorates, losing its strength and firmness. Dental implants are the only dental restoration option that preserves and stimulates natural bone, actually helping to stimulate bone growth and prevent bone loss.

Keep your teeth in your mouth—not in a cup. Dental implants allow you to keep your teeth where they belong—in your mouth. And no more worrying that your dentures might slip or fall out. Brush, floss and care for teeth that have been replaced using dental implants exactly the way you would natural teeth—in your mouth.

Speak easily. Adjusting to removable dentures can mean struggling to pronounce everyday words. Not so with dental implants, which function like natural teeth.

Eat your favorite foods! Taste and enjoy the foods you love without hesitation. You can bite naturally, eat virtually anything you want and, unlike removable dentures that can feel uncomfortable, you can experience the full taste of the food you eat with dental implants, too.

Keep teeth in place—silently. Dentures may slip when you eat, talk, smile, laugh, kiss, yawn or cough, so that you have to “reposition” them back into place in the mouth. Dental implants are fixed in place and fuse naturally with your jawbone, meaning your replacement teeth won’t move, click or shift.

Protect your healthy teeth. Placing a tooth-supported bridge requires grinding away the teeth on one or both sides of the missing tooth or teeth – thereby damaging healthy teeth to restore those that are missing. The modified healthy teeth are attached to, and support, the bridge. Dental implants go in the jawbone, in the spot where your missing tooth root was, without impacting healthy teeth. They also help prevent healthy, adjacent teeth from shifting, as they would if an empty space were left for an extended period of time.

More predictable than other repair and restoration methods. Dental implant treatments have a track record of reliable, long-term successful outcomes and are often considered “more predictable” than other treatments to repair or replace missing teeth, including bridgework, removable appliances and retreatment of failing root canal (endodontic) therapy.

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Heritage Design Interiors Holiday Open House Nov. 4–12



Anita C. Yoder
Interior Designer & President
Heritage Design Interiors Inc.

Heritage Design Interiors specializes in window treatments and décor 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 home.

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 profession-

al 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.

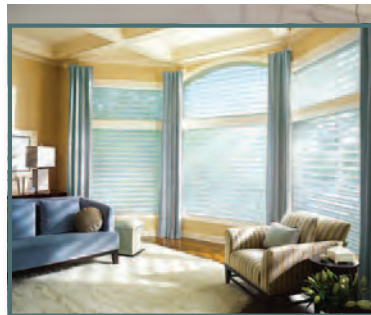
Heritage Design Interiors also offers custom window fashions, such as panels, draperies, swags, cornices, and valances, along with custom bedding, pillows, and window seats. You will be able to choose fabrics from our many fabric books that will complement your style of decorating.

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 4–12. 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.

Visit our website at www.heritagedesigninteriors.com. Join Heritage Design Interiors on Facebook for upcoming events, specials, and decorating ideas.



Heritage
Design Interiors Inc.

Join us on Facebook for special events & sales



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(Located in Blue Ball,
just west of Route 23 & 322)



Holiday
Open House

Join us for our Holiday Open House
November 4 ~ 12, 2016

Special Hours: Friday 9am–8pm / Saturday ~ 9am–5pm / Sunday ~ 12pm–5pm

Stop by and see beautiful holiday decorating in a Historic Inn.

Five Christmas Trees and Five Fireplace Mantels decorated in different colors and themes. Decorated Open Staircase.

Great time to start your holiday decorating & shopping!

Holiday Floral Designs * Wreaths * Swags * Ornaments * Garland *
Accessories * Santa's * Reindeer * Home Decor * Pottery * Candles & More!

Gift Certificates Available

Coupon for
Retail Store

20% off
One in-stock Item
Floral Designs • Art • Accessories
Mirrors • Lamps • Pottery

Coupon must be presented at time of purchase. Discount cannot be combined with another coupon/offer or used during clearance sale period or at warehouse sale. Coupon expires 01/31/17

Join us on Facebook for window treatment ideas & updates on specials & events.

www.HeritageDesignInteriors.com

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In Memoriam: Timothy "Tim" K. Hoar, 1958–2016



*Tim Hoar – LCW Logistics/
Distribution Manager.*

We here at Lancaster County Woman are sincerely saddened by the recent untimely passing of our long-time friend and distribution/circulation manager Timothy K. Hoar.

Born and raised in Lancaster County, Tim graduated from Lancaster Catholic High in 1976. He displayed an early talent for logistics and operations, and utilized that talent

in the business world in a number of ventures, including serving as store manager for a local department store, operations manager for a construction company, and purchasing manager for a plastics manufacturing plant.

After leaving the corporate world in 1993, Tim worked as property manager for the estate of the late Joseph Notargiacomo, and when *Lancaster County Woman* launched in 1998, he was the perfect person to manage and supervise personnel involved with distribution and circulation.

As the years passed, Tim became a valued member of the team. For each issue, he was always on hand to assist with distribution to LCW readers across Lancaster County; managing sizable pallets of papers and large numbers of drop-off points.

His loss is deeply felt, and we extend our sympathies to his family and friends. Tim is survived by his mother, Catherine "Kitty" W. Hoar Guinter, and two brothers, James S. Hoar, married to Caroline, of Montana, and David S. Hoar, married to Donna, of Conestoga.

In his spare time, Tim thoroughly enjoyed playing golf, taking ten mile long walks, and reading biographies. His boyhood hero was the late former U.S. Vice President Hubert Humphrey, who he often quoted saying, "*The impersonal hand of the government can never replace the helping hand of a neighbor.*"

Tim, you were a fantastic friend and terrific "neighbor," always ready with a "helping hand." And you will be sorely missed. *Rest in Peace Dear Tim.*

New Market CEO Named for LRMC and HLRMC



Brooks Turkel

Brooks Turkel has been named market chief executive officer over Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. The appointment completes the search conducted by members of the boards of trustees, medical staffs and administrations of the two hospitals.

Turkel is a seasoned administrator who brings more than 20

years of experience as a hospital executive to the role. He served for the past five years as CEO of 198-bed Regional Hospital of Scranton and before that served as CEO of 135-bed Chestnut Hill Hospital in Philadelphia.

“Our hospitals have a long history of quality service in which we all take great pride,” said Gary Clouser, chair of the Lancaster Regional Medical Center board of trustees. “In addition to working with the hospital staff, volunteers and physicians, Brooks very much looks forward to engaging with the Lancaster Community.”

During Turkel’s tenure, he has worked to strengthen Regional Hospital of Scranton and contributed to development of the Commonwealth Health network in Northeastern Pennsylvania. Significant achievements include becoming the first U.S. hospital

with all four of the top orthopedics certifications from the Joint Commission and establishing the first accredited Chest Pain Center in Scranton. The hospital has added equipment such as surgical robots, cardiac cath labs and CT scanners, and is now only a few months away from opening the new Commonwealth Health Heart and Vascular Center.

“Seeing the successful work he has done in other Pennsylvania communities, we are excited to bring Brooks and his years of experience to Lancaster and Lititz,” said Stephen Iovino, D.Ed., chair of the Heart of Lancaster Regional Medical Center board of trustees. “He has a record of building strong and lasting relationships with hospital staff, volunteers and physicians which support the delivery of personalized, quality healthcare.”

Turkel has been active in the

community, serving on the boards of the Scranton Chamber of Commerce, University of Scranton Health Administration program, Northeast Regional Cancer Institute and Wright Center for Graduate Medical Education, and twice serving as chair of the American Heart Association Scranton Heart Walk. He is a regional policy board member for the American Hospital Association, board President for Watson Caring Science Institute and Treasurer for the International Association for Human Caring.

He earned his bachelor’s degree in accounting from Florida Atlantic University in Boca Raton and his master’s degree in business administration in health-care administration from the University of Miami in Coral Gables, Fla.

About Lancaster Regional and Heart of Lancaster

Regional Medical Centers, Lancaster County, PA

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. Heart of Lancaster Regional Medical Center is a 148-bed hospital in Lititz providing care since 2005. Both hospitals offer a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

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

Lancaster Resident Attends Pilot International Convention in Montreal, Canada



Barbara McCrary

Barbara McCrary, president of the Pilot Club of Lancaster, Inc., recently attended the 95th Pilot International Convention in Montreal, Canada. She was one of more than 620 Pilots who participated in the global event that drew representatives from the U.S., Canada, Japan, the Bahamas, and South Africa. Convention highlights included a spectacular Flag Ceremony, with Pilots from around the world, some in native dress,

who marched along with their country’s flag. Attendees also heard a keynote speech from Giovanni Gaudelli, a dynamic, uplifting and entertaining motivational speaker.

Additionally, convention participants attended workshops, learned about issues facing communities globally, elected international officers, voted on the 2016-2017 Pilot International budget and helped set the future direction for Pilot International.

“It was exciting to gather with so many Pilots from other countries. It’s a great reminder that Pilots are not only making a difference in our local communities, but also around the world,” said McCrary.

At the closing of the convention, Connie Moore of Moline, Illinois, was installed as the 2016-2017 Pilot International president. She will serve until

July, 2017.

Pilot International is a volunteer service organization focused on youth development and leadership, brain safety and fitness, and caring for families in need. Founded in 1921, the over 14,700 members include 340 Pilot Clubs worldwide and also 176 Anchor Clubs that are serving communities around the globe. Anchor Clubs for high school students, such as the one sponsored by the Lancaster Pilot Club at Hempfield High School and Compass Clubs for college students, comprise the youth organizations of Pilot International.

In addition to the Anchor Club at Hempfield High School, the Pilot Club of Lancaster makes an impact on the community through service. They were the founding organization for Meals

on Wheels in Lancaster County in 1967, and members continue to serve weekly. Members also visit schools to give presentations about brain safety using BrainMinders puppetry.

At present, the club’s premier project is working with county police departments to bring Project Lifesaver to all of Lancaster County. The program’s mission is to use technology in assisting individuals who may wander due to brain-related challenges.

The Pilot Club of Lancaster meets on the second Wednesday of the month at 5:30 p.m. for a dinner/business meeting at The Lancaster Elks Lodge #134, 219 North Duke Street, Lancaster. For more information or to get involved with the club, please contact Barbara McCrary at 368-9484, or visit www.pilotinternational.org.

Lancaster County Woman

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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, but thought they couldn't. There are no grades, tests, cell phones, or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

"Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn't

about speed, pressure or getting published. It's about taking a deep breath, harnessing what we feel, and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today's complicated world. The process begins with slowing down, unplugging our technology, and getting back in touch with the moment." She laughs. "That, alone, can lead to a happier life!"

Melissa works with schools and therapists, offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, privately, tailoring sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

She also conducts free, weekly workshops supporting adult cancer patients and caretakers, at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, and the Penn State Hershey Cancer Institute, Hershey, 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."

Fall Classes 2016

Women's Intro: "Writing Without Fear"

Tuesday evenings:
Oct. 25, Nov. 1, 15, 29, Dec. 6
(no class Nov. 8 and 22)
6:30–8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Women's Memoir Writing Workshop "Telling Our Life Stories"

Monday evenings: Nov. 7–Dec. 12
(no class Nov. 21)
6:30–8:30 p.m.
WFTH Lancaster Studio.
Please call for fees/directions.

Free Workshops for Cancer Patients and Caregivers

The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA
8-week series
Oct. 19, 26, Nov. 2, 9, 16, 30, Dec. 7, 14
(no class Nov. 23) • 6:00–8:00 p.m.
Registration required. Please call LGH Contact to register: 717-544-4636.

The Penn State Hershey Cancer Institute, Hershey, PA
4-week series
Nov. 10, 17, Dec. 1, 8 • 4:30–6:30 p.m.
Registration required. Please call CenterStage at 717-531-6421.



Write from the Heart

Therapeutic Writing Workshops for Adults, Children & Teens

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

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

Benefits of an Elective Ultrasound

Are there any benefits to an elective ultrasound? Should you choose one?

These questions are asked often, and the answers might surprise you.

Nondiagnostic, or elective ultrasounds have several benefits, the most important being the bonding that happens between the parents, siblings or grandparents and the unborn child. We often see parents quietly observe their unborn child, but they become more vocal and animated when they realize that their unborn child can hear them. Through elective ultrasound, parents gain a connection to the child...a connection that is continued once the ultrasound is over. A truly wonderful benefit is for the parents to talk more often to their unborn child, rub the pregnant belly so as to interact

with that unborn child and to love it more through these interactions due to the bonding that happens as a result of the nondiagnostic ultrasound.

A benefit rarely talked about is how mothers pay more attention to the stimuli that they introduce to the unborn child. Through nondiagnostic ultrasound, a mother realizes that what she feels, eats, hears and speaks become stimuli to the unborn child. They see a direct correlation between the juice they drink and "tasting" that the unborn child does as it smacks its lips. They realize that their child is curious as it opens its eyes in the womb while listening to the mother's or father's voice. They become aware that the unborn child can even be startled by loud noises, a barking pet or a loud sibling.

Our nondiagnostic ultrasound also gives the family many pictures. Diagnostic ultrasounds are mostly conducted in 2D, but our nondiagnostic ultrasounds are performed in 3D/4D. We offer this area's first and only HD ultrasound experience. The HD mode is the newest in ultrasound technology. It offers amazing, realistic and truelife images by using advanced skin rendering techniques. Our machine has six different HD settings, which will eliminate most of the "waves" or "white noise" interference that the 3D mode typically allows. The LIVE mode is absolutely amazing! Call us today for more information, or visit our website at wombwithaview.com.

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



1630 Manheim Pike, Ste 2, Lancaster, PA 17601
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Ken Reed to Give Talk on Historical Novel, Lead Field Trip



Author Ken Reed

Lancaster Mennonite Historical Society. Then join Reed on a field trip on Saturday, October 8, from 8 a.m. to 4 p.m.

At the free book talk on Thursday, October 6, noted historian John Ruth will join Reed to discuss the historical setting the Swiss Germans encountered when arriving in the Americas. Commander Chuck Faust, of the Pennsylvania Regiment of the Colonial Reenactors, will be interviewed. There will be light refreshments.

Then, on Saturday, October 8, go with Reed on a field trip, “The Trail of Greenywalt’s Boys,” highlighting sites mentioned in “Both My Sons.” Reed says, “The tour follows the route of the main book character, Klaus Greenywalt, as he accompanies Scots-Irish militiamen and his murdered son’s body from Lancaster to Harris’ Landing in July 1755.” While the novel is

fictional, the events and locations are real—many of the sites will be visited, from the Benedict Brechbühl cabin site and Logan’s trading post along the Susquehanna to Harris’ Landing and Light’s Fort.

Registration for the tour is \$75 for Society members and \$90 for nonmembers. Register by September 13 online at lmhs.org, or by calling (717) 393-9745. The trip leaves from the Society’s headquarters at 2215 Millstream Road, Lancaster, Pa.

Reed spent his childhood near Swatara Gap in Lebanon County, attended Mennonite schools, and moved to San Jose, California, in 1977. He started several recruiting companies there and works today recruiting engineers for Silicon Valley high-tech companies. Reed’s previous historical novels, “Mennonite Soldier” and “He Flew Too High,” are available

through the Lancaster Mennonite Historical Society. His newest novel, “Both My Sons,” will be published by Masthof Press in fall 2016.

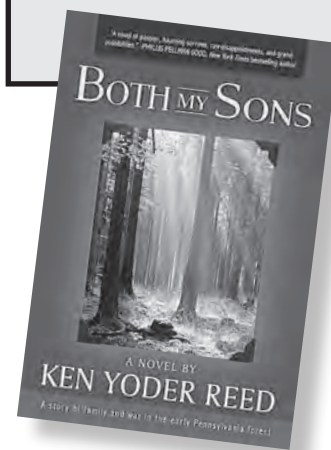
Tour participants are encouraged to read the book before the field trip if possible. Books can be ordered by calling the Lancaster Mennonite Historical Society at (717) 393-9745. Tour participants will receive a 15% discount on the book until October 8, the day of the tour.

Joanne Hess Siegrist is the tour coordinator. Joanne, the LMHS field trip committee chair, is an author, historian, and teacher, and brings a wealth of knowledge of Lancaster County history.

This field trip is part of the Lancaster Roots 2016 program, which represents joint events organized by the Lancaster Mennonite Historical Society and the 1719 Hans Herr House and Museum.

Join Ken Reed on Saturday, October 8, and visit sites relating to his forthcoming novel, “Both My Sons,” which explores Mennonite and Scots-Irish communities during the French and Indian War.

Reed will give a presentation and book signing on Thursday, October 6, for his new novel “Both My Sons,” at the Lancaster Mennonite Historical Society.



Get a new perspective on the history of Lancaster and Lebanon counties with Ken Yoder Reed, author of the forthcoming historical fiction novel “Both My Sons.” The novel looks at the Mennonite and Scots-Irish communities who settled next to each other, and shows the uneasy relationship between them. Learn more during his talk and book signing event on Thursday, October 6, at 7 p.m., at the

Penn Manor Senior Selected as Alcoa Foundation NatureBridge Scholar



Alex Newport, a senior at Penn Manor High School, and son of Linda and Fred Demmi and Keith Newport, had the opportunity to explore our national parks as an Alcoa Foundation NatureBridge Scholar this summer. Alex was selected from nearly 200 applicants from Alcoa communities around the world to participate in the 2016 NatureBridge Alcoa Scholars program. He is one of 100 students around the world who participated in environmental exploration programs at Olympic, Shenandoah and Yosemite National Park this summer.

Alex learned about the program from

his stepfather Fred Demmi, who works at the Alcoa Lancaster plant. The program seemed interesting, so he applied and was selected to participate. Alex describes his experience:

“The highlight of the trip was meeting new people from all around the world and getting to know their culture. The experience I had will help me understand more about what the world is doing to our planet and limit my uses that impact the planet. Getting to see bears in the wild was the biggest surprise of the trip!”

The NatureBridge Alcoa Scholars program enables young leaders from Alcoa communities in 13 different countries to experience diverse cultures, immerse themselves in nature, and develop environmental literacy. The partnership program, now in its third year, has almost doubled its capacity from the prior year to allow 100 teens to participate during the 100th year of the National Park Service.

The 2016 Alcoa Scholars participated in an 11-day summer program that included multiday backcountry expeditions and discussions on global environmental issues, and completed their journey with a stewardship project designed to give back to the national park.

New Musical Water Fountain Exhibit

The Lancaster Science Factory along with engineering students from Elizabethtown College have debuted a new Musical Water Fountain at the Lancaster Science Factory. The new exhibit, built as a class project by the engineering students, demonstrates how solenoid valves work.

The Water Fountain shoots seven different streams of water in time to various songs that the guests can choose. Each valve represents a certain bandwidth of frequencies. The valves send water upward whenever their corresponding frequencies are present in the song. Three-way solenoid valves are used to direct the water upwards and exhaust it out the bottom of the valve.

The students on the project include: Gabrielle Genvario, Electrical Engineering; Thomas (Tommy) James, Mechanical Engineering; Parke Martin, Mechanical Engineering; Ryan Shirk, Mechanical Engineering; and Adam Snyder, Mechanical Engineering. The project came together because the students wanted to combine mechanical and electrical engineering concepts, and they decided this is the perfect way to do it.

“I’m very proud of these engineering students for doing such strong design work on this project,” said Dr. Sara Atwood, Director, EPIC Scholarship

Program, Assistant Professor of Engineering and Physics at Elizabethtown College. “They are a great example of our Elizabethtown motto, ‘Educate for Service,’ and I know they’ve worked hard to engage kids of all ages and backgrounds in learning about science. Hopefully we are helping to create the next generation of young engineers with the musical fountain,” she adds.

The students spent the entire school year developing and working on the exhibit in collaboration with the Lancaster Science Factory. In a group interview, the students agreed that the ultimate purpose for the project is to get kids to develop an interest and curiosity in engineering, especially mechanical and electrical engineering. “We wanted to get kids to start to think about how this works,” said Shirk.

There was plenty of bonding time while working on the exhibit, and the students laughed when they recalled how they flooded the lab one day. “We were using the basin for splash testing, but it collapsed on us. twenty-five gallons of water on the floor,” said James.

The Musical Water Fountain is currently on display in the Mueller Hall of Science at the Lancaster Science Factory.

Holding on to Hope, Seven Years Later



Gina Miller, nurse, country music singer advocates for fellow nurse, mom, and missing person Toni Sharpless

istered nurse and mother from Lancaster County.

For the past six years, Miller has kept Sharpless's story alive in part by participating in *The Squeaky Wheel Tour*, an annual concert series created by non-profit GINA for Missing Persons FOUNDation to raise awareness of the more than 84,000 people who go missing each year.

"The Squeaky Wheel Tour is the single most important thing I do all year long," said Miller. "We need to find Toni and give closure to her parents and her beautiful daughter. I am holding on to hope, and won't stop until she comes home."

The Squeaky Wheel Tour features artists who "adopt" a missing person from their state and serve as their advocate during performances, appearances, and more. Over the next few months, Miller will perform at several venues to advocate for Sharpless, including a performance on Saturday, Sept. 24, at the Ephrata Fair in Ephrata, Pa., and Sunday, Sept. 25, at the Downingtown

Fall Fest in Downingtown, Pa. More performance dates and locations to be added.

At the time of her disappearance, the blue-eyed Sharpless was wearing a turquoise shirt with black tights, black sandals, and turquoise earrings. She is 5'5" and 135 lbs. with red/brown hair and a tattoo on her right calf. She was driving a black 2002 Pontiac Grand Prix GT with Pennsylvania tag DND-7772. The car has never been found.

In 2011, Miller co-wrote *Missing Piece*, a tribute single to family members and friends of a missing person. She signed with legendary producer Jack Gale and his independent Nashville label, *Playback Records*, in 2015 and recently released a four-song sophomore EP titled "Angel from Montgomery," featuring originals and cover music, including the 1971 single "Angel from Montgomery," originally written by John Prine. Miller's version is currently being played on country music radio stations in nearly all 50 states.

MISSING

Missing since August 23, 2009 from Gladwyne, PA
TONI LEE SHARPLESS



Age Missing: 29
D.O.B.: December 27, 1979
Height: 5'5"
Weight: 135 lbs
Hair Color: Reddish Brown
Eye Color: Blue
Gender: Female
Race: Caucasian



Identifying Characteristics: She has a tattoo on her right calf. She suffers from Bipolar disorder.

Clothing/Jewelry: A turquoise shirt with black tights, black sandals, and turquoise earrings.

Circumstances: Unknown. She was last seen in Gladwyne around 3:00 a.m. at a house party. She was driving her black 2002 Pontiac Grand Prix GT, with Pennsylvania tag DND-7772 (photo at left). The car has never been located and she has never been heard from again. Her case remains unsolved.

IF YOU HAVE INFORMATION ON THE DISAPPEARANCE OF THIS PERSON, PLEASE CONTACT:

Eileen Law: 1-610-388-1776

Or

West Brandywine Police Department: 1-610-380-8201

GINA
For Missing Persons FOUNDation
www.411GINA.org

If you have any information about the disappearance of Sharpless, please call the West Brandywine Police Department at 610-380-8201. You can also visit www.MissingToniSharpless.com to submit tips anonymously. For more information about Gina Miller, visit www.ginasong.com or Facebook.

Never Ask These 9 Questions on a First Date

Everyone wants to make a good impression on a first date. But sometimes asking the wrong questions gets in the way of those good intentions, sabotaging your date and ruining the possibility of seeing this person again.

Sharon Schweitzer, an international etiquette expert, author and founder of Protocol & Etiquette Worldwide, says never ask these nine questions on a first date:

- 1. How long ago was your profile photo taken?** "If meeting through an online platform, profile photos may be photo-shopped, dated or misleading. Asking this question is an attempt to undermine confidence," Schweitzer says. "A better approach is, 'You look even better than your picture.' If you don't find your date attractive, say, 'It's nice to finally meet you' and be silent about the photo."
- 2. What kind of people do you like to date?** "This leads to comparisons between your

date and past romantic flings, which can truly be the kiss of death," Schweitzer says. "Keep past relationships where they belong, and be present in the moment, especially on the first date, creating new memories rather than dredging up old ones."

- 3. How do I look?** "First dates make us all nervous, but asking this question can lead to quizzical looks, eye rolls, answers you may not like or believe, and are seen as fishing for compliments. Yes, first dates are about physical attraction and chemistry, but second dates won't happen without an intellectual and emotional connection as well. Be curious, focus on intellectual pursuits and building these. Be interested in your date rather than worrying about yourself."
- 4. Who are you voting for?** "The more you get to know someone, the more you'll be

able to navigate the turbulent waters of political conversation," Schweitzer adds, "Talking about world issues, news and current events helps you understand their values; avoid direct questions about political opinions on the first date. Nothing can shut down a convo like differing political views, especially this year."

- 5. Do you usually order/eat this much?** "Whether it's a date or your partner, people are sensitive about food," Schweitzer says. "Never make a comment about how much food your date is eating because nothing good will come from it. Medical conditions, culture, health restrictions, food sensitivities and fasts all impact consumption. Keep your observations to yourself."
- 6. Do you want to split the bill?** "There's no going Dutch on the first few dates," Schweitzer says. "Even though

women do ask men out these days from time to time, the man is still expected to at least offer to pick up the bill. In time, if a relationship is established, then it's acceptable to go split the bill. Chivalry still stands, and a man paying on those first few dates is as important as him opening the car door and carrying her packages."

- 7. When do you want to get married and have kids?** "A first date is not the time to talk about tying the knot and bringing little ones into the world," Schweitzer says. "A first date is a test of compatibility and for having fun. Talking long-term goals is important way down the road. In the beginning, it will work against you and scares many potential dates off."
- 8. Are you having fun?** "There's no reason to ask your date if he/she is having a good time," Schweitzer says.

"You know when your date is having a good time because of the chemistry, it feels right and you're connecting on an emotional level. You also know when things aren't going well. Asking the question makes things unnecessarily uncomfortable."

- 9. So what's your salary?** "This question is off limits for a long time when you're dating," Schweitzer says. "At this stage in the game, finding a compatible partner with an emotional connection is the priority. After your discussions of their hobbies and outdoor activities, you can always ask what they do when they are not windsurfing, rock climbing or running 5Ks. Their response will more than likely give you an idea of their financial situation."

Visit Sharon's website at www.protocolww.com.

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Domestic Violence Services of Lancaster County
Catalyst for Change

24-Hour Hotline: 299-1249

31 Years of Giving a Voice to Victims
DOMESTIC VIOLENCE SERVICES OF LANCASTER COUNTY

A Community Action Program of Lancaster County
299-9677 • www.dvslanc.org

Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

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

Seeking Volunteers

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

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

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



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717-285-3330

Village Center at Mountville
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Mountville, PA 17554
www.reneespetgrooming
salon.com



New Thrift Store to Benefit Homeless Pets

The Lancaster County Thrift Store will hold a Grand Opening celebration on Saturday, September 24, 12-5 p.m. Lancaster County SPCA has opened this new store at 828 S. Prince Street, Lancaster, next to the shelter. The first 100 people to attend LC Thrift Store's Grand Opening celebration will receive a free gift.

This new store, which officially opened September 6, features gently used clothing, housewares, books, furniture, sporting equipment, pet paraphernalia, and more at prices everyone can afford. Thrift store proceeds will benefit LCSPCA's homeless pets.

Opening this store created three new jobs and countless new volunteer opportunities.

There are many people who want to help homeless pets but aren't comfortable working in the shelter. Volunteering in the new thrift store gives these people the chance to help both homeless pets and the community.

People can also help homeless pets by donating gently used items to the store during regular store hours.

The Lancaster County Thrift Store will be open Tuesdays, 12-5 p.m.; Wednesdays, 12-7 p.m.; Thursdays and Fridays, 11 a.m.-6 p.m.; and Saturdays, 12-5 p.m. The store will be closed Mondays.

For more information, visit www.lancasterspca.org or call the store at 717-475-0771.



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Spay and Neuter Pet Clinic



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

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

If you have a dog or cat that is not spayed or neutered, please read the facts below on the im-

portance of having this simple and potentially lifesaving procedure performed on your pet.

Why spay or neuter dogs and cats?

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





hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

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

We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most.

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

Give for the Animals!

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

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2195 Lincoln Highway East, Lancaster
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Visit our website at www.humaneleague.com

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



A. L. Segro

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.

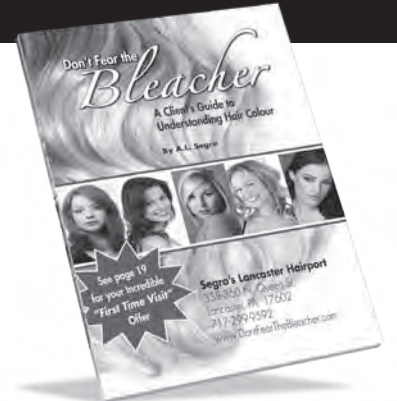
Anyone who would like a copy of this book at no cost to them at all should just call **877-702-3081** 24 hours a day, or go to **www.DontFearTheBleacher.com** to request a copy.

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**.

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

Get the
answers **now**
in a
Free Book!



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

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 lackluster 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.

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

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

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



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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.

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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.

Making House Selling and Buying Easier for Seniors



*Rochelle "Rocky" Welkowitz
Mature Adult Relocation
Specialist*

After living for so many years in their homes and collecting not only valuables but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle "Rocky" Welkowitz, Lancaster County's first Real Estate Specialist for mature adults (with Prudential Homesale Services Group) is making the entire process easier for seniors.

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

Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture

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

Many of her clients of the last 31 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their

children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky's services as the "missing link" in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

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

Need a Speaker for Your Group?

Let Rocky Share Her 31 Years of Downsizing Experience.

Call
717/615-6507

See our ad page 33.

Dutchland Derby Rollers Fall Season

The Dutchland Derby Rollers (DDR), Lancaster's premier flat-track roller derby team and proud member of the Women's Flat Track Derby Association (WFTDA), are pleased to announce their return to the track for the 2016 fall season.

The season kicked off with a doubleheader at Overlook Activities Center, located in Manheim Township, on Saturday, September 10. The Dutchland Blitz took on the Harrisburg Area Roller Derby All Stars. Harrisburg Area Roller Derby has been a member of the Women's Flat Track Derby Association since 2006.

The night included a fun, competitive Sock-It-To-Me Skirmish game that featured our home team and players from select Delaware teams. This game will benefitted The Arch Street Center as we encouraged all fans to bring a pair of socks to be donated; in turn they received a \$2 dollar discount on tickets at the door with a pair of socks.

Flat track roller derby is the fastest-growing sport in America, and Dutchland Derby Rollers are proud members of the WFTDA. WFTDA is the international governing body for the sport of women's flat track roller derby charged with setting the standards for rules, seasons, and safety within the association.

The Dutchland Derby Rollers cherish their role in the local community. Each home bout, the ladies of Dutchland work with a local community organization to promote their cause. In turn their community partner receives a portion of the event's ticket sales. In the past seven years Dutchland has donated over \$28,000 to worthy causes across Lancaster County.

Dutchland's September 10th game featured a community partnership with the PA Breast Cancer Coalition. The PA Breast Cancer Coalition (PBCC) was formed in 1993 by a dedicated, active and effective group of breast cancer survivors who had

one common mission: to find a cure for breast cancer. Every program, event and campaign is carried out with that goal in mind. Today, we are the source

of action and information for Pennsylvania women with breast cancer and their families.

Please join us to support the Dutchland Derby Rollers athletes,

the PA Breast Cancer Coalition, and the Arch Street Center. For more information on purchasing tickets, please visit us online at www.dutchlandrollers.com.

Woodward Hill Cemetery Launches Brand-New Website

Woodward Hill Cemetery recently launched a brand-new website, www.woodwardhillcemetery.com. The new website, designed by vice president of the Woodward Hill Board, Carrie Hill, will allow the cemetery to more effectively market burial options, provide up-to-date information on special events, highlight cemetery partners and sponsors, spotlight significant Lancastrians buried at Woodward Hill as well as provide a convenient online giving option. According to Woodward Hill Board member Charles F. "Chip" Snyder Jr., the new website couldn't have come at a better time. "It's important for our community to know Woodward Hill is an active cemetery with many choices of traditional burial lots as well as cremains burial options. At a time when many local cem-

eteries are full or in the case of many church cemeteries, only available for members, Woodward Hill Cemetery is a very attractive option." The website also provides information for visitors as well as cemetery rules and regulations.

The new website is also timely as it is being used to promote the upcoming "Trick or Trot 5K and Monster Run for Kids," which will be held on Saturday, October 29, 2016. The 5K begins and ends at Woodward Hill Cemetery and continues through a portion of the Lancaster County Park. The Monster Run for Kids takes place entirely inside the cemetery. The website features race information, registration information, schedule of events, as well as information about race sponsors. The event jointly benefits Woodward Hill Cemetery

and the Lancaster Recreation Commission's Youth Athletic Scholarship Fund. Event sponsors who have pledged \$750 or more to date include LNP Media Group; Heritage Estate Monuments, Inc.; Murray Securus, EHD; The Willis and Elsie Shenk Foundation; Lancaster Regional/Heart of Lancaster; Sequinox; Barley Snyder, LLP; and Clermont Wealth Strategies. Additional sponsorship opportunities are available. Please contact Heather Hannon, Marketing and Development Manager for the Lancaster Recreation Commission at hhannon@LancasterRec.org for more information about becoming a Trick or Trot 5K and Monster Run for Kids sponsor. Online registration for the event is available at www.pretzelcitysports.com



501 South Queen Street
Lancaster, PA 17603

WoodwardHillCemetery.com

717.872.1750

National Register of Historic Places

4th Annual Trick or Trot 5K & Monster Run for Kids



SAVE THE DATE - OCTOBER 29, 2016



Join us for a **"SPOOKTACULAR"** day of friendly competition and fun!

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Choosing YOUR Fantasy Team



*Jeffrey C. Goss, Esquire
Brubaker Connaughton Goss &
Lucarelli LLC*

Just as those who participate in fantasy sports leagues, you, too, should spend the time to research your choice of professionals to surround you when tackling your estate plan, and not merely pick someone by default because you are too busy to take the time to make the right choice. The advantage in your fantasy league of professionals is that more than one person can choose the same professional. So how do you

choose your team and who is part of that team? For any solid team, you need to cover all your positions well. When it comes to proper estate planning, that team should be composed of your financial advisor, your attorney and your accountant.

Similar to your choices to build a winning sports team, each professional should be chosen after reviewing their experience, past performance, longevity and suitability. The experience of your professionals can be determined by a combination of age, a review of his or her resume and relying on trusted referral sources and advisors.

Past performance can be checked through these same referral sources, but also in asking the professional pointed questions about their experience and by assessing his or her ability to address your unique needs. Setting up an initial meeting or phone call to discuss your needs is important.

Longevity can be determined by considering the professional's age and, in some cases, considering the firm and its staff, who may step in when your chosen professional chooses to retire. Longevity is important in estate planning, as this professional will likely be sitting down with your family to walk them through the legal process after you pass away. Having a professional who treats your family with respect, who is capable of handling the job and one who performs the role honestly and fairly is key.

Suitability is a factor many people overlook. However, picking someone who works well with you and your family can save a lot of heartache and expense. Picking an advisor who may not relate well to your children, your other professionals and your particular plan is not only counterproductive, it can also lead to more fees and frustration for your family.

All this is why it is very important when you build your team that you have them either meet or communicate with each other. When I handle estate plans, I insist on not only knowing who the professionals are and if the particular plan needs particular beneficiary designations or has unique tax issues, but will also reach out to the other professionals to ensure proper planning is discussed. Even better, you should have your chosen professional team meet your family members or trusted friends who will be in charge of your affairs. When I have the opportunity to meet a client's power of attorney/executor, the process of this person having to step in and meet me is already over, saving on time and fees, and allowing this person to step in much more readily, as they know who to contact, and I already have the connection as well.



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A Key Difference in Mental-Health Treatment for Children Versus Adults



C. Katherine DeStefano, PhD, LPC

Many key aspects of effective mental-health treatment for adults, such as positive rapport, privacy, safety, and boundaries, are also essential for minors. However, children and preadolescents experience therapeutic care differently than their adult counterparts. Youth, at least those 8–12-year-olds sharing their ideas with me, noted, “It’s therapy but in a fun way... games, but in therapy ways.” The word “fun” seemed synonymous with positive thoughts

and ideas voiced by 20 children in relation to many aspects of their treatment experience.

Mental-health professionals do not implement techniques with children and preadolescents in the same way they, most likely, would with adults or older minors. According to the 20 children and preadolescents I interviewed, individual psychotherapy involved a play activity, which acted as the medium through which their therapists addressed their treatment goals. Specifically, youth identified 33 different games, most of which were commercially sold board and card games modified by their therapists to “teach [them] stuff—instead of...the original...directions.”

Games were not simply “Candyland” or “Uno” but a vehicle through which therapists delivered each child’s mental-health treatment and a direct reflection of their voice in the therapeutic process. In the words of the children, “We play games like

[Game Name A] but [therapist] sort of makes a twist to them like for [Game Name A]... [Therapist] sort of says when you get there, share a time about when you ever experienced that or want to experience that...”

“It’s like fun and we learn things...like life lessons or something. It helps me more...”

“It helps me by, if I get in a situation where I need to use the strategy, I can use it and it makes it easier.”

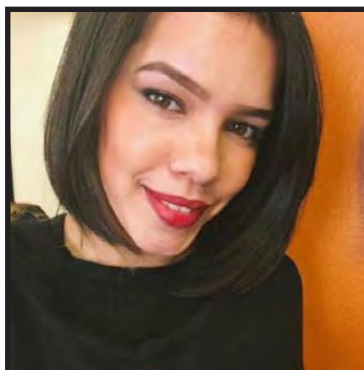
That said, therapeutic care for children aged 8–12 seemed to universally involve games as a means to reach treatment goals for youth diagnosed with mood, anxiety, and/or behavioral disorders implemented in a manner suited to address the specific “child” client’s needs. The delivery method, a game restructured, seemed to improve the adoption of the new idea for the children. When seeking mental-health care for children, remember that their play is their therapy.

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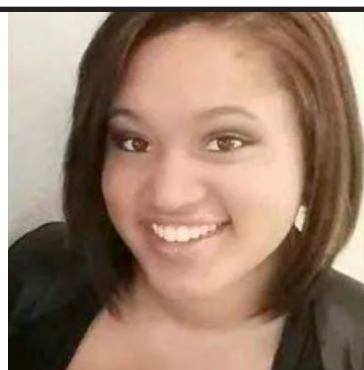
Ashley Vega

Ashley is an up-and-coming stylist from the Lancaster County area and is the mother of a 1-year-old, Zaylen. He is her drive for success! Her love for modern and creative looks is just one of many reasons why she loves what she does. She has been employed at Ego Trip Hair Salon for about one year and loves the friendly, spiritual and professional environment the salon offers. She is eager to further her career in the beauty industry as well as learn and grow more with Ego Trip Hair Salon.



Alana Allia

Also a native of Lancaster County, Alana has always been interested in fashion, hair and makeup. After studying cosmetology at Empire Beauty School in Lancaster, she began her career at a previous salon, where she specialized in bridal hair and makeup. After honing her skills and learning new techniques, she spent time in a few other salons before finding a home at Ego Trip Hair Salon. She has years of experience with cutting, coloring and styling hair, and truly enjoys making her clients feel special. Her passion lies in restoring hair to its healthy stage, and she specializes in natural hair care.



Leanna Crespo

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



Markiana Robertson

Markiana is a master stylist here at Ego Trip Hair Salon. She has been professionally doing hair for about 12 years in the Lancaster area. She has a love for all she does, especially short hairstyles and creative technique when it comes to color. She is well trained and skilled in working with natural curly hair texture and advocates on the health of your hair. Her love for the Lord shows through her workplace, and what humbles the heart is the fact that she can minister to her clients’ physical needs as well as internal uplift. She is a mother of two biological children and two stepchildren. She enjoys nature walks, reading and missionary work. At the moment she is currently in school majoring in communication along with her work in the beauty industry. She is very passionate about her work as well as her love for Jesus Christ and the Gospel.



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Tamara Hyson & Leanna Crespo



Dr. Gayle Jaeger Is Helping Out



Gayle H. Jaeger, DVM,
MSpVM, DACVS
VCA Smoketown Animal Hospital

by Michael C. Upton

Every child wants to care for animals; this is the belief of Dr. Gayle Jaeger and the reason why she pursued a career as a veterinarian. "Actually, my family was blue collar, and we were always working on things and fixing things," said Jaeger, who grew up in Long Island, New York. "Being

a veterinarian was a way for me to incorporate something I was already good at with something I loved—playing with dogs and kittens as a child. It is the best of both worlds."

At one point she considered entering a field of human medicine, but she is glad she took the circuitous route she did. From her days as an animal-loving child in Long Island to her regular office at VRC Specialty Hospital in Malvern, Pa., Jaeger's education took her to four different states—one of them twice.

She began her formal education by attaining a Bachelor of Science degree from Syracuse University and then traveled south to North Carolina State University, where she earned her Doctorate in Veterinary Medicine. For her academic internship she attended Oklahoma State University, and for her specialized surgical internship, she worked with Affiliated Veterinary Specialists in Orlando, Florida. She returned to

N.C. State for her surgical residency training while earning a master's degree in Specialized Veterinary Medicine.

Jaeger specializes in small animal—like cats and dogs—orthopedic surgery, concentrating on the areas of soft tissue, bone marrow, fracture repair, joint stabilization, and angular limb deformities. To get further experience in this specific field of science, Jaeger worked with California Veterinary Specialists in San Marcos, California, who focus on orthopedics and surgical oncology.

According to the Orthopedic Foundation for Animals, chows and pugs rank numbers one and two in elbow dysplasia cases. Pugs also rank second in hip dysplasia evaluations, followed by bulldogs. Knee problems are prevalent in smaller dogs; Pomeranians, Yorkies, and Australian terriers round out the top three breeds presenting the most cases of patellar luxation.

Jaeger recently presented a course on the correction of angular deformity in animals at an AO Foundation conference. The AO Foundation is a "medically guided nonprofit organization led by an international group of surgeons specializing in the treatment of trauma and disorders of the musculoskeletal system."

Outside of her work with animals, Jaeger enjoys getting outdoors, especially on a boat. When she was young, her family would fix up old, wooden cabin cruisers. Now she regularly heads out on the Chesapeake Bay. Oddly enough, Jaeger has no animals living with her at home.

"All of my patients are my pets," said Jaeger. She also spends a small amount of time at VCA Smoketown Animal Hospital.

"I enjoy the people there, so I decided to work an extra day and come help them out," said Jaeger. So, whether it's colleagues or furry friends, Jaeger is willing to help wherever she can.

Dr. Jaeger grew up on the eastern end of Long Island. Upon completing her bachelor's degree at Syracuse University, she took a turn from the cold, blistery winters of New York and attended veterinary school in beautiful and warm North Carolina State University in Raleigh, North Carolina. Knowing that she always wanted to be a surgeon, she continued her education with an academic medicine and surgery internship at Oklahoma State University, then a surgery-specific internship at Affiliated Veterinary Specialists in Orlando, Florida. She returned to North Carolina State University to complete her residency training and earn a concurrent master's in Specialized Veterinary Medicine. Seeking further sun, palm trees and warm weather, she spent the first few years of her career in San Diego. However, missing her family, she has returned to the East Coast and met her incredibly sweet boyfriend, Jim. Dr. Jaeger has been a part of the VCA team for the past five years.

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Lancaster's New Face in Venous Treatment



David Winand, MD, FACS

by Michael C. Upton

In April 2016, David A. Winand, MD, FACS, opened Advanced Vein & Laser Center at 896A Plaza Blvd. The state-of-the-art practice focuses on the identification and treatment of varicose veins and venous disease.

"Varicose veins are painful. They affect how legs feel and function. Many people put up with them because they are unaware of their treatment options," said Winand. "The treatments are minimally invasive, effective and do not require general anesthesia."

Advanced Vein & Laser Center provides more than 30 years of combined specialty care in the treatment of varicose veins. Originally from Hanover, Winand married after his fellowship at The Mayo Clinic in Rochester, Minnesota. He started his family in Lancaster and has been a member of the community since 2003.

Winand specializes in vascular and endovascular surgery, and focuses exclusively on

varicose veins, venous disease and superficial venous insufficiency. He emphasizes that his solutions enable patients to avoid hospital stays and general anesthesia. Patients get back to work sooner through minimally invasive techniques. Most procedures are covered by major medical insurance; there are some cosmetic procedures which may not be.

"You don't have to have visible varicose veins to have your symptoms be related to venous disease," said Winand. "Other symptoms are pain in the legs, fatigue, swelling, restless leg syndrome and ulceration of the legs due to venous disease. We can help."

The center offers free ultrasound screenings for new patients each Wednesday afternoon from 1:00 p.m. till 3:00 p.m. Sometimes, a potential client is not really sure if they need the services of Advanced Vein & Laser Center; the free screening will let both doctor and patient know for sure.

"You just have to call and make an appointment," said Winand. "We thoroughly evaluate all our patients, and we tailor the solutions to their specific needs." The motto for the clinic is "AVLC: Exceptional Care. Amazing Results."

"Anyone with varicose veins deserves an evaluation. We can help you find the right solution for you," said Winand, who encourages patients not to "put it off."



Left to right: Noreen Ramsey, CMA; Teresa Bentley, Receptionist and Insurance Administrator; Ana Diaz, MA; Tania Wagner, RDMS, RVT, Ultrasound Technician; Dr. David Winand, MD, FACS.

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After earning degrees in physics and mathematics with Honors from Juniata College, **Dr. Winand** completed his medical degree at Temple University School of Medicine, where he was awarded the Dr. J. Robert Troyer Award for Excellence in Anatomy as well as the Dr. Herman Brown Award for Excellence in the Study of the Art and Science of Surgery. Dr. Winand completed his internship and residency in general surgery at Temple University Hospital, where he received the H. Taylor

Casswell Award as Outstanding Chief Resident in Surgery. Next he completed specialty training in vascular surgery at The Mayo Clinic in Rochester, Minnesota. With more than 13 years working in the field of vascular surgery, Winand is board certified in both vascular and general surgery, and a Fellow of the American College of Surgeons. He worked for many years at Lancaster Surgical Group and was most recently Chief of Vascular Surgery at Lehigh Valley Health Network.