

# balance

SPRING ISSUE 2021

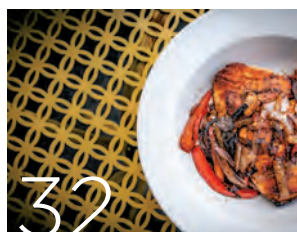
*life, community, style.*





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We believe our services prove their value by meeting three accounting and information needs common to small businesses.

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Second, Bill.com, our outsourced accounts payable system, guarantees highly effective control over cash. Plus, its electronic invoice approval and archival

processes represent excellent business practices. And perhaps our favorite feature: The checkbook essentially disappears!

Third, we deliver crucial financial management information, not just canned accounting reports. In addition to a balance sheet and income statement, what the small business CEO really needs are effective management reports that provide insight into key factors such as costs, cash flows and activity performance.

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If you own a growing small business and believe that improving your accounting and reporting systems is crucial for continued success, we believe we can help. Please contact our Small Business team at Regal Wealth Advisors to schedule a consultation.



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Recently, I've spent a lot of time in the kitchen and have really learned to experiment with new things and enjoy cooking. A dinner that everyone loves is so rewarding, but even when I have a kitchen fail (we don't like okra even if it's Cajun fried, and my cauliflower buffalo bites do stain if you spill them everywhere), it's still a lesson learned. And a lesson learned is a success in my book and inspires me to keep trying. The past few weeks, as we worked on our spring issue, I felt inspired quite a bit. Inspired by the chefs who love cooking so much that they've built a following out of their own kitchens, inspired by people picking up litter to make their part of the world a better place, and inspired by those making big career changes at all ages. I am even inspired to ditch my sweatpants for some spring fashions, even if it's just for a couple of days a week. Hopefully, we are able to inspire you as you read through our spring issue – and thanks so much for reading Balance.

*Lindsey McCallum*

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Portrait by Andrew Albright

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## ON THE COVER

Portrait by Quinn Staley

*With a big smile and even bigger flames, chef Oliver Saye will bring his African-Inspired cuisine into your home via one of Lancaster's new "ghost kitchens."*

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# I LOVE THE HOME YOU'RE IN

With the housing market moving at breakneck pace, remodeling a current space is emerging as a more attractive option for potential homebuyers. But, starting a remodel project can be an intimidating undertaking.

Finding an advocate that can help you select contractors, set project expectations, and identify the best products for the job is an excellent way to overcome initial hurdles. And while they might not feel like the most obvious partner, developing a relationship with your local building material supplier can provide the support you need to seamlessly kick off your project.

GR Mitchell, located just 5 minutes south of Lancaster city, has been offering guidance to homeowners for over

50 years. Their equally long relationships with remodelers and builders in the area have given GR Mitchell insight into which professionals excel at specific types of projects, giving you the inside track on who to trust in your home.

GR Mitchell's direct connection to a wide network of product manufacturers also allows them to easily pair your project with the right brand, style and price point. This can be particularly helpful if you're looking for the latest designs and technologies.

So whether you're looking to build a deck, remodel an existing kitchen, bath or basement, or even planning to construct an addition, checking-in with your local supplier can be a time/hassle/money-saving first call.

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# make room for houseplants

BY KATINA KAUFFMAN

*Indoor greenery doesn't just look good, it can also help your mood and your health.*



## Your Plant Style Guide

Decorating your home with plants that match your style is the ultimate way to define a space. Here are some pairing suggestions to help you nail your look.

TRADITIONAL  
Bonsai



TRANSITIONAL  
Orchid



SHABBY CHIC  
Kalanchoe



COASTAL  
Sago Palm



BOHEMIAN  
Pencil  
Cactus



**W**hen you consider the design elements that define your home's style, your thoughts might linger on items that fill out most rooms, like sofas, tables and rugs. Naturally, this makes it easy to overlook the incorporation of houseplants into your design – and even easier to underestimate the impact that they can have on your space. Here are a few reasons why you should incorporate plants into your home, as well as ideas for pairing them with your interior design style.

## Caring For Plants Can Be Therapeutic

Learning how to care for different plant species and cultivating new growth can be an incredibly rewarding and therapeutic hobby. Many plant lovers derive a sense of pride from watching their houseplants flourish. For experienced gardeners and novices alike, the process of watering, pruning and maintaining plants can be a reward unto itself. It represents an escape from the hustle and bustle of everyday life. The quintessential bonsai caretaker epitomizes this style of gardening, which is regarded in many cultures as a distinguished art form. If you are someone who is looking for a relaxing

hobby, or maybe you just love to create, the art of bonsai could be the perfect choice for introducing a new houseplant — and a new element of tranquility — into your life.

## Plants Can Boost Your Mood

Adding plants to your living space is one of the many ways that you can boost your mood through exposure to nature. Of course, nothing is better than being fully immersed in the outside world. However, if you are stuck inside due to work or weather, having a houseplant nearby could offer some surprising benefits. According to a study published in the Journal of Physiological Anthropology, interacting with houseplants can reduce psychological and physiological stress. Another study showed that people who introduced houseplants into their workspace experienced a 37 percent reduction in tension and anxiety.

## Plants Can Encourage Healthier Eating

Have you skipped over a recipe because the ingredients called for fresh herbs that you didn't have on hand? If so, you can probably appreciate the convenience that an indoor

herb garden offers to the home chef. Growing your own herbs is a fun way to embrace nature while enjoying the practical advantages of maintaining an edible garden, like saving money and time at the grocery store. Additionally, an all-access pass to a variety of your own fresh, homegrown herbs could make the routine of cooking more fun – and each bite more meaningful.

## Houseplants Can Help Your Health

There are myriad ways plants can improve your physical well-being as well as your mental state, according to WebMD. While plants with a lot of pollen or spores can make your allergies worse, other types of plants can actually help filter allergens from the air. Plants with textured leaves, such as violets, can trap allergens and mold spores. The same is true for Chinese evergreens and peace lilies. In the winter, you can combat the dry air in your home with spider plants, which can raise the humidity in your home by up to 10 percent. Of course, plants also give off oxygen, which is good for you in a variety of ways – for example, gerbera daisies continue to exude oxygen even overnight, so putting some in your bedroom may help you sleep better.

# ADD SOME *Whimsy* TO YOUR HOME!



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## MIDCENTURY MODERN Monstera Deliciosa







# *Summer in the* **SHADE**

**W**e are all looking for ways to save. Gas prices took a brief drop, but are heading back up. The cost of building additions is also increasing as the overall economy is trying to recover in a new, but safe way.

Many people are looking for ways to expand the usable area in their home without the high expense of an addition. That might mean looking to their decks, patios and porches. But often those areas are too hot or too wet, making them impossible to use.

At Kreider's Canvas Service, we experienced this firsthand on a deck where we were installing an awning. The air temperature was 87 degrees but the deck's surface temperature was 139 degrees -- YES --- 139 degrees, and it was only 11:30 in the morning. This is why you can't walk

barefoot on an unprotected deck or patio. By shading this area with a canopy, we were able to drop that temperature 52 degrees to the more comfortable 87-degree air temperature. Now the deck just became useful.

Each year we solve this "too hot" deck scenario hundreds of times. Often connected to these areas are large windows, which provide great solar gain with FREE HEAT OVER WINTER. However, in the summer, the air conditioners just barely can stay ahead with cooling the connecting interior room. Many people discover to their amazement that their AC units are running much less and their electric bills are lower after they install a removable-cover stationary canopy.

National studies by American Society of

Heating & Air Conditioning Engineers, the University of Minnesota, and the Professional Awning Manufacturers Association all provide solid evidence of energy savings of up to 77% when shading west- and south-facing windows with awnings. Additional studies have strong evidence of energy savings of 25% to 30% on annual energy costs by using removable canvas awnings. Permanent roofs don't provide near the annual savings.

Another benefit of a removable-cover stationary canopy awning is the seasonal additional shaded and dry area it provides. Summers are often the time when most people take vacations and spend more time outdoors. A stationary canopy provides a great area to unwind after work every day -- even if it is a rainy day. It can also make a "staycation" easier and more enjoyable.





Your deck area can become a regular vacation spot, where you can relax, enjoy the fresh air, and stay close to family and friends.

There are additional reasons for using awnings and canopies. They can protect doors, floors, carpet and furniture from sun fading. Window films and high e-glass can provide some protection, but other studies have found that the best protection comes from the outside.

The fabrics we use on today's canopy covers are rarely of true canvas (cotton duck). Most of our materials are synthetic weaves that look like canvas but last up to 10–20 years, compared to the old cotton duck covers, which would last only 5–10 years. We also can make a color recommendation so you get a great aesthetic feel in the area. Before we estimate, we normally do a site visit and suggest the best solutions.

Our staff has over 100 years of combined experience providing customers with canvas solutions for window, porch and deck areas. We are one of the most experienced local canvas companies, with the equipment and skills to manufacture

canvas products in our facility. Unlike most companies, we don't outsource our work. Our staff includes two fabric welders who use bonding methods that are stronger and more durable than traditional sewn seams. We can also do repairs in-house, which cuts down on costs.

We are celebrating our 46th year in the canvas business. We started in July 1975 with the goal of doing every job correctly, with the best materials and strongest attachment methods for every situation. We not only sell canvas products, but also install them, serving the area within a 60-minute radius of our Leola shop. We will also remove awnings from patio areas in the fall and reinstall them in the spring for better weather protection. However, with our superior designs and instructions, most customers find it simple enough to service their own awnings.

For more information, visit [www.Kreiderscanvas.com](http://www.Kreiderscanvas.com), where you'll find information about all of our products and learn how we can provide solutions for your deck, patio, window, walkway or porch problems. Feel free to contact us. We make suggestions, but never pressure.



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A man in a blue shirt and black overalls is using a power washer to clean a wooden deck. The deck is made of light-colored wooden planks. The man is holding the power washer nozzle with both hands, and a spray of water is coming out of the nozzle. The background shows some green foliage and a gravel area.

# Power Washing Professionals

**S**pring is in the air! And so are dust, pollen, and other particles that can wreak havoc not only on us, but on our home's exterior as well. Dust, algae, mildew, and more are unsightly and they can shorten the lifetime of your home's exterior features. Luckily, affordable yearly maintenance with power washing will do wonders for your home's appearance. It also adds value to your home's curb appeal, which can increase your home's value by more than 7%! Here is a comprehensive checklist of features you should consider power washing this spring.

## Solar Panels

Solar panels are an investment you will want to protect through regular

maintenance, either quarterly or yearly depending on where you live. If not maintained through regular power washing, you will experience a drop in efficiency of up to 15-20% due to buildup of dust, grime, bird droppings, algae, or mildew. Atkins' solar panel cleaning professionals use a pure water system to remove dirt and grime from your solar panels to leave behind clean, spot-free glass, which restores their efficiency.

## Brick & Masonry Waterproofing

Brick and masonry are made from porous materials. Over time, water can wear through brick, stone, and even cement. A leak or drip accelerates damage, creating cracks or leaks that will eventually compromise the integrity of the materials around it.

Brick and masonry surfaces should be professionally sealed. Atkins' experienced professionals can quickly protect your brick and masonry surfaces by selecting from many different sealers. Once they determine the job and the sealer, their skilled team professionally applies the sealant, so it maintains integrity for years to come.

- ADVERTISING FEATURE -



# Clean Siding Increases Curb Appeal

## Patios & Walkways

Patios and walkways covered with mildew, moss, and algae are slippery, making them unsafe. Moss can also leave behind ugly green and black stains that are difficult to wash off with a regular garden hose.

The experienced team of patio cleaning professionals at Atkins can gently clean your patio and sidewalks using an environmentally friendly solution without harming surrounding shrubs and lawns.

Whether your patios and walkways are made of brick, flagstone, cement, pavers, or stamped concrete, Atkins' team of exterior cleaning and maintenance experts will evaluate your cleaning challenges, and then choose the method that is most appropriate for your home and yard.

## Roofing & Gutters

All kinds of roofs in Lancaster County can accumulate algae, lichen, moss, mildew, and fungus. These naturally occurring growths can degrade or damage your roof's protection system, causing your roof's covering to weaken, thin, or even break apart at an accelerated rate. These types of roof contaminants can also result in embarrassing or unattractive discoloration, stains, and marks that ultimately will reduce the value of your property.

Whether your home's roof is constructed with asphalt shingles, cedar shakes, tiles, slate roof

shingles, metal, EPDM, or flat-style rubber roofing, Atkins is the roof cleaning company that can provide regular maintenance cleaning.

## Decks & Fencing

Sun, rain, humidity, cold, insects, critters, and even people can take a real toll on your deck and fencing. When these wear out, they can splinter, warp, or even rot, creating a real safety hazard. Luckily, Atkins has experience with pressure treated, composite, and hardwood decks and all kinds of fencing.

Atkins' environmentally friendly process effectively revitalizes the wood, giving it a like-new appearance. They also inspect your deck and complete repairs that make it safe and help it to last longer. Atkins' team will replace bad boards, correct drainage problems, and more.

## Siding

Pressure washing is a great way to remove dirt and grime to make your home's exterior look brighter again. Power washing removes harmful contaminants that can damage your home's siding if left untreated. Over time, algae and mildew growth can migrate under the siding and lead to expensive replacements and significant health concerns. Power washing your home on a regular maintenance schedule will prevent buildup and lead to a healthier, cleaner home.

Atkins' team of professional house cleaners will come to your home with the right tools and equipment for a thorough cleaning that will not harm your home's exterior. After an Atkins house washing, you may find that your home looks new again!



Call today for a free consultation and estimate for a cleaning to remove:

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# How To COMPLETE A ROOM

## *Maximize Your View*

Mount drapery panels on the wall, not your window casing, and place them so the edge is just kissing the glass. That way, they will cover the wall, not your view. The same goes for valances. Mounting them above the casing not only expands your view but makes your window look taller, too.

## *Style Your Collection*

Avoid lining things up in a row. Instead, create staggered groupings featuring objects of varying heights.





## Mix It Up

Combining pieces made from a variety of materials and textures adds interest to a room. Accessorize your space by incorporating glass, metals, wood and woven products.



## Functional Beauty

A pretty tray can serve many purposes throughout the year. Use it for parties, in a guest room, or as the base for a vignette on your kitchen island or coffee table.

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## Dress (others) for success

Lisa Torba went from insurance sales to image consulting



By Mary Ellen Wright | Photography by Quinn Staley

A lot of people probably think about “the road not taken” — the career path they yearned for but never journeyed down. But others have veered from their initial career path after many years, reinventing themselves in some way to work at something different — something they’re passionate about. Here are the stories of three people over age 50 in Lancaster County who pursued new careers in midlife, demonstrating what it took to reinvent themselves



**NAME:** Lisa Torba

**AGE:** 56

**FAMILY:** Husband, John Torba, three sons, Jake, Cole and Ethan Valva

**LIVES IN:** Manheim Township

**ORIGINALLY FROM:** Ho-Ho-Kus, New Jersey

**ORIGINAL CAREER:** Insurance, pharmaceutical sales

**PRESENT CAREER:** Menswear stylist for J. Hilburn

**ON REINVENTION:** “...you don’t have to have all the answers, because there’s people who have come before you who will gladly help you if you have passion.”

Lisa Torba always loved fashion.

“I had worked for Sak’s Fifth Avenue and Macy’s at different points in my life,” Torba, 56, of Manheim Township, says. “I thought I would actually have my own boutique one day.”

In her late 40s, after decades in unrelated corporate sales jobs, Torba found her passion, first as an image consultant for women, and now as an independent menswear stylist for Dallas, Texas-based J. Hilburn Inc.

When she graduated from Rider University with a degree in English, Torba didn’t know what she wanted to do for a career.

So she went into the family business — insurance.

“My father had a local agency in North Jersey, where I’m from,” Torba, of Manheim Township, says.

She worked in insurance on and off for several years, even running her own Allstate agency for a while.

At that point, she was a single mom of three boys, and wanted to make more money to support her family. So she went into pharmaceutical sales for a company called Transdermal Therapeutics.

“I didn’t know anything about pharma,” she says. “However, if you’re a salesperson, and you have the people skills and the sales skills, product knowledge is something that can be taught.”

When she got married, her husband, an entrepreneur, saw that she wasn’t happy or fulfilled in her previous career.

“He said to me, ‘What do you want to do?’ And I said, ‘I’d love to be an image consultant.’ So he said, ‘so, do it.’” Torba says.

“I didn’t know you could just ‘do’ something,” she says. “I’d been providing for my family for so long, I didn’t know that I could do anything for fun.”

In 2013, she apprenticed for six months apiece with two image consultants in Minnesota and California, and started her own

business, Your Signature Element, in Lancaster.

Then, “all my female clients kept sharing with me that their husbands, their boyfriends, their significant others really needed this service, and wouldn’t it be great if they had something like this,” Torba recalls. “I kept getting hit over the head with this same comment.”

Her husband suggested that might mean she should be a men’s stylist instead.

“So, I went searching for the unmet need in menswear. And it was J. Hilburn,” she says. “I am a menswear stylist. I have the best job ever. I get to dress men for a living.”

J. Hilburn is a custom and made-to-measure menswear business, Torba explains.

“We have 11 custom categories — everything except pajamas,” Torba says. “It’s business casual, casual wear, golf wear. ... We have everything from T-shirts to tuxedos.”

Torba meets with clients, either via Zoom or in person, in their homes or in her home studio. The clients fill out a questionnaire and she gets their measurements.

“And then, together, we pick out fabrics, buttons, all the things that will make their clothing,” she says.

“I put in my order, it gets sent to J. Hilburn and then it gets sent to our factories and then the clothes get made” from high-quality fabrics created by the sustainable mills J. Hilburn partners with, she says.

She has clients in the area and around the country. She’s even dressed a couple of pro football players. She also recruits and mentors other full- and part-time stylists for the company.

Having her own consulting business suits Torba much better than the sales jobs she started in.

“There’s been times as an employee of companies where you’re micromanaged,” Torba says. “It didn’t work for me. And I’m really good when I’m left on my own.”





## Heading a higher call

Martha Lester Harris made the jump from journalism and government to the seminary



**NAME:** Martha Lester Harris

**AGE:** 65

**HOMETOWN:** Wilmington, Delaware

**LIVES IN:** Lancaster

**FAMILY:** Husband, Randy; daughter Kathryn, and stepdaughter Amanda Harris Eden; her husband, the Rev. Chris Eden; and their four children

**PREVIOUS CAREERS:** Television news, state and federal government, entrepreneur

**PRESENT CAREER PATH:** Graduating from seminary in May, with the goal of becoming an Episcopal priest

**ON REINVENTION:** "I think it's really important that, if we have to work for a living, that we enjoy what we do."

**m**artha Lester Harris' life has been defined by reinvention. She has worked in television news, been a press secretary and held other jobs in state and federal government. She's also been an entrepreneur.

But at the age when many people are planning their retirements, Harris believes God has much more for her to do.

In May, at the age of 65, she is set to graduate from Lancaster Theological Seminary with a Master of Divinity degree and a Certificate of Anglican Studies, with the goal of eventually becoming an Episcopal priest.

Majoring in English and theater at Dickinson College is what brought Harris to central Pennsylvania from her native Delaware. Broadcast news is what kept her here.

In 1977, she got an internship at WLYH in Mount Gretna, and then was hired as a part-time studio camera operator for the weekend news at WHP-21 in Harrisburg.

She was eventually promoted to assignment editor — the job she held on the day of the nuclear accident at Three Mile Island.

"There I am, not even two years out of college. ... I get to figure out how we're going to cover the world's first nuclear power accident," Harris recalls. "So that was a life-changing event for me. It was my baptism by fire, my introduction to crisis management. It taught me lessons I've drawn on all of my career."

She considered climbing the ladder in broadcast journalism, she says, but she felt herself to be more community oriented.

"So I ended up transitioning into state government," she says.

She became press secretary to the state insurance commissioner and traveled around the state to work on insurance reform.

That led to a job as press secretary in the Washington, D.C., office of Sen. John Heinz in 1983, which in turn led to several other government jobs — and a Master of Public

Administration degree from Harvard University.

As chief operating officer of Pennsylvania Human Resources Investment Council's Workforce Investment Board, she was passionate about the then-new CareerLink employment program. But after her daughter was diagnosed with learning disabilities, Harris decided to step away.

"Randy and I sat down that Christmas and I made one of those critical working-mom decisions," she says — whether to implement the CareerLink program she had helped develop "or ... help my daughter get through school. Guess which one I chose?"

She is especially proud, she says, that her daughter was able to go on to graduate from Alvernia College.

During this challenging period in her life, her parents were also facing health challenges at the end of their lives.

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She had become interested in health care, co-founding InnerLink and helping develop tools to help schools and parents battle obesity in children.

But she also heard God calling.

"I had first felt a call to ordained ministry when I was 27, working for Gov. Thornburgh, living and working in Washington and active in an urban Lutheran parish that was very social justice- (and) urban renewal-oriented," Harris recalls. "At that

time I said to God, 'What do I know? I'm 27, I'm single, I haven't experienced life.'"

After her parents' death "and sifting through the range of emotions," she realized "how my faith and my prayer life kept me going through that..." just as it had through her daughter's learning challenges, "I finally said to God, I think I can do this."

As part of her education, she's volunteering with the team of chaplains at Lancaster General Hospital.

"I'm particularly drawn to healing ministry, because the work I've been doing ... was focused on wellness and health," she says.

Harris hopes to continue on the path toward ordination.

"I really hope to bring new life to the church," she says. "The pandemic has shown that we need to be ministers without walls, and perhaps focus less on the buildings and more on the building of souls."

## Brewing up a new business

Alberto 'Bert' Flores made the move from IT to craft beer

Like his father before him, Alberto "Bert" Flores went into computer science, choosing it as his major at Drexel University.

He has spent more than 33 years in information technology, most of it as a computer network engineer.

But a few years ago, when the business had become all-consuming, he got the idea that he might want to open a bottle shop — "just making a warm, inviting place that people would want to come to."

At age 47 — with only his family's financial resources and without any experience in the food and beverage industry — Flores made reinvention a reality in March 2017 when he opened Bert's Bottle Shop in Millersville Commons.

Though he still does some IT consulting work, he's working at the shop nearly every day, Tuesdays through Sundays.

The shop has 49 seats inside and about 60 on the outdoor patio; it offers 16 beers on tap, a choice of 350 beers and ciders to drink there or take out and a menu that features wings and flatbreads.

"I thought I wanted to be a programmer, like my dad, when I first started," Flores recalls. "And, within the first two or three years, I learned that I didn't want to program because I like to be out and talking to people, and I'm very outgoing."

He became a computer engineer — "infrastructure, servers, workstations, wireless, everything the IT world entails," Flores explains.

But, the nature of his job threatened to put a strain on life with his wife and kids.

"With what I do and did, it's not a 9 to 5," Flores says. "For me, I'm a relationship person. When my

customers entrust me with their networks and all their systems, they're my systems. So if they go down at 10 or 11 at night, I'm the one staying up worrying about it."

He realized he didn't want to keep staring at computer screens into his 60s.

"I talked to my wife about a transition-out plan," he says.

About 10 years ago, Flores got interested in a variety of beers, including Belgians, IPAs and barrel-aged stouts.

He started a beer club in which he'd buy a case of an interesting beer and split it among friends so they could talk about the beer later.

"That went from six people to 12 to 18 to 24," he says. He started wondering whether he could "parlay that into a tangible business — and here we are."

From initial idea to opening, the creation of Bert's Bottle Shop took nearly four years.

"My favorite thing about running the business is the sense of community that we have here," he says.

"We've always lived here. My wife and I both went to Penn Manor, and we're connected. This is our home."

"It's amazing that we had those three years to build up a following" before COVID-19 hit, Flores says.

Though Bert's has stayed open throughout the pandemic, aside from a few days in May 2020, Flores admits it has been a challenge.

"The worst thing was having to lay off our employees, and that's when we modified our hours and then I was here almost every hour that

we were open," Flores says.

Of the 17 mostly part-time employees he had before the pandemic, he's been able to bring back about eight.

"Our customers have been so generous and gracious in helping us through this," he says.

For those who may also be thinking of opening their own businesses at mid-life, Flores advises, "make sure your energy levels are up. Because it's a lot of work ... You need to be here. You need to be engaged in the business."



**NAME:** Alberto P. "Bert" Flores

**AGE:** 52

**FAMILY:** Wife, Amy; son Severiano, 19, and daughter, Isabel, 17

**LIVES IN:** Millersville

**HOMETOWN:** Born on a U.S. Army base in Germany; grew up in Washington Boro, and graduated from Penn Manor High School

**ORIGINAL CAREER:** Information technology (computer network engineer)

**PRESENT CAREER:** Owns and operates Bert's Bottle Shop, 369 Comet Drive, Millersville

**ON REINVENTION:** "Do all your research and know what you're getting into. And get a good accountant, right from the get-go."





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# Sweet Dreams

★ It's never too late to learn the right way to sleep

BY KEVIN STAIRIKER  
ILLUSTRATION BY BAILEY WATRO

**S**leep – everyone does it, but few seem to do it well. In my life, sleep has been a tough code to crack, a frustrating hobby that starts too late and ends too soon. As I approach the end of my 20s, I can look back and see many nights that went until the wee hours of the morning, but why? In the moment, staying up almost always feels like the right thing to do – for me, it means extra time to play the guitar, an extra level on a video game or sneaking in time for a movie or episode of a TV show.

I'm not an insomniac as such; it's more like I stay awake until my body decides to give out, usually around 1 or 1:30 a.m. In a vacuum, this isn't terrible, but throw in a fiancé who is in bed regularly by 10 p.m. and wakes up before 7:30 a.m., and suddenly my schedule looks even worse. On nights when my body gives out before I'm ready – otherwise known as falling asleep on the couch – I am generally woken up by that same fiancé, annoyed that she's losing her precious sleep on someone who doesn't really care about their own.

I do value that extra night time, but as I grow older, I have started to reckon with the fact that a lack of sleep can lead to serious health problems, such as high blood pressure, memory issues and a weakened immune system. I decided to try a few methods to at least get my sleep on track, if not reach that mythical eight hours a night, through a few different methods.





## Sleep App

The obvious starting point was a way to actually track the way I sleep and uncover what those hours look like. Unsurprisingly, it was pretty dismal. I downloaded the app "Sleep for Android," which can track not only your total sleep, but REM cycles and light and deep sleep cycles. The first few nights were brutal, at least according to the app – five hours and 48 minutes, six hours and 37 minutes and five hours and 52 minutes. Even a week later, I had forgotten what I even spent those extra hours on, but the stinging of the lack of sleep stuck with me. Of course, the first step is to recognize what you're doing, and the next steps are acting on it.

## Ring Fit Adventure

If you've read this far, it should come as no surprise that I am not someone who has healthy habits. For most of my life, I've managed to get by on good metabolism alone. Not so much at 29. I've never had a workout ethic, or spent time in a gym that wasn't in the sauna. My fiancé has had a gym membership for as long as I've known her, and has extolled the virtues of a good workout naturally tiring a person out. So, for my first committed workout, I found the perfect compromise in "Ring Fit Adventure," a video game for the Nintendo Switch. Combining the mechanics of a turn-based role-playing game with a functioning Pilates ring and leg strap that tracks workouts, it quickly became a no-brainer daily routine. While the cartoon mechanics and general silliness of the game might turn off the most hardened gym rats, a daily 15-20 minute exercise successfully tired me out. "Ring Fit Adventure" combines yoga poses, core muscle workouts and arm and leg exercises, and helpfully tells you the amount of calories burned at the end of a session.

## Melatonin

The key to it all is melatonin. Whether it's the naturally occurring hormone released from your pineal gland at night or any number of over-the-counter supplements designed to increase it, good sleep revolves around melatonin. I had heard from friends over the years that they swore by it, so one day I swung by a Rite Aid and tried it for myself. The bottle I got is a fast dissolve formulation, meaning you only need to take it roughly 20 minutes before you go to sleep. This put the power in my hands, which naturally had me trying to take it earlier in the night as this makeshift sleep study continued. I didn't take it every night, but when I did, I found myself going to bed slightly earlier and actually falling asleep faster instead of staring up at the ceiling for hours.

## Conclusion

After a month of tracking my sleep and seesawing between methods to help get a better grip on it, I somehow managed to increase my average hours of sleep from six hours and 15 minutes to an officially healthy seven hours. I still stay up "late," but that now means midnight or 12:30 at the latest. To someone who falls asleep shortly after their first yawn and rises when the rooster crows, that may seem like nothing. But for this seemingly permanent night owl, a hard-fought extra hour of sleep is the stuff dreams are made of.

# MEET JOE NOBODY

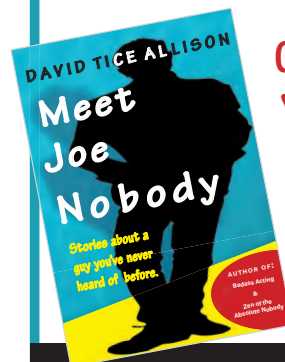


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- 2. Do you wake up with pain in your back or neck?**
- 3. Do you share a bed with someone who wants a firmer or softer mattress than you?**
- 4. Do you wish you could wake up refreshed and full of energy?**

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# spring *in your step*



According to designer Rachel Zoe, “Style is a way to say who you are without having to speak”. If that’s the case, I’m afraid my pandemic style has been silently saying that I’m a hot mess. I’ve been wearing nonstop sweatpants, pajamas, and T-shirts since March last year. Underwear? Optional.

However, vaccination rates are rising and spring is in the air. Perhaps I should set aside my flannels. But wait! One thing the pandemic has taught me is how much I like being comfortable. I asked some local fashion retailers about the latest in spring fashion (while listening closely to find out if I could wear these looks comfortably). Here’s what I found out:

## Spring Trend #1 **DRESSES**

According to Kathy Frey of Festoon in downtown Lancaster, “Dresses are trending this spring, especially soft, cottony baby-doll styles. I’m seeing a lot of vintage prints and colors ranging from pastels to much brighter summer colors like corals, pinks and fresh whites.” Dresses, Kathy says, are easy to wear for any age since there are both short and mid-length options.

### *But is it comfy?*

**Yes!** Baby-doll dresses have a loose, swingy silhouette that moves with you.

## Spring trend #2 **SKORTS**

If there’s one thing that is flying off the shelves at Clementines in Lititz, it’s skorts. Paige Garner says that Clementines has doubled their inventory of skorts. “People wear them golfing,





# Here's how to be *fashionable* AND *comfy* this season

then to meet their friends for lunch. It's an easy thing to run around in and change the look just by changing from sneakers to a pair of sandals." Finish the outfit with a nice T-shirt or a dressier blouse and you're ready to go anywhere.

## **But is it comfy?**

**Yes!** According to College Fashionista, "Skorts are all about functionality and comfort, without sacrificing the look of a skirt."

## **Spring trend #3 LAYERED ACCESSORIES**

Mary Shay and Pam Aeillo at Tiger's Eye in Lititz are seeing a lot of layered necklaces. "People are wearing three to four pieces at a time. We are seeing more delicate pieces and not as many big pendants. And people are mixing gold and silver together." Kathy at Festoon is also seeing this layering trend: "Necklace combinations can include two or three necklaces for an up-and-down visual, with vintage beads and lots of color." Using layering means that you can mix and match necklaces you already have with some new additions, thus stretching your fashion dollars.

## **But is it comfy?**

**Yes!** Necklaces are easy to wear and don't get in my way like bracelets sometimes do.

## **Spring trend #4 OVERSIZE IT**

Spring fashions can also be found at thrift stores, and for incredible prices. Sylvia Rayburn at the ReUzit Shop of New Holland keeps a sharp eye on spring

trends and creates weekly displays to inspire shoppers. Sylvia says a top spring trend this year is that "people are coming in for oversized sweaters and shirts." Loose fitting sweaters look especially chic with slim fitting pants or a narrow skirt (or even a skort!).

Erin Hershey at ReUzit on State sees another type of oversize trend: wide-legged pants. From a color standpoint, Erin says that monotone dressing is popular, along with springy colors such as "butter cream, mint green, sky blue, marigold yellow, pumpkin orange, cherry red and hot pink."

## **But is it comfy?**

**Yes!** Oversize is the definition of comfy, whether it's chunky sweaters or swishy wide-legged pants.

All of my fashion resources agree that people are eager to get out of the house this spring. From organized events to impromptu lunches, we're ready to resume being social – especially as more and more people are vaccinated. My sweats and T-shirts have served me well for the past year, but it's time to step beyond these four walls. After a little shopping, my style will say that I'm ready for some springtime fun!



## **WHAT OUR EDITOR IS EXCITED ABOUT THIS SPRING**

*Balance magazine's editor-in-chief, Lindsey McCallum, always follows fashion trends. We asked her what she's most —and least— excited about in terms of spring fashion, circa 2021:*

### **I AM MOST EXCITED TO TRADE IN THE QUARANTINE SWEATS FOR:**

#### **Wide leg, high waisted pants**

These are a nice transition from sweats, just as comfy but more polished!

#### **Midi skirts**

I love this longer length to cover more of my legs but still feel cool. These can be dressed up with a pretty blouse, or dressed down with a tucked-in basic tee. I am excited about wearing with loafers, white sneakers, or sandals rather than heels.

#### **Maxi dresses and jumpsuits**

I love maxi dresses and jumpsuits; so easy to throw on and go for a run to the store or out with friends.

#### **90s denim**

I am happy to put the skinny jeans aside and sport a more relaxed, distressed fit!

#### **Puffy sleeves**

This is a bigger statement, but it's a trend I keep seeing. I might ease into it with more of a flowy sleeve to start.

#### **Hats**

A nice way to shield your face from the sun and avoid the foggy sunglasses/mask combo!

### **3 TRENDS I WILL LEAVE TO THE MOST FASHIONABLE:**

#### **Clingy, tight, or mesh dresses and tops**

I am ready to try new trends and put the sweats aside, but I'm not ready for clingy!

#### **Tiny bags and pouches**

I wish I could but there is no way to fit snacks and crayons, for my daughter, in a tiny belt bag.

#### **Platform Boots**

A nice way to get a workout while running errands, but I have my eye on flats and sandals.



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# What Does YOUR PEN Say About YOU?

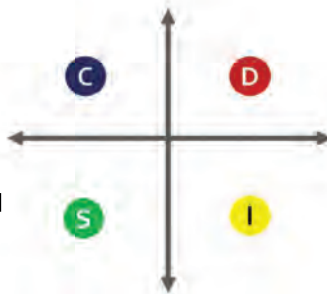


If you've read any books on self-help or personal development, then you likely know that effective communication is a vital skill for success. Effective communication is the ability to clearly articulate a thought, idea, or concept through verbal, non-verbal, and written techniques. Now you might be thinking, "I use a pen to communicate, and I write pretty clearly... I must be an effective communicator!" Not so fast.

At **Sandler Training**, we use an assessment tool called **DISC** to improve communication in the workplace. **DISC** helps identify people's **behavioral styles**, which indicate how they prefer to communicate. Having a better understanding of your colleagues' behavioral styles helps you know **how to interact with them best** in varying situations.

There are four primary DISC styles:

**C Style:** Task-Oriented, Introverted  
Precise, analytical, formal



**D Style:** Task-Oriented, Extroverted  
Decisive, competitive, independent

**S Style:** People-Oriented, Introverted  
Stable, patient, trustworthy

**I Style:** People-Oriented, Extroverted  
Social, energetic, emotional

While we exhibit all four styles every day, each of us has a **dominant style** that comes more naturally than the others.

**So what does this have to do with your pen?** Through happenstance, observation, and exploration, I've come to realize that your pen—or whatever your preferred writing instrument is—says a lot about your dominant behavior style.

Here are some common preferences for each style:

**C Style:** **Black In Color** (or red to circle errors)  
But would rather use a pencil to erase potential mistakes and neatly make corrections, or a keyboard to be precise and correct

**D Style:** **Black In Color**  
With bold or thick lines (Sharpie or Monte Blanc)

**S Style:** **Blue In Color**  
With an emphasis on how it writes/feels, and brand-specific because they dread losing or having to switch pens

**I Style:** **Multiple Colors**  
With no brand preference so long as it writes, or a keyboard because handwriting is sloppy

If you are looking to become a **more effective communicator** or are frustrated by interactions with those around you, let's chat. Effective communication is less about your preferred style and more about how you can best interact with another person. Identifying the other person's style is key so you can adapt and make the interaction as **comfortable and engaging as possible**.

**So what does your pen say about you?** Or more importantly, what does the pen of the person you're communicating with **say about them?**





# PawFECT CARE

Photography by Vinny Tennis



**K**risty Bledsoe and Jennifer Hufnagle are a couple whose careers - at least a few years ago - seemed to have nothing in common. Bledsoe was working with Fortune 500 companies in product innovation and client experience. Hufnagle had a background in wildlife biology, but found herself on the operational side of veterinary medicine, managing general and emergency practices.

Hufnagle was discouraged by the corporatization of medicine and wanted to restore empathy and a patient-first approach to the experience. Who better to partner with than Bledsoe, who had built a career on developing the client experiences of the future.

So in September 2019 the couple joined forces and became partners in business as well, launching Furdunkin, a veterinary practice named in honor of their beloved dog.

"We are so completely different from every other veterinary hospital," Bledsoe says. "We've reinvented the entire client and pet experience."

The idea was to set up an urgent care hub in the center of the community with a fleet of vehicles serving non-emergency situations. The fleet actually came first, with the launch of the practice. Urgent care recently followed in early March, with the opening of a brick-and-mor-

tar location at 1090 N. Charlotte St., Suite 102, behind the practice fields at Franklin & Marshall College.

## Veterinary care at your doorstep

Furdunkin's mobile service is perfect for human clients, such as busy professionals, young parents juggling pets and small children, people with multiple pets, or older pet owners with mobility issues.

Just as important is the benefit to pet clients, Bledsoe says, especially those who are older, sick, or who have anxiety issues when it comes to visiting the vet's office. Mobile units include a full surgical suite for onsite surgery, dental care and more.

With the pandemic and its stay-at-home orders, Furdunkin's mobile business exploded over the last year, Bledsoe says. To date, the fleet has logged over 40,000 miles, serving some 2,000 clients.

COVID-19, however, also created an increased need for an urgent care center in Lancaster County, she says. Pandemic protocols have made it harder for many general practices to see the same volume of patients, and the emergency providers are overwhelmed. For some pet owners, that means an expensive trip to emergency care.

Furdunkin's own practice also needed a home base for times when pets require more complex care, such as an overnight stay following a more complicated surgery.

## Home away from home

"What's best, when possible, is for pets to receive care from the comfort of home," Bledsoe says. "But when they can't, and the stakes are higher, and they're going to need more critical care, then we really try to reinvent that entire experience."

The new urgent care center does that in a number of ways. For one, there is no waiting room, and

that's by design.

"When you have a lot of pets congregating in a waiting room, that can be anxiety-inducing for the majority of pets," Bledsoe says.

As part of pandemic protocol, Furdunkin rolled out virtual appointments, sending owners a Zoom link so they can watch the exam and talk with the doctor from their car. Once the pandemic is over, owners will be able to accompany pets into the examining room, but they will still check in virtually and wait outside until it's time for their appointment.

For warmer months, the urgent care center has an outdoor deck with Wi-Fi and specialty coffee and teas. There's ice cream and special treats for pets, too. It's an outdoor oasis where owners can get some work done or simply relax while waiting with their pets.

There's currently no other facility of its





kind in Lancaster County, Bledsoe says.

In terms of medical services, Furdunkin's urgent care center offers affordable, in-the-moment care for everything from emergencies requiring surgery to more basic issues like skin infections.

"Urgent care is really filling the gap between specialty medicine and general practice," Bledsoe says.

## Veterinary care of the future

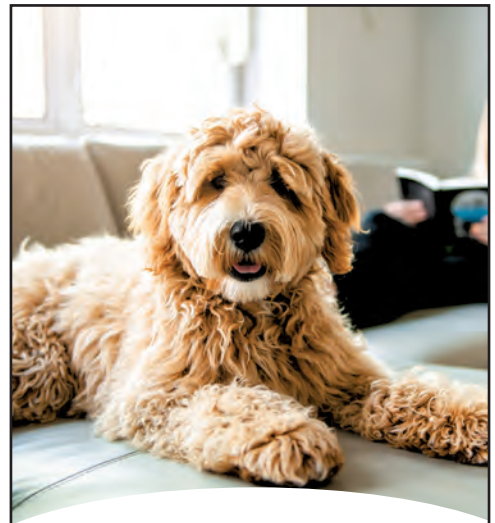
As part of Furdunkin's ethics-focused business model, the practice will not crop ears or dock tails, declaw cats, serve breeders, or do assisted reproductive therapy. They've also adopted a generous employee policy that's unlike most other veterinary employers, offering flexible scheduling,

vacation and maternity leave so that working parents on staff can be available for both their patients and their own families.

Coming next: the non-profit Furdunkin Foundation to benefit local rescue organizations. Bledsoe and Hufnagle believe Furdunkin could be a model for the future of veterinary care.

"We found a sweet spot that leverages technology and innovation to meet the clients and the pets where they are today," Bledsoe says.

*Furdunkin's staff currently includes two veterinarians, Dr. Jaime Morey and Dr. Ashley Ramsey, who are the practice's medical directors and serve both mobile and urgent care clients. Mobile hours are 8 a.m. to 8 p.m. Monday through Friday. Urgent care hours are 8 a.m. to 8 p.m. Monday through Friday and 8 a.m. to noon Saturday. The goal is to expand those hours to seven days a week, Bledsoe says.*



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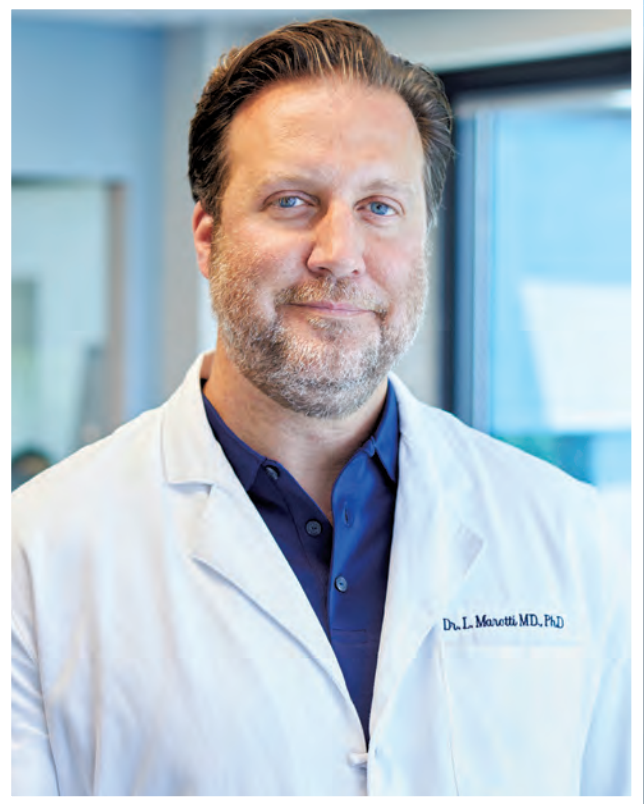
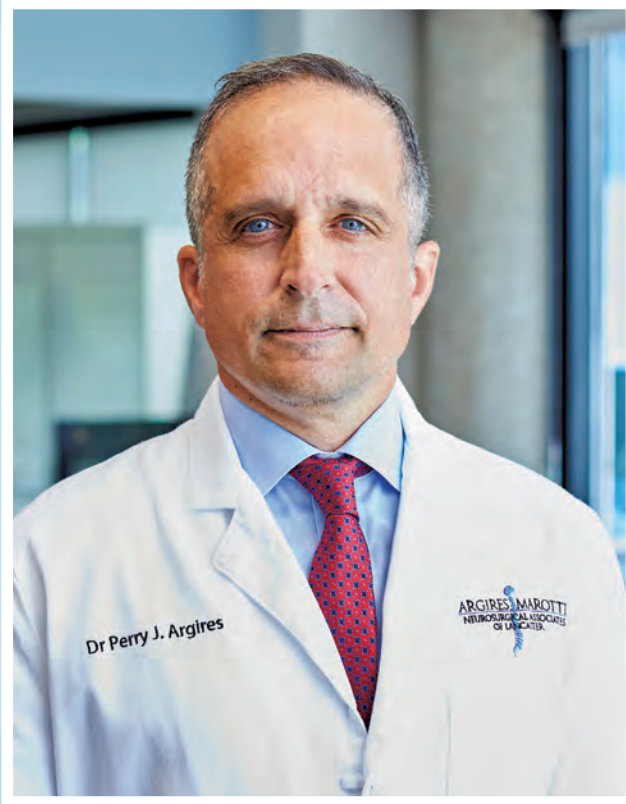
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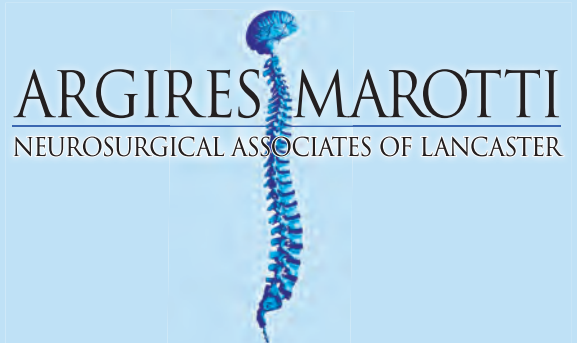
Louis A. Marotti, MD, PhD, FAANS, FACS  
Brain and Spine Surgery, Voted Best Surgeon (1st Place)

Dr. Louis Marotti, a neurosurgeon with Argires Marotti Neurosurgical Associates of Lancaster says that back and neck pain is so common that an estimated 80% of the population will experience pain significant enough to require medical attention at some point in their lifetime. “By far and away the most common problem we see is back and neck pain,” he says. And the most common cause of that back pain is spondylosis, a form of osteoarthritis affecting the spine. Spondylosis is a degenerative condition that can affect the discs that separate the vertebrae and the facet joints that connect the bones of the spine.

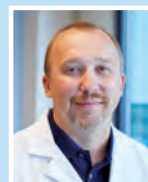
“These degenerative changes can cause back or neck pain symptoms,” Marotti says. Degenerative changes are a natural part of aging, so essentially everyone is at risk. “Some people get it a lot worse than others and a lot earlier in life than others,” says Marotti, who has treated patients in their teens with the beginnings of the degenerative process in their spines. There is often a hereditary factor as well. “Bad backs run in families,” he says.

While there are no medications or treatments that will slow the degenerative process, there are steps you can take to improve the overall health of your back and neck and reduce the possibility of flare-ups. The key, Dr. Marotti says, is staying in the best physical condition possible by maintaining your ideal body weight and having a regular workout or training regimen. However, he advises against high-impact cardio exercises like jogging that can put added stress on your back. Instead, opt for walking on smooth, level ground, and use a stationary bike or elliptical. At the office, use optimal ergonomics - including proper equipment spacing, chair height and desk posture - to avoid stress on your neck and back during the course of the workday.

Finally, avoid activities known to put a strain on the back, such as repetitive bending, twisting and lifting, he says. “It just comes down to awareness,” Dr. Marotti says. To make an appointment with Dr. Marotti, or for more information visit their website at [www.argiresmarotti.com](http://www.argiresmarotti.com) or call (717) 358-0800.



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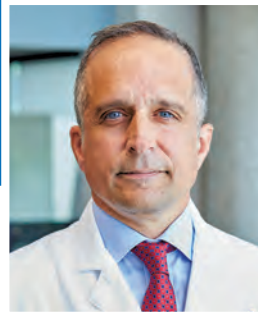
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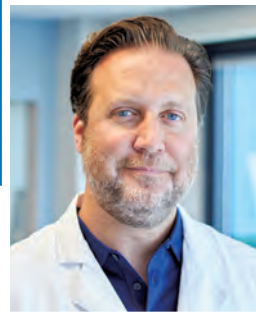


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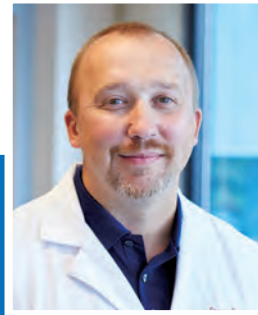
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# RISE of the GHOST KITCHEN



BY MICKAYLA MILLER  
ILLUSTRATION BY BAILEY WATRO



**T**his time last year, Jazmine Rivera didn't know she would be a cook, let alone own her own takeout business.

Rivera was working in social justice at the Mennonite Central Committee, but she needed a change; she wanted to spend more time with her young, homeschooled daughters. She used her first stimulus check to open Afro Boricua Cocina in June, serving West Indian and Puerto Rican dishes with fresh ingredients.

But the catch is, Afro Boricua Cocina isn't a traditional restaurant: it's a ghost kitchen. Ghost kitchens go by several other names, such as pop-up kitchens or shadow kitchens. They're best defined as a business that offers meals and goes through the same routine health inspections as a normal restaurant would, but without having a brick-and-mortar area for guests to dine in. Since the pandemic shut down restaurants and forced many from their jobs, ghost kitchens have popped up throughout Lancaster County.

"Having a pop-up kitchen was the best thing I could think of," says Rivera, who currently lives in Lancaster city.

As the sole employee of Afro Boricua Cocina, Rivera cooks out of Crowded Cookhouse, a community kitchen on Plum Street in downtown Lancaster. Not having a formal restaurant gives Rivera the freedom to pick her own

hours, what days she works and what she puts on her ever-changing menu.

Her inspiration comes from her love of her cultural roots, as well as a deep respect for the flavors of the West Indies and Puerto Rico. Rivera says she has no interest in "Americanizing" her food, though she does "remix," or add her own creativity, to her dishes.

"I don't want to dumb our food down. I want you to know that when you come to me, if you want spice, you're going to get spice," Rivera says. "I want to serve you as if you're a family member coming to my house and eating." Rivera's business expanded through word of mouth and social media.

While ghost kitchens have become more commonplace in Lancaster County, no two are the same.

Chef Oliver Saye was a private chef who would cook for people in their homes, and he would often take his food on the road at festivals across the state.

After COVID-19 hit, his pre-booked events were canceled. Saye says it took him a day or two to think, but he soon realized he wanted to run a takeout business. He has since shifted his focus toward Homage: Cuisines of the West African Diaspora.

He was one of the first chefs to take this path after the pandemic started; being the chef at the Boys & Girls Club in Lancaster, he already had access to a kitchen.

Saye started off with a weekly rotating menu that featured entrees, soups and desserts.

**Armstrong, Saye and Rivera each do their own deliveries; customers cannot order through food delivery apps like GrubHub or DoorDash.**

#### **AFRO BORICUA COCINA**

Message on Facebook at [facebook.com/JsMixedSeasoning](https://www.facebook.com/JsMixedSeasoning). Menus are posted regularly.

#### **GOURMET JULIE'S WAY**

Message on Facebook at [facebook.com/GourmetJuliesWay](https://www.facebook.com/GourmetJuliesWay). Menus are posted monthly.

#### **HOMAGE: CUISINES OF THE WEST AFRICAN DIASPORA**

Message on Facebook at [facebook.com/homagefood](https://www.facebook.com/homagefood). Menus are posted regularly. Food also available at Lemon Street Market, at 241 W Lemon St. in downtown Lancaster.

## **HOW TO ORDER**

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West African dishes inspired Saye, who was born in Liberia; he brings those flavors to customers while also educating them on West African culture and cuisine.

“It really started taking off,” Saye says. Like Rivera, Saye grew his business through word of mouth and social media.

Unexpectedly, 2020 ended up being his best year for sales.

Rivera and Saye’s businesses aren’t passing fads, however; they’re here to stay, even after the pandemic. Neither is fully committed to a brick-and-mortar restaurant quite yet.

Julie Armstrong, of Gordonville, started her delivery business – Gourmet Julie’s Way – in June with the intention of owning a restaurant one day.

She started small by cooking for friends and family. When she created a Facebook page and got her name out, business skyrocketed.

Armstrong features a rotating menu, cooking from-scratch dishes ranging from chicken and waffles to Thai noodle bowls.

“It’s kind of all over the place. I love all food, I’m 100% a foodie,”

Armstrong says. “I’m not just set in one thing.”

In the future, Armstrong says she wants to take her food trailer – where she currently cooks her food – on the road, and add an employee or two. But in the short term, Armstrong says she enjoys the spontaneity of her business, a sentiment that Rivera and Saye also share.

Ghost kitchens may be different from full-service restaurants in some ways, but the goal is the same: to bring the customer the best, most flavorful experience.

“It is labor intensive, but it is therapeutic,” says Rivera. “Cooking is a way of touching, feeling, being lost in your thoughts and creating something beautiful, just like any other artist.”

## CHEFS’ LOCAL FAVORITES

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# Brighten your smile

Many people think whiter teeth are the key to a beautiful smile, and they'll try all kinds of techniques to get it. Sometimes, however, the simple things work the best. "The most important thing about keeping someone's smile nice is good oral hygiene," says Dr. Ed White, founder of White Family Dental.

Keep your teeth looking their brightest by avoiding foods that stain them, like coffee, tea and red wine. And, of course, brush and floss daily.

"The cleaner they are, the nicer they look," Dr. White says. If you still prefer a whiter smile, you'll find plenty of options out there, from home remedies like oil pulling to specialty charcoal toothpaste. Most of them are perfectly safe and can even make your mouth healthier, but they're not likely to

make a big difference in the color of your teeth, White says. For that, he recommends a professional whitening treatment at your dentist's office.

White Family Dental offers two options. One is an in-house treatment, using a gel solution and a specialized light, which will have you walking out of the office with whiter teeth in a few hours. The more common option is an at-home process using professional whitening gel and custom trays made from molds of your upper and lower teeth. Using this method for a half hour or an hour a day for 10-14 days will gradually whiten teeth.

"The nice thing about the home system is you can actually get to a point where you think you're comfortable with it and stop," Dr. White says. "You can control how (white) you go."



# Brighten a child's life



For Dr. White, giving patients whiter teeth has an added bonus: It also puts brighter smiles on the faces of children in Lancaster County and around the world. Every time someone receives a whitening treatment at White Family Dental, 100% of the proceeds go to Smiles for Life Foundation to help fund children's charities.

Smiles for Life is the charitable arm of the Crown Council, an alliance of dental practices throughout the U.S. and Canada who are dedicated to oral health, fighting oral cancer and serving their communities through charitable work.

White Family Dental has participated in the annual Smiles for Life campaign since it began more than 20 years ago. Here's how it works: When patients receive a whitening treatment at a participating dental practice, they write a check for their services to Smiles for Life. Half of the proceeds go to approved children's charities around the world; the other half goes to the local dental practice's partner charity.

White Family Dental has partnered with the Power Packs Project and now partners with Bear Bags, a similar program run by the Elizabethtown Area School District that helps provide weekend nutrition to students who are food insecure. To date, Smiles for Life has raised nearly \$50 million for children's charities. Of that, White Family Dental has raised more than \$500,000, Dr. White says.

But Crown Council CEO and managing director Greg Anderson prefers to be more specific. In the 23 years since the program began, White Family Dental has raised \$532,755.26, making the practice the leading donor of its kind in North America, Anderson says.

About 500 dental practices participate in the campaign each year, but many of those practices differ from year to year, Anderson says. Few have

consistently participated since the program's inception.

Unlike most practices that participate during the campaign's official March-through-June fundraising period, White Family Dental now donates its teeth-whitening proceeds year-round.

"The money that Ed is contributing from his dental practice to Smiles for Life ... is money that Ed could be making as a dentist in his practice," Anderson says. "Making the decision that instead of doing this four months out of the year, that you are going to take all of the money that you would have made from this all year-round and donate it to charity is an extremely generous attitude. Not a lot of people would do that. He's done an amazing job."

To brighten your smile and help a good cause in the process, call White Family Dental at one of its four locations: Elizabethtown, 717-367-1336; Manheim, 717-879-9700; Masonic Village, 717-366-2466; and Willow Street, 717-740-2200.







# KEEPING IT

Elizabethtown man pitches in to clean up what's been pitched out

BY MIKE ANDRELCZYK  
PHOTOGRAPHY BY ANDREW ALBRIGHT

**T**he social media landscape is littered with people complaining. And Ethan Beck, of Elizabethtown, got a little tired of it.

"Everyone is always complaining that we need to do something about the environment," says Beck, 27. "Saying 'This is the only planet we have,' but I never saw anything being done."

So Beck decided to clean up the planet by taking the matter into his own hands. The matter being litter. He harnessed the power of social media and, in April of 2019, created a Facebook event for people to take a couple hours out of their Sunday and go out wherever they were and pick up some trash.

He received some positive feedback.

"A bunch of people were like, 'Hey, this is an awesome idea. You should keep doing this,'" says Beck.

So he made the event a regular occurrence, the second Sunday of every month, and encouraged people to go out and pick up trash.

Now Beck and another Facebook friend are in the middle of organizing a big community-wide cleanup of Elizabethtown on April 24 called Earth 2 E-town (more information can be found on Facebook at [facebook.com/earth2etown](https://facebook.com/earth2etown)). And he's encouraging everybody to participate - from dedicated environmentalists to people who have community service requirements to folks just looking for a reason to get outside.

Beck says he has no idea how much trash he's cleaned up since he began doing this, but it's "more than I wanted to."

"There's times when I go for a walk and fill six or seven trash bags," he says.

Once he collects the trash, he goes home and sorts through the bags to separate the recyclables from the trash.

Beck works as a FedEx driver and owns his own business called Beck's Critter Capture. He's an avid hunter and fisherman and loves being outdoors.

"I'm always out in the woods," says Beck. "So I see trash along the river and I know that's not good. Sometimes I think (my fishing line) is snagged on a rock or a log, but I'm pulling in trash that was at the bottom of a creek. You know that's not healthy for the fish."

Beck says he wants to be able to keep enjoying nature - and wants future generations to enjoy it.

"You've got to take care of nature and it will take care of you," says Beck. "Don't trash it, and you and your kids and your kid's kids will be able to enjoy it."





# CLEAN

The news and social media are often citing statistics that seem to suggest the Earth is too far gone, but with more people like Beck who are willing to go out and make sure the Earth is a cleaner place, maybe that's not the case.

"I think we can turn it around," says Beck.

## HELPFUL TIPS FOR A CLEANER PLANET:

**Don't litter:** It's that simple. "You'd think it would be common sense, but it's really not," says Beck. "I think it's just laziness."

**And if you see litter:** "When you go to the grocery store or if you're taking your dog for a walk and you see something on the ground, just pick it up," says Beck.

**Bring supplies:** If you're going out to clean up a specific area then make

sure you're prepared. "Always wear gloves. You never know what you're going to find," says Beck. "Grab your bags, and if you have a pull-along wagon, bring it. You can put full bags or big pieces of trash in it and drag that with you."

**Cut the ties on disposable masks:** "When you throw them away, cut the strings that go around your ears," says Beck. "Just like when you get a six-pack of beer and it comes in those plastic rings – same thing with the mask. You don't want to see a duck running around with a mask around its head."

**Secure your trash:** As a FedEx delivery driver, Beck says he often sees packing materials strewn around neighborhoods. "Boxes, bubble wrap; if people don't secure it right, then it's half a block down the road – especially in bad weather," says Beck.



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“To me recovery means success and freedom as I live my life drug and alcohol-free. I work in recovery, so I am required to speak into others’ lives. I have learned how to respect others and to help them to be free. I am the general manager for The Way Ministries, Women’s Division. I am so grateful to be living in the recovering community and to be in Grace Baptist Church as they really support recovering people. I am following God’s direction and He is taking me to places beyond my wildest dreams. This is what recovery means to me. My recovery date is 3/31/85.  
—Annamay



“I began my recovery process 7 years ago. When I was in active addiction I felt a sense of not belonging, or not being good enough. I have since been able to engage in a 12 step fellowship and gain the experience and knowledge needed to propel my life beyond what I had ever thought would be possible for me. I would say the most important part of my recovery is reconnecting a relationship with the God of my understanding and my family. The relationships I’ve had the opportunity to develop in recovery are heaven-sent. Internally, I have been afforded the opportunity to cleanse from the inside and begin to heal. Recovery is a life long process, and for me it started with the willingness to embark upon an unknown journey that I’ve learned to embrace not knowing that it would enhance the God-given tools that I apply in all my affairs and in all areas of my life. Today I embrace life, and the beauty of it. —Edward



In Lancaster County, recovery is a vital part of our healthy community. About 1 in every 8 people has a substance use disorder, but this is a treatable medical condition with strong chances of recovery with the proper supports and resources. Lancaster Joining Forces and many community partners are working together to prevent overdose deaths and promote recovery. Visit [lancasterjoiningforces.org](http://lancasterjoiningforces.org) for more information about our community initiatives to prevent overdose deaths.





“Recovery has given me perspective and untied my hands. It has allowed me to focus on bettering my mental health, physical health, spirituality. It has given me the freedom to become a good father, son, friend, and employee. It is so much more than just putting down the drugs and alcohol. It is an ongoing process of continuous growth, of remaining vigilant in our efforts. Recovery has given me so many opportunities, but the biggest opportunity is my ability to help others fight this disease on the front lines in the trenches, using my experiences to assist people in similar situations.

— Colin



“Recovery to me is a personal process of evolution that has afforded me the ability to look back on the trajectory of my life with an appreciation for every step I have ever taken. In the beginning of my recovery, I completely disassociated myself from who I once was because of the shame and guilt I felt. I can see now that the broken person I adamantly hated was me, and because I was willing to make those first steps with all odds against me is without a doubt the reason I have come this far. Recovery has helped me to love every part of who I am; it has made my own memories seem like a story I once heard about somebody else.

— Melinda / Long Term Recovery  
since April 23rd, 2016



To find treatment and recovery support services, visit Compass Mark at [compassmark.org/find-help](https://compassmark.org/find-help). Check out the Lancaster County Recovery Alliance at [lanastercountyrecovery.com](https://lanastercountyrecovery.com) for community events and recovery resources.

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# It Takes a Village

## Dental Care for Children

### Traveling West to East

Little teeth need special care, which is why pediatric dentist Dr. Alan LaPratt is excited to lead the new pediatric dental team at Smilebuilderz. Dr. LaPratt originally hails from Nevada and most recently worked in pediatric dentistry in Oregon, after a stint in Texas. After so much time out West, why come East?

Dr. LaPratt and his family spent two years in the Bronx, in New York City, during his pediatric dental residency. “We really

enjoyed the culture and the historical aspects of the eastern U.S.,” he says. As a result, he and his wife had been hoping to return to the East along with their five children. Smilebuilderz suited Dr. LaPratt perfectly and, after a lot of research, Dr. LaPratt’s wife agreed that Lancaster was just the right spot.

### Why Pediatric Dentistry Matters

You might think that baby teeth don’t really matter. After all, they’ll just fall out as your child grows. But baby teeth play a very important role in your child’s healthy

development, Dr. LaPratt says. Baby teeth maintain space in the jaw for adult teeth, support the overall arch form of the jaw, and support the development of facial and skeletal structure. For all of these reasons, Dr. LaPratt says, it is critically important to care for baby teeth and keep them healthy and intact until adult teeth push them out.

Dr. LaPratt’s pediatric dentistry residency prepared him for the unique challenges of working with children’s teeth. “There’s a lot of stuff with kids that goes unseen if you’re not looking for it,” he says. “Pediatric dental



training helps you understand the normal dental developmental process in children and the ways their teeth and jaws will change over time.”

Ankylosed teeth are one example of a pediatric dental issue that a regular dentist might miss. “Ankylosed teeth are fused directly to the jaw bone,” Dr. LaPratt says. An ankylosed baby tooth can’t move, so it can interfere with normal development of the jawbone and may even block adult teeth from emerging. Ankylosed teeth can also interfere with a child’s ability to chew, swallow and speak. Ankylosed teeth are one of the many special pediatric dental issues that Dr. LaPratt is trained to treat.

### **Special Needs Kids Get Special Treatment**

Special needs children get special treatment at Smilebuilderz. Keeping special needs children relaxed and comfortable is key to their successful dental care, Dr. LaPratt says. “We don’t want dental care to be traumatic for the child,” he says. Dr. LaPratt may offer nitrous oxide to help special needs patients relax. He may even offer anesthesia, especially in cases that require full-mouth

dental work on many teeth at once. These approaches work well to ensure that special needs children don’t develop negative associations with the dentist’s office.

### **The Coolest New Development in Pediatric Dentistry**

The most exciting new development in pediatric dentistry is silver diamine fluoride (SDF), Dr. LaPratt says. “SDF is a topical treatment that stops small cavities from growing any larger,” he says. “SDF eliminates the need for a filling, and no one wants to do a filling if they don’t have to.” Dr. LaPratt recommends using SDF for baby teeth with small cavities. He uses this noninvasive, painless approach to cavity treatment whenever possible.

### **What Every Mom and Dad Should Know**

First, the beauty of the Smilebuilderz setup is that all dental specialists are under one roof: general dentists, oral surgeons, anesthesiologists, orthodontists and pediatric dentists. “This means that care is continuous, and all the specialists can confer with each other face-to-face,” Dr. LaPratt says. “This builds trust because I know the

specialists personally and can recommend them to parents with confidence.”

Second, it’s important to bring children to the dentist before they turn 1, or about six months after the first tooth comes in, Dr. LaPratt says. “Bringing children in early helps us fix little problems before they become big problems,” he says. “We want to actively engage in preventative care with you and your child.”

Third, Dr. LaPratt says, “Parents should know that they are welcome in the treatment room with their kids.” The presence of a parent keeps kids happy and distracted during their dental visit.

Fourth, Dr. LaPratt says, “Cavities remain the No. 1 issue with children’s teeth. We provide education to parents so that they can help their kids avoid future cavities.”

Finally, the most important thing parents should know is that “we listen to parents,” Dr. LaPratt says. “They know their kids best and we follow their lead to get the job done.”

Getting the best dental care for children truly takes a village.





# Confidence for all of life's moments

**B**efore Kristina Groff got married four years ago, she and her future husband discussed more than just wedding planning. They discussed life planning, too. They talked about their hopes and dreams and life goals. And they also talked about how to provide care through unexpected events.

As a financial consultant with Everence Financial, Groff encourages her clients to do the same. "It's something that people are aware of, but it's not at the top of their priority list," she says.

"There's always more fun things

to do than talk about, 'What if I die young? What if I'm disabled? What if I need increased care when I'm 80?'"

Life is full of big events and small ones, transitions and ordinary moments. It's natural to gravitate toward the anticipated joys and resist broaching the what-ifs, but planning for them is an important part of protecting yourself and of demonstrating care and instilling confidence for the ones you love through every season of life.

Major life changes and transitions are often good times

to re-examine your protection planning.

**Here are some key life moments to consider:**

## Kids

Welcoming a child is a joyous occasion and a signal to re-examine your life insurance to make sure it protects your growing family. As part of the process, Groff often asks parents what they want for their child's future.

Do you want them to go to a private school or college? Do you want to set money aside for their wedding or future home? In terms of protecting your growing family, replacing an income and covering the mortgage is a very different number than sending your child to Yale and funding their wedding.

Factor in the cost of child care, too. Even if you don't require it now, you might need it in the future should something happen to one of you. You might also consider disability coverage to protect yourself and your family in the event you or your spouse is injured and can no longer work or earn the same level of income.

## Midlife

The 40s and 50s are often years when careers kick into high gear.

## Marriage

"When you're entering into this union and creating this new life together, you have someone else who's dependent on you and you depend on that other person," Groff says.

If a spouse dies unexpectedly, there are not only emotional losses but financial ones, too. Consider what each of you would need to be financially whole if something were to happen to the other. This is a way to show care for one another no matter what life may hold.

At this stage in life, the main concern is often protecting lost income, Groff says, especially if a couple has purchased a home with a mortgage. Choosing the right life insurance can offer that protection.





Disability insurance is especially important now to protect the earning years before Social Security begins. Another examination of life insurance is in order, too, especially if your children are nearing adulthood or moving on with their own lives.

Many midlifers often find themselves part of the sandwich generation – feeling overwhelmed as they care for both their children and their aging parents. Now is the time to plan ahead and protect your children from that same burden in the future. Consider long-term care insurance to help with expenses like home health care or other skilled care should you need it as you age.

## Retirement

“The big shift here is in health insurance,” Groff says.

At retirement age, you need to decide what Medicare plan is right for you. Everence® has a Certified Senior Advisor (CSA)® who can help you sort through your options and find a Medicare plan that fits your individual situation.

Retirement is also a good time to

look at your existing life insurance policies and see if they are still serving your needs, or if you even need them at all. It might make more sense to invest that money elsewhere.

## Legacy

Think about your legacy and what you want to provide for your heirs and the organizations and charities that are important to you. Then plan on how best to do that while protecting them from a potentially large tax burden.

“Life insurance is one way we can pass money to individuals you care about in a tax-efficient way,” Groff says.

Another way to protect your legacy is through your end-of-life decisions. Review your estate documents and make sure they line up with your actual end-of-life wishes.

Planning for the joys and challenges of any season – both the expected and unexpected moments in life – can feel overwhelming, but Everence can walk beside you on life’s journey and help you protect yourself and your loved ones every step of the way.



## Are you ready for life’s big moments?

Moments – big and small – are a part of life, and along the way Everence® is here to serve you with protection planning and other financial services.

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SWAYTHA GANESH, MD

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## Giving Life with Organ Donation

Every day, 22 people die while waiting for an organ to become available. Organ donors have the ability to save the life of someone on the transplant waiting list. In general, organ donation means that an entire organ or part

of an organ can be removed from a donor and given to someone in need of a transplant.

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- Pancreas

There are two types of organ donation – living donation and deceased donation.

## Living organ donation

For someone in need of a liver transplant or kidney transplant, a living donor transplant may be possible. Living donation is when someone donates a portion of their liver or one of their kidneys to a patient while the donor is still alive. This offers an alternative for people waiting for a deceased donor, and it increases the number of organs available, saving more lives.

Living donors can be friends, spouses, family members or non-directed donor who wish to help someone in need.

## Deceased organ donation

If living donation is not an option, an organ or part of an organ can be given at the time of the donor's death. This is called deceased donation.

For a deceased donation to be possible, the person must be in the hospital and on a ventilator when they are pronounced brain dead. It is important to remember that a deceased donation is only possible after all attempts to save the patient's life have been tried, and brain death has been declared.

## Tissue Donation

In addition to organ donation, tissue donation can also be a life-saving solution to someone in need. In fact, each year about 1.5 million tissue transplants are performed.

The types of tissue that can be donated include:

- Tendons
- Veins
- Bones
- Valves
- Skin

## Cornea Donation

Cornea donation can restore sight for people who have gone blind. Almost anyone can be a cornea donor because age, eye color and quality of sight will not affect your ability to donate. You must be at least 18 years old to donate an organ, eye or tissue.

## Find Out How to Donate Life

Every organ, tissue and eye donor can save lives. Visit [UPMC.com/DonateLife](https://UPMC.com/DonateLife) to learn more about organ donation and register to become a donor.

## About Transplant Services

Established in 1981, UPMC Transplant Services is one of the foremost organ transplant centers in the world. Our clinicians have performed more than 20,000 organ transplant procedures, including liver, kidney, pancreas, single and double lung, heart and more. We are home to some of the world's foremost transplant experts and have a long history of developing new anti-rejection therapies — so organ recipients can enjoy better health with fewer restrictions.

For more information, please visit [UPMC.com/DonateLife](https://UPMC.com/DonateLife)



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Glass Terrarium  
GALLERY GROW  
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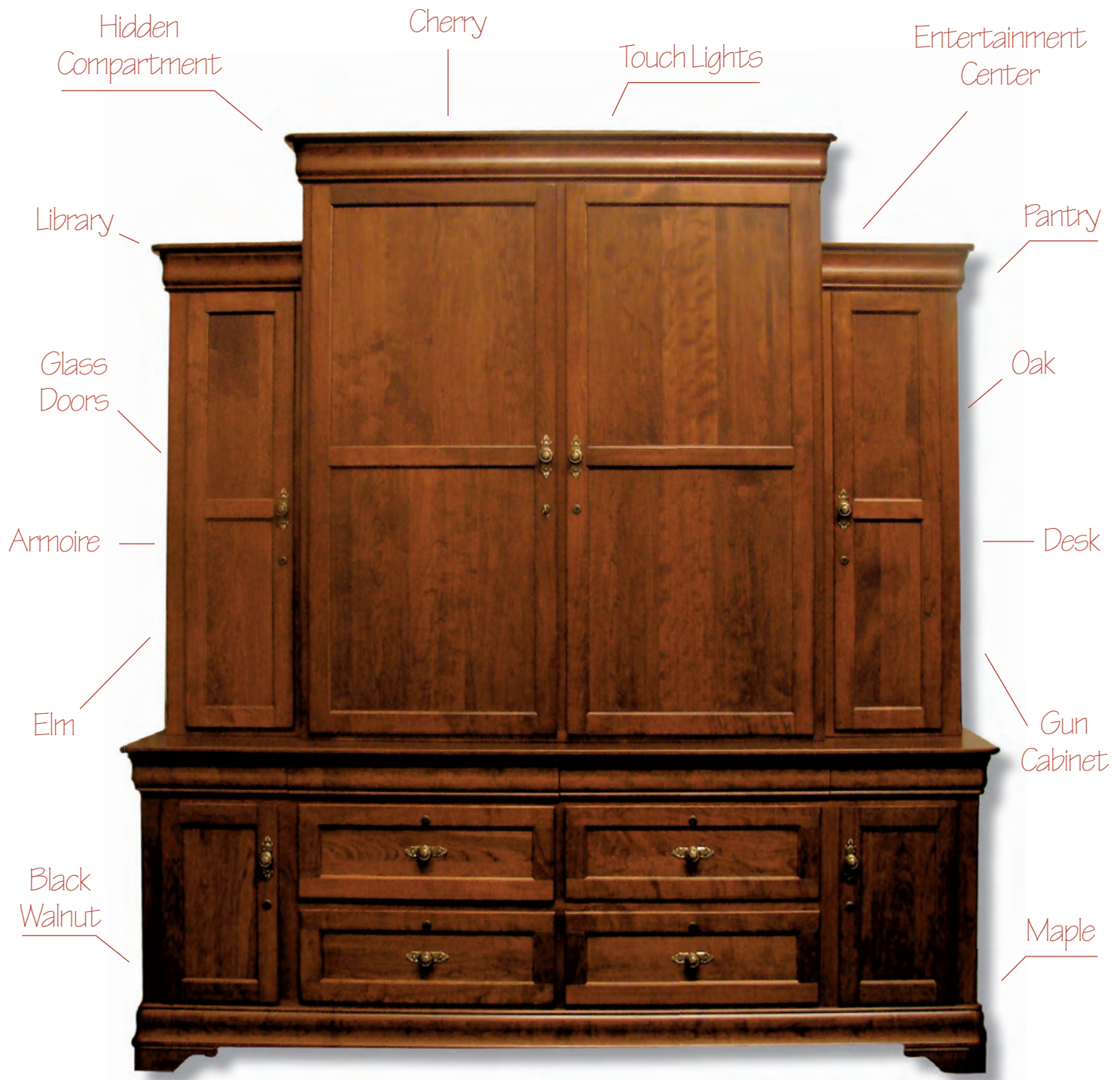
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