

balance

SPRING ISSUE 2020

life, community, style.





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ON THE COVER

Portrait by Andrew Albright

Justine's unique perfume
Bella's on the O'Brien — it
couldn't really describe
in words. Only experienced.
Read more, starting on
page 48.

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WELCOME TO BALANCE MAGAZINE



Portrait by Andrew Albright

Hello spring! On the day this photo was taken, it was rainy and cold outside. Brightening my day was the beautiful flower crown made by Central Market Flowers by Perfect Pots. Wearing flowers in the midst of the winter blues brought me hope that soon spring will be with us.

That's what we are all about in our spring issue of *Balance*: hope. Hope for wellness, blossoming gardens, spring eggs, fresh home decor, and sunny day trips. It may be another month or two before we actually have warm weather and flowers, so until then *Balance* presents a sneak peek at springtime trends for your reading pleasure.

We hope you enjoy our third issue of *Balance*! I would love to hear what you think about *Balance*. You can reach me at LMccallum@lnpnews.com

Lindsey McCallum

Lindsey McCallum

Editor-in-Chief



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LAUNDRY + NURSERY

DIY

By Katina Kauffman | Photography by Andrew Albright



never met anyone who had converted a laundry room into a dual-purpose nursery until I met Chad and Caris Martin. I don't have children of my own, but I have been around enough parents to know two things: 1. There is a lot more laundry to do when you have a kid; and 2. Parents will go to great lengths to avoid waking a sleeping child. So, when I heard about the Martins' laundry + nursery DIY project, I was interested in learning more about why they decided to combine the two rooms, how they transformed the space and if it's working for them today.

When I arrived at the couple's 1912 Lancaster city home, I was greeted by Chad and Caris, their 3-year-old daughter, Ellianna, and 7-month-old son, Ezra. I could see that Caris and Chad have a clear sense of style throughout their home. In their main living area, natural textures, white walls, rustic wood floors and vintage marble finishes harmoniously combine to create a shabby-chic look with a bohemian flair. My favorite accessory: a woven hammock that hangs from the ceiling between the living room and dining room.

After introductions and some conversation, we walked up to the second floor of the Martins' three-story home for my first look at their multipurpose nursery where baby Ezra sleeps. "We actually have two extra bedrooms on the third floor," Caris said, "but we wanted to have both kids on the same floor as us because of potty training throughout the night and safety concerns with the stairs."

As we entered the room, the dark wood floors, white walls and simple décor made the space feel light and airy. It also felt surprisingly spacious for a room that contains all the essentials of a nursery as well as a washer/dryer. "Before our room makeover, this was just a laundry room with a floor that looked like vinyl oatmeal squares," Chad said. To find a new floor, the couple went to Home Depot and told an associate that their budget was as cheap as possible. "The person helping us said he had a box of luxury vinyl plank on clearance because it was purchased and returned multiple times," Chad explained. The couple said they had low expectations for the floor, but when they saw it, they immediately loved it. "We purchased the floor for just \$100 and had enough left over to cover our bathroom," Caris said.

Standing in the nursery, I saw Ezra's crib, rocking chair and a vintage-looking rattan rocking horse positioned against the wall in front of me. When I turned around, I spotted the couple's cleverly disguised "hide and seek" washer/dryer on the opposite wall. "We've always liked the location of our washer and this room felt big enough to add a nursery, so we said let's make it work," Chad said.

The washer and dryer are hidden behind the clean lines of a large wooden frame and modern gold hardware. On top, a wooden lid opens and gives access to the top-load washer. Caris and Chad left some space between the lid and the top of the washer/dryer for laundry detergent storage. Across the bottom of the frame, the couple added a fabric skirt that can be pulled aside to access the front-load dryer. "When we first came up with the idea for this

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project, we did some research online to see how other people framed out their washer/dryer, but we couldn't find anything," Caris said. The couple decided that they would need to come up with their own wooden frame design to make the project work. Then, they hired their brother-in-law to construct the frame and bring it all together.

Seven months later, Caris and Chad have adapted to using their new nursery + laundry space with baby Ezra, and they love it. So how do they manage to do laundry without disturbing the baby? It's all about timing, Caris said. "When Ezra wakes up, we'll put a load of laundry in the washer and take him downstairs to play," she said. "Ezra is

still downstairs playing when we switch the laundry over to the dryer, and it's usually finished tumbling dry by nap time." The Martins said Ezra can even sleep in his nursery while the dryer is running, as long as there are no metal zippers in the load to make noise. They also make sure to turn off the finish buzzers with each load.

While combining a nursery and laundry room might not work for everyone, this is one example of how a couple adapted their current living space to fit the needs of their growing family, while on a budget. Here's a look at how Caris got creative and saved money by putting her thrift-shopping skills to work:



How Much?

FLOORING from Home Depot | **\$100**

CRIB from Facebook Marketplace | **\$100**

RUG from Rugs USA | **\$80**

WRAPAROUND CURTAIN RODS for blackout curtains from Target | **\$12**

CHANGING TABLE from Facebook Marketplace | **FREE**

SIDE TABLE from Facebook Marketplace | **\$5**

RATTAN ROCKING HORSE from a consignment shop | **\$5**

FLOOR LAMP Stand was free; shade was \$1 at Goodwill | **\$1**

YARN CEILING LIGHT FIXTURE | **FREE**
Caris made the fixture to sit over the existing light

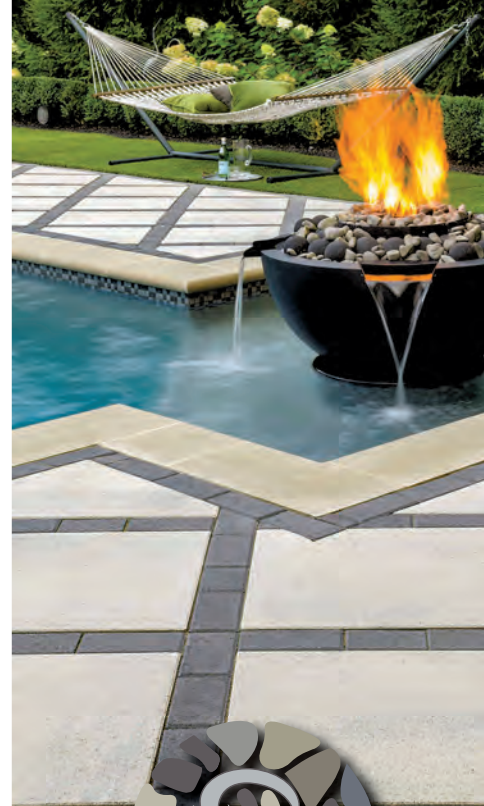
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THE ROYAL (WINDOW) TREATMENT

Window treatments are a bit like clothing for your windows. You want them to look great and be practical at the same time. Just like choosing the perfect outfit, choosing the perfect window treatment can be challenging, especially with so many options. Here are some things to consider:

ENERGY SAVINGS

Window treatments are more than just a decorative accessory for your room. They can play an important role in keeping your home warmer in winter and cooler in summer. As much as 50% of a home's heating and cooling energy can be lost through its windows. Cellular/honeycomb shades are an excellent insulating option for reducing the transfer of cold or heat at the window's glass, especially if you have older, drafty windows.

PRIVACY

You may think privacy is simply a matter of closing your shades or blinds, but it's not always that easy. Sometimes you need privacy and light, too. Choosing a top-down/bottom-up shade is an excellent option for bedrooms,

bathrooms and other first-floor rooms where you might want privacy while still allowing natural light, and perhaps fresh air, into your home.

LIGHT CONTROL

Windows in a home office or family room can put a glare on your TV or computer. Consider several options for these spaces, including semi-opaque blinds and shades that cut glare without making the room too dark, or horizontal and vertical blinds that allow you to redirect the light.

ROOM DARKENING

Whether you work a late shift and need to sleep during the day, or you just like to sleep in, you might benefit from room-darkening shades, blinds or draperies. They can be custom made to fit windows, sliding doors and skylights.

SAFETY

Cords not only get tangled, they can also be a safety hazard. If you have children or pets, consider a cordless lift system, a retractable cord system, or motorized blinds and shades.

Motorized window treatments are also a great option for hard-to-reach windows since you can control them via a remote control, wall control or smartphone. Some even work with Alexa and other automated home systems. You can also program them to open and close at specific times.

DESIGN

Window treatments serve many practical purposes, but don't ignore their role in enhancing the beauty of your home, both inside and out. You'll want to choose a window treatment that coordinates not only with your furniture and decorating tastes, but also with the style of your home. For instance, wood blinds with drapes might be better suited for your historical home than vertical blinds.





Consider what your window treatments look like from the outside, too. Having different styles and colors of blinds and shades might seem OK inside, but it can ruin a home's exterior appearance.

COST

Before you try to save money by choosing a ready-made window treatment, consider that ready-made treatments typically offer fewer design and color options, limited sizes and features, and often lesser quality in terms of fabric and parts. Custom-made window treatments are not

only designed to fit your specific windows, they also offer thousands of color and fabric choices, as well as quality materials and parts that offer a warranty to protect your investment.

With so many window treatment options available, it's wise to seek expert advice. Heritage Design Interiors has been selling Hunter Douglas products for over 25 years. They can help you explore the many options for blinds, shades and shutters, as well as fabrics, trims and rods. They'll also handle measuring, ordering and installing your new window treatments, so all you have to do is enjoy them.

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Easy Maintenance to Protect Your Investment in Solar Panels

BY HOPE BROCIIOUS

Solar power has become one of the most popular forms of electricity generation. In fact, solar panel installations are on the rise in Manheim, Lititz, Gap, Landisville, Quarryville, Elizabethtown, Millersville, and throughout the greater Lancaster area. That's because more homeowners are investing in solar panels as a way to lower energy bills and reduce dependence on energy companies.

People in Lancaster County know that solar panels can save money while still being good for the environment. But did you know that without regular solar panel cleaning and maintenance solar panels will lose efficiency? So whether you get them installed for free as a contract deal, or pay thousands of dollars to have them installed, they are an addition to your home's exterior that should be cleaned yearly.

Solar panels are out in the elements 24/7/365. Over time, a build-up, or residue, can collect on the solar panels. Sleek, high-tech solar panels were designed to capture the optimal amount of light. But if part or all of your solar panels are obstructed with dirt, grime, mildew or algae, the efficiency of the solar panels can be reduced by as much as 12%. Unimpaired solar panels always work better than solar panels covered in dust, grime, bird droppings, or mildew.

In Lancaster County, walls and driveways usually receive the same moisture and sunlight as your roof. So, if you see mildew or discoloration on your home's exterior walls, walkways, or driveway, your solar panels may also be dirty or covered in mildew. That means it is time to have your solar panels cleaned!

Cleaning your solar panels can be risky. Because most solar panels are placed on the roof, often at substantial heights, it may be best to leave solar panel cleaning to professionals. It's especially dangerous for homeowners to mix heights, water, and cleaning.

Instead, consider calling in a professional who has both the experience and equipment to work with solar panels on slippery roofs. Atkins Deck has been serving the Lancaster area since 1991 and has a solar panel cleaning team that is height-certified. They also have sophisticated equipment and safety procedures to reduce risk to themselves and your solar panels.



Atkins's solar panel cleaning professionals use a pure water system to remove dirt and grime from your solar panels. The pure water system filters water to remove dissolved solids and minerals that are commonly found in Lancaster County's hard water. This ultrapure water is then pumped through boar's hair brushes that are used to clean the solar panel. After the soft brushes have removed dirt and debris, the panels are thoroughly rinsed, leaving clean, spot-free glass behind.

Make sure your solar panels get the gentle cleaning and ultrapure water they need to work better and last longer. Contact the experienced solar panel cleaning team at Atkins Deck. They will treat your home and property with care and respect while helping to protect your investment through easy maintenance.

**Learn more about Atkins Deck's services
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a few **favorite** things



A designer is equal parts detective, psychologist, teacher and artist.

That's the holistic philosophy that Kathy Shenk, owner of Interior Fancies, and her team bring to every project. Kathy started her interior design business in 1995, after two years in the interior design field and a diploma of Interior and Environmental Design from Pennsylvania College of Art & Design. Over the ensuing years, her philosophy has proved successful as her business, her team and her roster of clients have flourished.

Whether the client is a business or homeowner, young and just starting out, or a retired couple who are downsizing, the best way to figure out what they want is to ask questions, she says. "Many times, the client is unsure where to begin. They may have a favorite picture, rug, color, or antique piece, which offer a very good place to start."

The beautiful antique lamp inherited from grandma or the gorgeous painting from a local artist can become the perfect launching point for the design of a room. The soft greens and blues of the lamp, or the warm sunset hues of the painting can set the tone for the room. While Shenk advises that developing a design can evolve from favorite things, it also develops by having trust in the designer to take you where you want to go.

"Part of the discovery is asking many questions," says Shenk. "That's how I take my cues."

Is this your first home?

Are you downsizing?

Do you...

- **Love to cook?**
- **Work from home?**
- **Have a favorite color?**
- **Like formal décor or do you prefer more casual living?**
- **Like clean, sleek lines?**
- **Love antiques?**
- **Have family photographs you want to display?**
- **Like to entertain?**
- **Have a big family?**
- **Like bright, sunny space or a cozy feel?**
- **Need space for kids to do homework?**

• **Need a drop zone for coats, boots, and keys?**

• **Need a fitness center or a playroom?**

• **Have pets?**

That is just the start. Understanding what will fulfill the dreams of a homeowner or business requires visual references too. Clients are shown options of different room styles, colors, finishes, wallpaper, furniture, cabinetry, countertops, paints, flooring, rugs, lighting, plumbing fixtures, architectural features and more.

"We need to learn their decision-making style. Do they decide quickly or do they prefer to mull things over? It's our job to get to know them and to educate them on what is available. Often this introduces the client to things they may not have considered."

Shenk recalls a recent client who wanted to create a quiet oasis master bedroom and en suite bathroom. For this room, they wanted something that would be a departure from the rest of the home, which was more ornate and formal. Shenk helped them realize a bedroom suite that was quiet and calming, providing a respite from the busy world. With details like dark stained white oak bedroom floor, a beautiful ledgestone fireplace, textured wallpaper, coffered ceiling highlighted with ambient lighting, white marble bathroom floor, gray cabinetry and brushed gold fixtures. Shenk was able to create a stunning sanctuary.

Extras like a custom shoe cabinet disguised as an antique European armoire, restful soaking tub, his-and-her vanities, make-up vanity, and shower with body sprays completed the made-to-order bedroom suite for the couple, who are on their way to becoming empty-nesters.

Shenk might have done her job a little too well. Not long ago, her client called to "complain" that the bedroom and bath were so inviting and restful that their visiting adult children and grandchildren indicated they might use it as their Airbnb when the parents are out of town.

"The goal of our design team at Interior Fancies is to create rooms that bring beauty as well as function, a space to call their own," Shenk says.

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Upgrading the floor in your home is a project that can instantly elevate the look and feel of your entire space.

But, for many homeowners, taking a project of this magnitude seems too difficult to DIY and becomes too costly after factoring in product cost and installation. Inevitably, upgrading floors ends up on the home project bucket list and stays there for years.

"At Heritage Floors, we've worked with many homeowners and business owners who have needed to save money for a long time before they could afford

clients to use XL Flooring is Michael King of King's Amish Furniture.

"We were 4 weeks out from the opening of our new store and needed a floor," says Mike. "We checked with Elmer and he recommended XL Flooring for its easy and quick install," Mike said, "and the floor didn't disappoint."

XL Flooring comes in a wide variety of styles and colors from which to choose. Mike decided to go with two colors in the grey family, which he would later use to create an alternating pattern with each row.

Once it was time to get started, Mike said

start to finish. Mike tells us that three men were able to cover 4,500 square feet in just a day and a half. "It's quite simple to install and the average person will find it a breeze," says Mike.

Perhaps one of the most impressive attributes of XL Flooring is how easy it is to replace the planks if damage does occur.

"We slide furniture around often and the floor is holding up super well," says Mike. "But if we do damage a piece, we can just pull it up and replace it in literally 10 seconds, as opposed to the traditional tongue and groove style where you would

these floors were made for walking

to install the floor that they want," says Elmer Stoltzfus, owner of Heritage Floors. After seeing this cycle play out time and time again, Elmer knew that he had to find a new product that would fill the gap between low-quality and high-quality brands and make flooring more accessible.

"That's when we discovered an innovative brand called XL Flooring," says Elmer. "It's stylish, affordable, durable and easy to install." One of Elmer's recent


that "the installation process was actually quite simple." Since XL Flooring isn't tongue and groove, he was able to easily snap a straight line, glue the areas needed, and quickly fit the pieces together across the floor.

"Once we got to the ends, a utility knife is all we needed to make our final cuts," Mike explains. After hearing about this process and learning that Mike had 4,500 square feet to cover, we began to wonder just how long this DIY project took from

need to start at the edge and take up the entire floor in order to get to your damaged piece," Mike explains.

Mike's experience with XL Flooring is exactly what Elmer hopes to share with others who are looking for stylish, affordable options.

"My job is to listen to the needs of my customers, find products that achieve what they're looking for, then surpass expectations," says Elmer. "That's exactly what we're doing with XL Flooring."



“ If we do damage a piece, we can just pull it up and replace it in literally 10 seconds. ”

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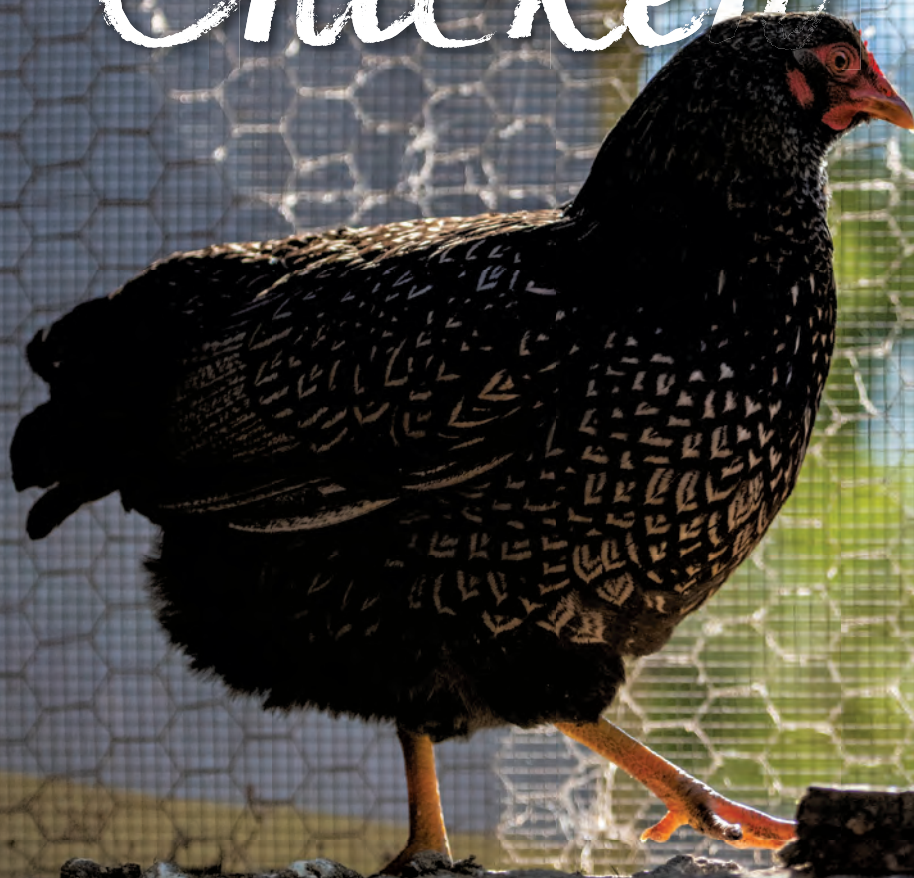
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Spring Chicken



By Kim O'Donnel | Photography by Andrew Albright

As the days get longer, humans aren't the only ones embracing the light. Egg-laying hens love the sun and are most productive in spring and summer, especially those that forage on pasture. The fields are alive with bugs and clover, and the girls are ready to get back to work after their long winter lull. Because eggs are commercially available year-round with the help of artificial light in chicken houses, we don't think of them as seasonal ingredients like asparagus and green beans.

But in fact, a spring egg is the epitome of egg-ery, its yolk a brilliant orange like the sunny orb above and a sight to behold.

In these early weeks of spring, when nights are cool, those carotene-rich centers are creamy, tender and even herbaceous, resulting from the young greens foraged underfoot.

To get you started, I've shared a template for a frittata, an Italian word for a skillet egg pie. It's one of my go-to weeknight dishes when I haven't even given dinner a thought, and it's a great way to use up what's lingering in the veggie crisper. You'll note that I have offered several options to customize a frittata, depending on your preferences and what's in season. Here's to spring, in all its egg-cellent glory.


Did you know...

IT TAKES ABOUT 24 HOURS FOR A HEN TO LAY AN EGG (NO ROOSTER REQUIRED).

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Kim O'Donnel's Frittata Template

MAKES 4 HEARTY SERVINGS

- **1 lb. potatoes** (about 3 medium), peeled and thinly sliced
- **1 tsp. fine sea salt**
- **¼ cup fat** (olive oil, neutral oil, butter, for example)
- **1 medium yellow onion**, finely chopped
 - Add-on option while onion is cooking: ½ red or yellow bell pepper, diced
 - Add-on option after the onion cooks: 4 cups quick-cooking greens (chard, spinach, baby kale or mustard greens), washed, stemmed and coarsely chopped
- **6 large eggs**
 - Add-on option after the eggs: ¼ cup fresh chopped parsley, cilantro, basil, dill, or ½ tsp. dried oregano or thyme.
- **¼ tsp. ground black pepper**
- Add-on options to be sprinkled atop the frittata before the broiler: ¼ cup feta, ricotta, goat cheese or grated Parmigiano-Reggiano or pecorino.



Place 4 cups cold water, the potatoes and 1/2 teaspoon of the salt in a medium saucepan and cover. Bring to a boil, and cook until the potatoes are fork-tender, 18 to 20 minutes. Drain and transfer to a small bowl.

Heat a 10 or 12-inch cast-iron skillet over medium-high heat. Add the fat, tilting the pan to coat. Add the onion, turning with tongs until coated, and cook for about 5 minutes. (If using diced bell pepper, add at this time.) It's OK if the ends get a little crispy.

If using greens, add at this time: Turn with tongs to coat, sprinkle with salt and pepper and a squeeze of lemon, and let wilt, about 4 minutes. Add a drop or two of water if the pan gets dry.

Add the potatoes, turning frequently to encourage browning, and cook for an additional 3 to 4 minutes.

Crack the eggs into a

medium bowl with the remaining 1/2 teaspoon salt and the pepper and whisk with a fork. Using a slotted spoon, transfer the potato mixture to the beaten eggs and gently stir to coat. Reduce the heat under the skillet to medium-low. Pour the egg mixture into the skillet, tilting to evenly distribute. (If using chopped fresh herbs, add at this time, distributing evenly.) Cover and cook over medium heat until the eggs are nearly set, 8 to 10 minutes.

If using cheese, sprinkle evenly on top of the frittata. Place the skillet under the broiler until the surface of the eggs puffs up and browns, about 1 minute. Let cool for a few minutes. Cut the frittata into wedges and serve warm or at room temperature.

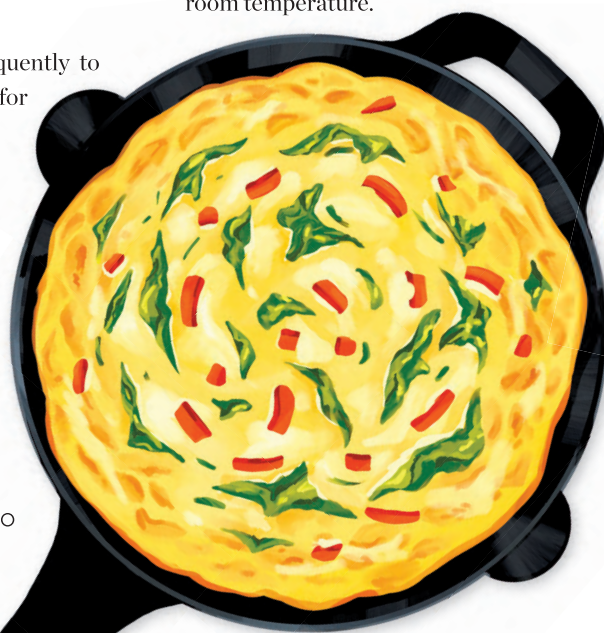


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EVERYBODY SAY YEAH!
KINKY BOOTS THRU 3/29
STUDIO: FUN HOME

Two Musicals

PROMOTE COMPASSION,
DIVERSITY, AND JOY



Kinky Boots and *Fun Home* are both Tony-award-winning musicals launching this spring at Fulton Theatre. Each explore non-traditional issues. But the differences end there. On the Mainstage, *Kinky Boots* is a wild, laugh-out-loud romp in which working class characters discover we can do more when we work together. In the Studio Space, *Fun Home* is a more introspective production with just nine actors and a reflective spirit. Although they are very different in tone and scale, both stories celebrate diversity and show how understanding and compassion can change the world.

Fulton Theatre is proud to present the regional premier of the Broadway smash hit, *Kinky Boots*. Based on a 2006 movie, with joyful, rambunctious songs written for the show by Cindi Lauper, *Kinky Boots* is non-stop fun, full of big laughs and, spoiler alert, featuring drag queens.

According to actor Kate Fahrner, who plays Lauren in this production, “*Kinky Boots* helps us see through different eyes. While the drag queens seem at first like drastically different people, we soon come to recognize their similarities to ourselves.” She adds, “That’s life; that’s humanity. We are all striving for the same things, and to keep afloat.”

Fahrner will also play the role of Alison in *Fun Home*. “It’s based on Alison Bechdel’s graphic novel of the same name,” she explains. “In this Tony-winning musical, the first Broadway musical to feature a lesbian lead, Alison re-examines her past by looking

at her parents through a different light. We all look back at our lives and wonder ‘why did our parents do that?’ It’s not until we are adults that we can finally understand.

Kinky Boots also features Broadway-style dancing. “I’m excited to be working with Kenny Ingram, one of the Fulton’s choreographers,” Fahrner notes. “He brings an incredible energy and effervescence to these numbers.”

“In *Kinky Boots* I get to sing *The History of Wrong Guys*, a ridiculously silly song that lets me have fun.” But Fahrner reports that her favorite number is *Let Me Raise You Up*. “It’s an amazing moment of everyone coming together. And that’s what we should do in life; raise our fellow humans up instead of telling them what they can’t do. We should be proud of each individual and who they are. This song says that.”

Fahrner has played many roles at Fulton Theatre over the years, including Una in *Blackbird*, Katherine in *Disney’s Newsies*, Miss Casewell in *Agatha Christie’s The Mousetrap*, and Jovie in *Elf: The Musical*. “One thing that I’m so thankful for is that Marc Robin (Fulton’s Executive Artistic Producer) sees that I am an actor that can play all these different roles -- that doesn’t always happen in this business.”

She adds, “Lauren in *Kinky Boots* and Alison in *Fun Home* are both super strong women who are fighting for survival. Lauren stands up when she’s going to lose her job and says ‘absolutely not!’ Just as Allison says, ‘I’m at a complete stop and I don’t

know what to write but I’m going to fight through it.’”

Fahrner understands the need to fight for her professional survival. “I first worked at the Fulton Theatre years ago when I was Jovie in *Elf: The Musical*. I had a 9-month-old baby. Marc allowed me to be who I am; a mom with a child. Fulton lifts up actresses who are mothers.” She adds, “Last summer I actually had to turn down a job elsewhere because I asked if my daughter could sleep in a room with me: the answer was no. So, it’s really nice to have a bunch of humans here in Lancaster that are kind.”

In fact, in this production, Fulton Theatre is once again welcoming more than one member of Fahrner family onstage. This time it’s her daughter, Guthrie McLeod Bowman. Guthrie took her first steps at the Fulton and said her first mama and dada here, and will now be making her stage debut in *Kinky Boots!* playing the role of Young Lauren.

Fahrner concludes, “Both shows are about being proud about who you are. Everyone should be able to be appreciative of who they are and what they do. If we could all do that, wouldn’t that change the world?”

Kinky Boots runs on the Mainstage March 3-April 4. *Fun Home* runs in the Studio Space May 12-May 31. Tickets are available online at thefulton.org or at the box office at 12 North Prince Street in downtown Lancaster.

FESTOON FAVORITES

& Kathy's picks

— LOCALLY DESIGNED AND MADE —



The Aunt Ethel Jacket, a Lady Lancaster vintage one-of-a-kind quilted treasure.



The only tool you'll ever need by the campfire! A multi-functional cutlery tool with a fork, knife, spoon, corkscrew, bottle and can opener, as well as a short blade.



Collection of inspirational, beautiful, giftable, books and journals.



Designed and created by local artist Lenora Dame.



The perfect gift for the sneaker lover!



Nora Fleming spring arrivals. Part napkin holder, part candy dish, part anything you want!



Layers of fabric and leather, lightweight spring necklaces in 4 colors.



FREY stands for commitment to our planet, your health, and also your clothing. Check out our line of science-driven, natural-ingredient laundry products and discover how good it can feel to take care of your clothing!



Very cool Festoon sunglasses.

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Photography by Andrew Albright

Excelstior is a Latin word translated as “ever upwards” or “even higher”. It’s a fitting name for Kelly and John Dantine’s industrial-chic event space on East King Street, since it perfectly describes their business philosophy.

“When we think we’re doing something well, we say, ‘Let’s take it up a notch – and Excelsiorize’” Kelly says.

The Dantines have been Excelsiorizing ever since they purchased and restored the former Sprenger Brewery building and Excelsior Hall Complex to turn the property into a destination event space that opened in 2016. The complex is listed on the National Register of Historic Places and dates back to the mid-19th century. Brewer/businessman John A. Sprenger built his Lancaster brewery first, in 1852, and added the Excelsior Hall 20 years later as a tavern and meeting hall. Much like today, the four-story hall was meant to be a social gathering place.

The brewery closed in the late 1800s and Excelsior Hall found new life at the turn of the 20th century to become the bustling Westenberger, Maley & Myers furniture store. The retailer along with many downtown businesses closed in the mid 1970s, leaving the 36,500 square foot property vacant and subsequently in total deterioration for 40 years, until Kelly and John stepped in.

John’s the big thinker, Kelly says. She’s the detail girl. Together, they’ve returned Excelsior to its original Victorian grandeur, along with some well-crafted modern amenities that transformed the complex into a series of versatile, interconnecting event spaces – each with a unique character and its own story to tell:

The Catacombs: In the days before refrigeration, John A. Sprenger cooled

his cask-conditioned beer in these underground chambers below the original brewery building. Featuring arched brewers vaults and doorways and 3.5-foot-thick limestone walls, it’s the perfect atmosphere for cocktail-hour mingling.

The Grande Salon: With its towering 18-foot ceilings, cast-iron columns and original tin ceiling and maple hardwood floors, this main-floor space recalls Excelsior’s heyday as a gathering hall. For brides, the room’s sweeping staircase is ideal for an elegant grand entrance to their indoor wedding ceremony or reception.

The Empire Room: This second-floor room, filled with abundant light from 13 elongated windows, reflects the building’s French Empire style. The original bare plaster walls feature many of the pencil markings typically made by Victorian wallpaper hangers, including names, dates and even some primitive sketches. “These are magnificent little scrawlings,” Kelly says. “We didn’t want to paint over the historic character and patina of these plaster walls.” The room is perfect for seated dinners with up to 275 guests and holds even more for meetings and galas.

The Terrace: Enclosed by brick walls and accented with I-beams and copper interior façade, this open-air space is an extension of the main-floor Grande Salon and lobby. An impressive two-story green living wall of succulent plants offers a dramatic backdrop for outdoor wedding ceremonies, cocktail parties and other events. Trellising hops grow on either side of the green wall, offering a nod to the property’s brewing heritage.

The Garden Courtyard: This sunken courtyard, situated on what was once the foundation of John Sprenger’s home, connects the Catacombs and the lower level lobby of the former Excelsior Hall.

Ivy-covered four-story walls, bubbling water fountains, large hanging ferns and a flowering lily pad basin create tranquility for a green and serene gathering spot.

Excelsior has hosted many a weekday business meeting or corporate event for as few as 40 people and a myriad of Friday/Saturday/Sunday weddings with 135 -280 guests. No matter the size, Excelsior never schedules more than one event per day, so each client gets to use all of the spaces exclusively as they desire. Since opening in February of 2016, over 350 couples have had weddings and receptions at Excelsior. Currently, Excelsior weekend wedding dates are fully booked into 2021.

Kelly and John’s latest effort to “take it up a notch and Excelsiorize” is in the expansion of Signature Catering on King, their in-house catering business they created with their Director of Catering Kaitlyn Fetter-Woods designed to exclusively serve Excelsior’s on-site event clients. As the name implies, they welcome clients who want to put their own signature on the menu. They once served handmade pierogis at a wedding reception, following the recipe of the bride’s Ukrainian great-grandmother. Recently, the Dantines purchased a Lancaster city warehouse to develop another kitchen complex in order to support their growing catering business to serve off-site clients!

It’s no surprise Kelly has a color-coded spreadsheet to help denote the various types of events and coordination involved. “I’m starting to run out of colors,” she says.

Excelsior
125 East King Street, Lancaster, PA
www.ExcelsiorLancaster.com



6 WAYS TO FIND RELIEF

Nearly 20% of Americans experience chronic pain, and for many it interferes with their daily lives.

“Pain can be such an overwhelming thing for patients,” says Dr. Jack Smith, the newest member of the brain and spine team at Argires Marotti Neurosurgical Associates of Lancaster.

Dr. Smith encourages a holistic approach to pain management, and one in which the patient and the medical team work hand in hand on their treatment plan. Patients often don’t realize the important role they can play in managing their own pain, he says.

“A big part of pain management is lifestyle modifications,” Dr. Smith says. Here are some important ones:

EXERCISE

Whether it’s a home exercise program or prescribed physical therapy, exercise helps to strengthen muscles, joints and tendons, he says. Since pain may be a limiting factor, consider non-weight-bearing workouts, like pool exercises, that are gentler on the body.

DIET

“Most people don’t think that what we eat or what we do has much effect on our pain, but it’s a big factor in how we process pain,” Dr. Smith says. Certain foods we eat, especially processed foods or foods high in

fat, are more likely to produce inflammation, he says. Instead, choose a diet concentrated in fruits and vegetables that have anti-inflammatory components. It can not only help you alleviate pain, but also recover from injuries faster.

MINDFULNESS

Similar to meditation, mindfulness is a way to reduce stress and focus on something other than your pain. “Taking deep breaths and focusing on your breathing is one way to practice mindfulness,” Dr. Smith says. “You’re focusing on what you’re sensing and feeling rather than focusing on your pain.”

Along with these personal strategies, there are numerous interventional treatments for pain management that can bring patients relief without the need for opioids or surgery.

Among the treatments available at Argires Marotti Neurosurgical Associates of Lancaster are:

INJECTIONS

Often an option for pinched nerves and arthritis in the back or joints, injections come in two forms: an anti-inflammatory to reduce pain and inflammation or a regenerative solution, such as the patient’s own plasma, to help the body recover on its own. The regenerative approach won’t relieve pain any faster; in fact, the opposite

is true. “It will aggravate pain early on,” Dr. Smith says, “but it will hopefully lead to a better long-term outcome.”

NEUROMODULATION

This technique delivers an electrical current to specific parts of the body to change the perception of pain. Primarily for those who have had back surgery, neuromodulation can be effective for anyone who has any type of severe, debilitating chronic pain, Dr. Smith says.

MEDIAL BRANCH BLOCK AND RADIO-FREQUENCY ABLATION

Effective in treating arthritic conditions of the back and knee, these techniques destroy nerves to decrease the sensation of pain. “It has better long-term relief than steroid injections,” he says.

Ultimately, Dr. Smith says, the goal is to find the best individual pain management approach for a patient’s long-term success. “When you can change a patient’s pain,” he says, “you can really help change their lives.”

Argires Marotti offers both surgical and non-surgical pain management treatments and physical therapy for relief from chronic joint, neck and back pain, including groundbreaking techniques involving spinal cord stimulation.

Putting Employee Health and Wellness First

by Sally Reynolds

Photography by Quinn Staley

When you hear the term “corporate health and wellness,” you might think of boring pamphlets about BMI ranges and smoking cessation classes. You might even think that corporate health and wellness is not relevant to you and that it’s definitely not exciting.

Jared Mizrahi and Wayne Mutata would like to change your mind.

Wayne is a successful local entrepreneur, the force behind the iTrain fitness studio in Lancaster. Jared is also a successful local entrepreneur, building PCI Auction Group into one of the fastest growing private companies in America.

Together, Wayne and Jared are launching the iTrain Corporate Health and Wellness program.

This new endeavor is a cutting-edge local business with aspirations for national dominance. But before Wayne and Jared conquer the country, corporate workers in Lancaster will have the opportunity to reenergize at iTrain’s beautiful new studio at 101 N. Queen St. “This is high-end training in the heart of the city, in the coolest new building in Lancaster,” Wayne says.

But what exactly is corporate health and wellness? “It’s so much more than just working out,” Wayne says. “Corporate health and wellness programs are a path to greater workplace productivity and satisfaction.” Through intensive consultation with each company’s human resources department, iTrain creates wellness programs tailored to each company’s specific needs. “We try to create an experience like no other,” Wayne says.

Does your workplace have a high-stress environment? iTrain will work with your team on yoga, mindfulness and meditation.



We are embedding health and wellbeing at the heart of our business strategy because our people are our greatest asset, and we recognize that a healthy, happy and committed workforce is vital to our business success.

– Alex Gourlay, Co-Chief Operating Officer, Walgreens Boots Alliance, Inc.

Is your workplace a sedentary environment? iTrain will get your team pumped up through team building and motivational interventions. Does your team respond best to data? iTrain will create a points-based rewards system to drive a spirited wellness competition.

All of these approaches are aimed at supporting healthier, happier employees. Companies can also reap rewards through the possibility of reduced sick days and lower insurance rates. Recent research estimates that workers who improve their health and wellness become 10% more productive.* Additional research demonstrates that wellness programs have a positive return on investment, especially for participants who have chronic disease.**

And for senior management, who have limited time, iTrain will get them in and out fast with high-impact sessions designed to get results. Boredom is not an option with iTrain. One local executive says, “In seven months with Wayne and his team I have never, ever repeated the same workout twice.”

Wayne says this is deliberate. “If you get bored, you won’t come back. Our job is to keep you engaged and entertained.” Jared says, “You’ve probably never seen half the stuff that’s in this studio; it’s the latest and greatest in fitness tech.”

Are you ready to transform your workplace? Have your human resources manager call 717-314-8755 or email 101NQ@itrainstudios.com to obtain more information on prioritizing employee health and wellness.

*Gubler, T., Pierce, L., & Larkin, I. (2018). “Doing well by making well: The impact of corporate wellness programs on employee productivity.” *Management Science*, 64(11), 4967-4987.

**Rand Health. (2014). “Do workplace wellness programs save employers money?” Retrieved from http://www.rand.org/pubs/research_reports/RR1114.html.



Gary's Story

HOPE AND HEALING WITH CBD PRODUCTS

BY HOPE BROCIOS

Gary Reitnouer had been suffering from hip pain for months, and it greatly affected his quality of life. He found it hard to sit or drive for more than 30 minutes at a time. Gary's orthopedist could not pinpoint the problem. Physical therapy and over-the-counter topical pain creams offered little relief. He was ready to try anything.

A retired math teacher, Gary learned that a former student worked at Hempfield Botanicals, so he started reading

up on cannabidiol (CBD) to treat pain. He purchased the CBD topical salve and within a few weeks' time, he noticed a tremendous difference in his pain. He started off with two applications a day for the first couple of weeks, then went down to once a day, and eventually, every other day.

Gary was finally able to make the six-hour drive to Norfolk, Virginia, to visit with his brother. His quality of life had greatly improved, all thanks to the CBD salve from Hempfield Botanicals.

Gary shared his success story with his orthopedist, who started recommending the Hempfield Botanicals product to other patients. Gary also continues to recommend Hempfield Botanical's CBD products to those he knows, and they, too, have experienced success in relieving their pain.



Heather Kreider, who co-owns Hempfield Botanicals with her husband, is also a chronic pain sufferer. She says she will often encourage people to simply try their products to see if they would benefit from them. They have found that 95% – 96% love the product and find it helpful. Much of their business is word-of-mouth, thanks to success stories like Gary's.

When it comes to finding effective CBD products, Kreider stresses the importance of using the right types of products for your symptoms. Oral forms of CBD are systemic and take longer to get to the affected areas, whereas topical applications treat a specific, targeted area in a more concentrated way.

Aside from deciding on the right form, Kreider says that purchasing CBD products requires some consumer education. Not all products are effective because they don't contain the ingredients they claim. It is important to find a trustworthy and transparent company that makes products using high-quality and thoroughly tested ingredients.

That is what sets Hempfield Botanicals CBD products apart from others – the quality of their products and the high standards they meet. They offer all-natural, THC-free and

full-spectrum CBD products that contain whole-plant hemp CBD extracts sourced from sustainable farms in the United States. Their products are made in a food-grade, quality-controlled, current Good Manufacturing Practice (cGMP) certified facility. They triple test every batch for potency, quality and purity to ensure consistent, effective products every time. Plus, each finished product batch is tested by Green Scientifics Labs to ensure quality and consistency.

Gary's story is proof that Hempfield Botanicals' CBD products can have a profound effect on those suffering from chronic pain. Heather Kreider says that is the core mission of the business – to provide products that give people hope and a better quality of life.

Find out more at hempfieldbotanicals.com.

WARNINGS/CAUTIONS: THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION (FDA). THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. USE ONLY AS DIRECTED.



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WILLOW VALLEY COMMUNITIES



***“It’s always inspiring to be around children
and do something beneficial for them.”***

— Bob Goodhart, Willow Valley Communities resident

Willow Valley Communities' North Woodshop has been a great place for residents to enjoy hobbies they've engaged in for years or pursue a new one. It's home to talented woodworkers who create not only for their own enjoyment, but also take orders for handcrafted pieces.

Now, in addition to making a unique gift or a piece of furniture, the resident woodworkers are also making a difference.

Through a partnership with the School District of Lancaster, Willow Valley Communities residents have made 16 blessing boxes for schools in Lancaster city. The wooden boxes have a variety of compartments to hold items that many of us take for granted, but that students in need often do without, such as warm clothing, encouraging notes, school supplies and toiletries. Students are invited to take what they need and give when they can.

Willow Valley Communities donated the materials to make the boxes and the schools have held drives to encourage families and teachers to give.

The idea for the blessing boxes came from Jessica Pavelko, wife of Matt Pavelko, a music teacher at Carter and MacRae Elementary School. Her hope was to foster a sense of community and service to one another by giving students a double blessing: the opportunity to receive and to give.

Joining in that joy of giving has been a blessing for the resident woodworkers at Willow Valley Communities as well.



WillowValleyCommunities.org | 866.655.1441







A day in Doylestown

By Wendy Albright
Photography by Andrew Albright

If you're looking for a day trip within two hours of Lancaster County, consider visiting Doylestown in the heart of Bucks County. This one-of-a-kind town just north of Philadelphia makes you feel like you're exploring a medieval European city.

No visit is complete without visiting the three poured-concrete structures designed and built in the early 20th century by Doylestown resident Henry Chapman Mercer, a renowned eccentric American archeologist, collector and tilemaker. During our visit in late January, we explored all three:

The Mercer Museum, Fonthill Castle and the Moravian Pottery & Tile Works Museum.

Our first stop was The Mercer Museum, a must-see for anyone who is interested in eclectic collections. The museum features seven floors packed full of various early American objects, including an authentic

hangman's gallows, a Conestoga Wagon, and smaller displays of woodworking, metalworking and many other tools and artifacts. There is also a library, a children's area and various changing exhibits. The tour is self-guided and staff are available for questions. If you plan to visit the museum in the colder months, be sure to take a coat (and perhaps gloves) because the castle is not heated.

Following our tour of the Mercer Museum, which took about an hour and a half, we found ourselves strolling the quaint streets of Doylestown to search for a bite to eat. I particularly enjoyed the captivating architecture. The walkable streets, filled with unique shops and restaurants, reminded me a lot of Lititz. We chose to eat lunch at Empanada Mama, a small storefront with very limited seating. With over 15 varieties of freshly baked empanadas and 12 choices of dipping sauces on the menu, it was hard to decide which to try. We decided on a half dozen and they were some of the best empanadas we've ever had. The Cocoa Carmelita we saw in the showcase looked delectable, so it was an easy choice to share for dessert. (It was also amazing!)



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The restaurant was busy with a constant flow of customers, and the staff was friendly and helpful.

After lunch, we walked back to the Mercer Museum and drove one mile to Mercer's home, Fonthill Castle, which was built between 1908-1912. This famous concrete castle has 44 rooms, 15 of which are open to the public. Fonthill, like the Mercer Museum, is a labyrinth of concrete steps and rooms with multiple passageways.

When Mercer designed Fonthill, he used his tiles to tell stories throughout each room of the home, some of which were explained to us by our guide during our hour-long tour. I particularly enjoyed getting to climb and descend some of the more than 32 staircases and exploring the nooks and crannies of the castle. Mercer's home also had the first residential elevator, mainly used to carry building materials during the construction. Mercer used it later in life as his health declined.



his death in 1930. The housekeeper and her husband, Laura and Frank Swain, were given lifelong rights to live at Fonthill, so the property was not opened to the public for tours (which had always been Mercer's intention) until after their deaths. Frank died in 1952 and Laura in 1975. A fun fact: Just five years after starting his business in 1898, Mercer produced 16,000 square feet of tile for the new Pennsylvania State Capitol building in Harrisburg.

Following our time at Mercer's properties, we decided to make our way to Peddler's Village, about a 15-minute drive from Doylestown. We wandered through some of their many cool shops before heading to Free Will Brewing Taproom to enjoy some of their selections and decide where to have dinner. We ended up taking the recommendation of

the bartender at Free Will and having dinner at the Heart of Oak Pub in Doylestown, where we had a great dinner before heading back home.

Overall, our day was wonderful. We discovered fascinating history, enjoyed some unique shopping experiences, ate delicious food, tasted some local craft beer and met many friendly people along the way. We look forward to our next adventure.

After our tour of Fonthill Castle, we walked a short distance for another self-guided tour of the Moravian Pottery & Tile Works Museum, which is still a working pottery and employs approximately 10 people. Mercer, a lifelong bachelor, willed the property to his housekeeper's husband upon



Spring Trends

Spring is the time for a fresh outlook, and so is a new decade, so consider spring 2020 the perfect time to shake up your hairstyle. If you're looking for some inspiration, here's what experts predict will be the hottest styles this year:

BANGS | Bangs come in many forms, from the super short to the super long, but it's the '70s-inspired curtain bangs that will be turning heads in 2020. Worn parted down the middle, they can be soft and sassy at the same time. And they're a great option

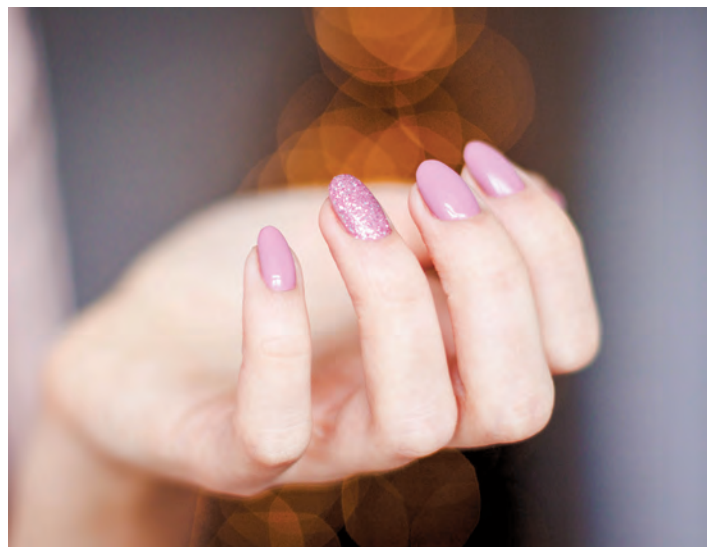
if you're not sure you want to commit to a full bang. If you change your mind, you can easily tuck them behind your ears or grow them out completely.

THE MODERN SHAG | Speaking of the '70s, here's another blast from the past that's making a comeback in 2020. Don't worry. We're not talking Keith Partridge, Carol Brady or something out of a heavy metal band. The versatile modern shag adds texture, volume and depth to hair of any length and any age, from Selena Gomez to Jane Fonda.

THE BOB | Bobs are a classic look that never really goes out of style, but in 2020 they are coming back with a bang. Or without a bang, depending on your style preference. Plus, the bob is another versatile hairstyle that can take you from sleek and sophisticated to tousled and casual with little effort.

THE PIXIE | If you're looking for less fuss, shorter styles like the pixie may be perfect for you. Nothing says fresh like a short cut, and with its low maintenance and mod '60s flair, the pixie is another style that can look great at any age. It's the perfect cut to try with summer just around the corner.

Get your new look for the new decade at the Lancaster School of Cosmetology's Student Salon and Spa.



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All services performed by supervised students. Visit our website for a full listing of all available services.

For the most fortunate among us, safe and affordable housing seems like an afterthought.

But for the dozens of people who call Adrian Garcia's office each month, nothing could be more important.

"We want to make sure that people that are of low or moderate means have the opportunity to capture that dream of owning their own home," says Garcia, director of Housing Equality & Equity at the Lancaster Housing Opportunity Partnership.

LHOP has a simple brand promise: "Because everyone deserves a place called home."

That's why LHOP has resources like its first-time homebuyer program, a class that helps to prepare participants for the homebuying process and the responsibilities of homeownership, Garcia says.

But the services LHOP offers extend far beyond just educating potential homebuyers.

"We have programs that help first-time investors to buy a home that can be renovated and sold to a homebuyer of low to moderate income," Garcia says. "We also have programs designed to make sure that renters, as well as landlords, are educated and aware of the obligation they've entered into by signing a lease."

LHOP also provides services like landlord-tenant mediation for the community, Garcia says.

If somebody believes they're being treated unfairly in a rental situation, they call LHOP. The staff at LHOP listens to the complaint to see if there's a potential Fair Housing Act violation.

"Many times, the calls that we get don't get to that point," Garcia says. "It's a matter of educating and providing the parties with resources to communicate about their issue. Often, the result is an informal housing resolution, which is a voluntary resolution. Both parties are agreeing to resolve the issue."



A PLACE CALLED HOME

LHOP has also introduced other unique programs like the Community Rental Equity Fund, a security deposit-waiver program that partners LHOP staff with a landlord and a social service provider to broker an agreement in which the landlord waives their security deposit in exchange for a guarantee of the deposit amount by LHOP.

“We understand that there are people within the protected classes of the Fair Housing Act, like someone reentering the community from prison or someone with limited English proficiency, who may have limited access to fair housing,” Garcia says. “These things do not define a person, but they do create barriers.”

Through the partnership, the parties support the rental relationship for one to two years.

“We also have something called the Rental Advantage Course, which is a renter education program,” Garcia says. “We bring in experts from outside to talk about budgeting, credit, insurance, your personal history, communicating and owning up to that history.”

All of this, Garcia adds, “is done in an effort to educate the renter, so they’re empowered with the information and can

take ownership of their destiny.”

And it’s not just homebuyers and renters that benefit from LHOP programs.

“We talk about this in the Rental Advantage Course -- we tell people that landlords are people just like you,” Garcia says. “The rules around fair housing and renting are complex. Landlords are often not any more educated about being a landlord than you are about being a tenant. I always tell the students to have a bit of empathy for landlords.”

The lack of understanding of the rules and regulations associated with renting a property to another party is why LHOP has kicked up its efforts to reach out and help educate landlords.

“These are expensive lessons to learn by trial and error,” Garcia says. “We’ve started landlord forums throughout the county, and we’ve even launched an e-magazine called BottomLine to talk about the importance of protecting your investment and the best ways do that.”

April is National Fair Housing Month. To learn more about LHOP, their programs or National Fair Housing Month, visit lhop.org.

APRIL IS FAIR HOUSING MONTH

The freedom to choose where to live without fear of denial because of race, color, religion, national origin, sex, handicap/disability and familial status is not an option -it's the law.

For a FREE Fair Housing Consultation contact LHOP's Fair Housing line at 717-299-7840 or online at www.lhop.org



because **everyone** deserves
a place called home

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JOY of giving

Photography by Vinny Tennis

For Nikki Shingle, there is a joy that comes with giving, and an even greater joy in helping others live out their generosity in meaningful ways.

As a regional director and former charitable services representative for Everence Financial, Nikki has walked with clients during the biggest moments of their lives, from the newly married to the newly retired. It is often those big moments, such as downsizing, selling a business or receiving an inheritance, that give people the means and opportunity to express their generosity.

“Our clients are just really passionate about making our communities a better place to live and work,” she says. “Often, as we support them in their desire to bless others it actually is a joyful experience for us.”

Charitable giving and generosity are at the core of the Everence mission.

Many financial planners base their services on six pillars: managing cash flow, tax planning, retirement, investment planning, estate planning and protecting income. Rather than viewing its services as pillars, Everence views them as branches on a vine that’s rooted in its faith heritage.

The Everence vine has a seventh branch - charitable planning - that makes generosity an intentional focus of the financial plan, not an afterthought.

“Generosity is an outgrowth of an others-centered approach to wealth management,” Nikki says, noting that Everence clients are not interested in merely accumulating wealth for themselves, but in helping others.

“Supporting a client’s passions through generosity is a key part of who Everence is. That’s what makes me excited when I get up in the morning.”

Prioritizing generosity is possible whether you have abundant wealth or more modest means, Nikki says. And planned charitable giving can take many forms.

A young couple with limited means and a strong desire to give may put \$100 a month into a donor advised fund that will eventually go toward a large-impact gift, such as a scholarship. A retired couple uncertain about their future financial needs may opt for a charitable gift annuity that allows them to make a sizable donation to a charity while still receiving a fixed monthly income for the rest of their lives.

Gifts to charity can be large and complex, such as real estate or business interest. They can also be more broadly accessible and simple, like an Everence MyNeighbor credit card that allows you to earn donations to a favorite charity rather than cash back or frequent-flyer miles. For every purchase a cardholder makes, Everence donates 1.5% to the designated charity. Since its inception in April 2017, the MyNeighbor program has generated nearly \$1 million for congregations, schools and other nonprofit organizations.

It’s the same expression of joy and generosity at both ends of the spectrum.

Everence Financial also distinguishes itself in that it has its own charitable foundation that serves as a conduit between clients and nonprofit organizations, many

in the local community. In 2019, Everence Charitable Services received more than \$70 million in donor contributions and distributed nearly \$50 million based on donor recommendations.

Often, clients are surprised to find that through careful planning they





can give more than they expected.

That means more joy for Everence clients and the Everence consultants who make their charitable dreams a reality.

“I love to see people live out their joy and the joy they bring to others,” Nikki says. “The work that we do at Everence in charitable services allows me and our other

Everence consultants to have a front row seat to the good of humanity.”

Everence helps individuals, organizations and congregations integrate finances with faith through a national team of professionals. Everence offers banking, insurance and financial services with community benefits and stewardship education.

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TICE

Photography by Vinny Tennis

His full name is David Tice Allison, stage name: Tice Allison. He's a California-born actor who moved to Lancaster County almost a year ago, and it's not just happenstance that he chose a photo of himself playing Renfield (the fly-eating madman from "Dracula") for the cover of his book. The book is aptly titled *Badass Acting*. Because nothing says badass — or Tice Allison, for that matter — quite like a lunatic swallowing a fly.

As an actor who has spent most of his career working in theater, Tice Allison isn't a household name, but he has earned a worthy list of stage credits over the years, mostly playing characters existing on the fringes of society. As Tice likes to put it, "Creeps and weirdos a specialty!"

Now he's beefing up his repertoire with two more roles: author and acting instructor.

Last year, burning for change and the opportunity to reinvent himself, Tice left the wine country of Sonoma County, California, and moved to Pennsylvania. "Everyone thought I was nuts to leave the West Coast," he jokes, "but after tons of research, I discovered Lancaster, and I can tell you moving here was the best thing I've ever done for myself." Tice chose Lancaster for two reasons. Friends and relatives live nearby, for one thing, but more important, Lancaster strikes him as being a vibrant, up-and-coming region for

the performing arts. "I get the impression Lancaster could even become a major hub for film and television production."

Since his arrival on the scene ten months ago, Tice Allison has been a guest presenter at an actor workshop with DreamWrights Center for Community Arts and has appeared in the Lebanon Community Theatre production of Agatha Christie's "And Then There Were None," playing the devious Judge Wargrave — no surprise there.

Whether it's acting in front of an audience, in front of a camera or in front of a microphone, Tice insists all acting is the same, no matter the venue. He wrote *Badass Acting* with the purpose of helping actors become the best possible performers they can be — badass actors, to coin a phrase. "My goal is to show seasoned theater actors how to shine on stage and young actors how to launch their careers ahead of the rest."

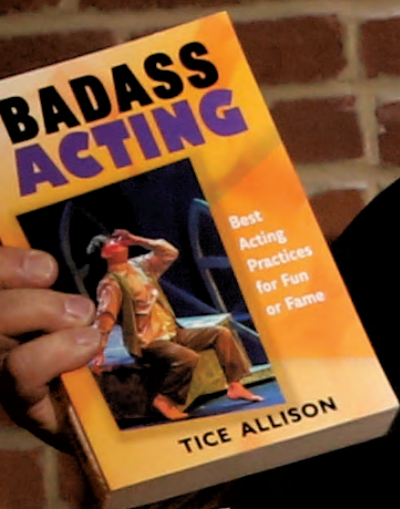
Tice cannot remember a time when he did not want to be an actor. He pursued his goal of working in film and television while living in Los Angeles, specializing in character acting and studying with some of the best coaches in the business. Eventually, he left that path and began performing on stage. "I am one of the thousands of aspiring actors who, sadly, just didn't make it in Hollywood," he says. "But once I found my way onto local

stages, I discovered my home, my venue, my perfect place to practice my art, in the wonderful world of community theater."

Tice Allison's *Badass Acting* is a collection of smart essays on the art and craft of acting. Brimming with acerbic humor and drawn from dozens of stories from his decades of stage experience, the lessons derived from these essays are also the backbone for his most ambitious venture yet: The Tice Allison *Badass Acting Studio* — a school of acting he aims to launch in the heart of Lancaster.

"It'll start out small," Tice explains, "with a series of weekend audience-participation seminars; the permanent studio will come later." He fondly calls these seminars his *Badass Acting Revues*. "I guess you can say they're performance art seminars. I don't just read from the book; I play from it."

Badass Acting ~ Best Acting Practices for Fun or Fame can be purchased in print and Kindle editions at: www.BadassActing.com. Visitors can download free chapters of the book, sign up for the newsletter, view a video of Tice demonstrating his "Renfield Swallows the Fly" routine, and learn more about the upcoming *Badass Acting Revue* seminars, which begin mid-April in Lancaster.



What Recovery Means to Me.....

Recovery to me has been warm sun on a cold day. It has been the smell of coffee first thing in the morning and toes in the sand on a breezy summer day. Recovery is a gift, renewed each day for me, filled with hope, love, relationship, joy, and a never-ending promise of freedom as long as I stay willing. Recovery is my Renaissance.

— Becca

Long Term Recovery since September 19, 2013



In 2014 I left the state of Pennsylvania in hopes of starting a new life. My program of recovery has allowed me to regain my life, not only for myself but for those I love the most. Today, I'm proud to have returned to PA as a son, brother, friend, and a productive member of my community. Recovery has given me the tools to pursue my life passionately, without the shackles of addiction holding me back. Every day I try to live my life thoughtfully and with gratitude for the program that has given it back to me. Every day I show up to show that recovery is possible.

— Jeff

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 a strong probability of recovery. We know that treatment works, and recovery is the expectation with the proper supports and resources. In Lancaster County, we can celebrate a strong community of treatment and recovery support. Lancaster Joining Forces and many community partners are working together to prevent overdose deaths and increase opportunities for long-term recovery.



Surviving addiction has given me the chance to live a happy life, and feel love and joy in my heart again. It has also given me great pride and strength to know that I have achieved something I didn't think I could. Recovery to me means I no longer have to be afraid of tomorrow because today I love myself for who I am.

"I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was." — Sade Andria Zabala

— Jason



Recovery means freedom and an abundance of choices. In the past 25 years, I have been able to grow into who I was intended to be: THE REAL ME, not the scraps and the masks that my addiction perpetuated. With intermittent professional help, a supportive community, healthy habits, practice, time and a soul purpose my recovery has afforded me a beautiful life with benefits like an education, meaningful work, a loving family and connections with others. My recovery has taught me to suspend judgment, because everyone has been impacted by addiction in one way or another. Barriers to recovery like stigma need to dissolve for sustainable change to happen, and I know that it starts with me. I am grateful for this opportunity one moment at a time, and I feel blessed to keep the light of hope on for anyone who needs it. We do recover.

— Maricelle

Visit lancasterjoiningforces.org for more information about our community initiatives to prevent overdose deaths. Also, check out our partners like the Lancaster County Recovery Alliance at lancastercountyrecovery.org for community events and programs that promote recovery, and Compass Mark at compassmark.org/find-help to find treatment and support groups.

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Andrea (Andee) Grosnick lost her husband, Cedric (Ced) Grosnick, in November 2015 at the young age of 60, after a two-and-half-year battle with cancer.

Ced was a Lancaster-based periodontist, a stepfather, a lover of classic cars and an avid golfer. He was the picture of good health, so when he started experiencing a shortness of breath in 2013, he and Andee became concerned. Sadly, he was diagnosed shortly after with lung cancer.

A year and a half into his cancer battle, Ced started receiving end-of-life care from Hospice & Community Care. “I always thought hospice was for someone who had 48 to 24 hours to live,” shared Andee, “but Ced received care for over a year.” Throughout that time, Ced benefited from various Hospice & Community Care services. He was initially cared for at home, where he received regular visits from Hospice staff

– from nurses to a massage therapist, from a social worker to chaplain, and a palliative medicine physician.

“Hospice staff became like family,” Andee said with a smile.

Andee shared that Ced had a lot of anxiety and stress throughout his illness, but that his Hospice nurse, Katie, gave him extra security. “Ced was a talented physician, but a horrible patient,” Andee said, laughing. “At the beginning, Ced didn’t even want to be in the room when Katie arrived but after a short time he warmed up to everyone, especially Katie. They formed such a strong relationship and she was able to calm him. As his caregiver, it gave me peace of mind.”

Hospice & Community Care staff do not just care for the patient medically; they care for them mind, body and spirit. They also care for the family.

Andee’s son, Matt, attended a local college, which allowed him to help with Ced’s caregiving. “Hospice staff was there for all of us,” Matt Junkin said. “What I appreciated most was that they were there for my mom – providing a sense of comfort. She knew Ced was in good hands with the Hospice team.”

“It was hard for me to have those end-of-life conversations with Ced,” shared Andee. “I was so appreciative to have a Hospice chaplain help guide those conversations, such as where he wanted to be buried and who he wanted as his pallbearers, things that I hadn’t even thought of asking him.” Andee shared that the chaplain gave Ced such comfort and that he really opened up to him – sharing wishes that she was not aware of regarding his end-of-life care.



YOU MOVE
FORWARD,
BUT YOU
DON'T
MOVE ON.

Hospice social workers were also a huge help for Andee and Ced. Andee shared that they helped to protect her immediate family from any outside stressors, which helped to reduce Ced's anxiety.

Even the small things were such a blessing for Andee. "I can remember having to call to refill Ced's medicine at 8 or 9 in the evening," Andee said. "I lived in Hershey and the pharmacy was located in Lancaster. The staff were so responsive, and I would apologize to them for having to deliver his meds so late in the evening and they always replied, 'That's what we're here for.' It was such a relief."

"It wasn't just what Hospice did for us, locally," Andee said. Ced wanted to spend time in Florida before he passed so Hospice & Community Care staff arranged for hospice

care in Florida. "The transition was so smooth," shared Andee. "But, it also made me realize how lucky we were to have Hospice & Community Care. The care Ced received locally was top-notch, and I never realized how different each hospice program was."

On Nov. 6, 2015, Ced was transferred to Hospice & Community Care's Bob Fryer & Family Inpatient Center located at The E.E. Manny Murry Center in Mount Joy where he passed away 10 days later.

Matt shared that Ced had such a kind heart and knew what was important in life: his family. "Ced's death has brought us all closer as a family," commented Matt. "We are there for one another physically and emotionally, which is what Ced would have wanted."



Andee now lives in Florida full time and shared that her home is now on a golf course, and since Ced was an avid golfer, she looks out and smiles every morning thinking about him and knows that he will always be with her.

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HANDS-ON

THERAPY

BY MIKE ANDRELCZYK
PHOTOS BY VINNY TENNIS

Trying to describe Reiki is difficult. It could be described as a gentle, meditative and restorative hands-on therapy that results in a feeling of lightness and relaxation. It's a chance for your body to take a break and recharge. Ask a Reiki (pronounced "ray-key") practitioner to describe it and you might hear the words: energy, light, life force, unity. Or you might just hear that it cannot be described in words. Only experienced.

"It's like trying to describe chocolate," says Jim O'Brien, of Lancaster.

O'Brien, 65, has been involved with Reiki for nearly 10 years, and practicing since 2017. The first time he heard of it he was in Philadelphia receiving chemotherapy and radiation for a cancer diagnosis. He was offered a Reiki session.

Being a joker, the former educator responded by saying, "I'll try it. Can you eat it?"

After experiencing the session, O'Brien knew that he found something that could help him on his journey living with cancer.

"It washed everything away – all the fears, anxieties," O'Brien says. "There's a river of energy that runs through us. Reiki takes the turbulence out."

Now O'Brien is a Reiki practitioner and provides sessions to underserved members of the community on his own and as a volunteer at the Lancaster Community Reiki Clinic. He also volunteers at the Ann B. Barshinger Cancer Center and LGH Hospital.

"Every operation took a big piece of me," O'Brien says. "I was struggling. I realized I didn't have a lot of joy in my world. I was alive. I was existing. I read the No. 1 way to get joy in this world is by helping others. That's when I started volunteering."

There are no religious overtones with Reiki. It began in Japan in the 1920s when Mikao Usui, whose ancestors were

samurai, retreated to the mountains and discovered the healing effects of Reiki. Reiki literally translates to "spiritual energy."

JoAnn Canosa, of Lancaster, also came to Reiki by trying to alleviate pain and suffering. Canosa, a former nurse, was suffering from fibromyalgia. She was prescribed medication, but still felt pain. Then she discovered Reiki. (Both Canosa and O'Brien stress the importance of professional medical diagnosis and treatment, but add that Reiki is a great complementary practice to any regimen.)

"We do know that it produces relaxation," Canosa says. "It calms your mind. It lowers your blood pressure and your heart rate. We know that it improves sleep and appetite. But we don't know how it works because it's spiritual."

On some intuition, Canosa attended a Reiki class in Lancaster and when she introduced herself, she found herself saying that she wanted to "heal herself."

"So I learned and I practiced self-Reiki every day," Canosa says. "Within six months, I started to feel something different. I felt space. I felt elongation and space rather than pain. The more I learned the more I understood that we are bigger than just the physical body."

Canosa says that Reiki allows the body's natural energy to work.

"Our bodies all have natural wisdom to heal itself," Canosa says. "You cut your finger and you don't do anything to it but keep it clean and dry and it heals itself from the inside. Our body can do that."

So much of Reiki seems to be about self-control through self-discovery – and Reiki practitioners are encouraged to self-practice.

"You wake up and before you get out of bed, you can set an intention for yourself and, for even just two minutes, put your hands over your heart and give yourself some love," Canosa says.

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AND OTHERS*

*BE TRUE
TO YOUR
WAY AND
BEING*

*BE HUMBLE
AND GRATEFUL*

*DO NOT
WORRY*

*DO NOT
ANGER*

Canosa, like O'Brien, is a Reiki practitioner with her own practice and volunteers at the Lancaster Community Reiki Clinic. The clinic, which is open to anyone, offers 25-minute Reiki sessions by donation every third Thursday at the Farm & Home Center in Lancaster. (If you're interested, visit the website and schedule a time.)

Canosa has offered Reiki sessions in a hospice setting.

"There's nothing better when someone is transitioning to the end of life than to be in a state of love and compassion," Canosa says. "It's beautiful."

Finally, after many attempts to get O'Brien and Canosa to explain what Reiki is, I agree to try a session. I was familiar with meditation, and both O'Brien and Canosa agreed that Reiki was a similar experience.

O'Brien offered a bit of advice. "I have a teacher that says, 'Let thoughts come in the front door and go out the back door. Don't serve them tea.'"

O'Brien turned on some nature sounds and relaxing ambient music. I took my shoes off and lay on a special table. I closed my eyes and, despite the clicking sounds from Vinny Tennis' camera to get the photographs for this article, allowed myself to go into a meditative state. Canosa and O'Brien placed their hands on my temples, my feet, my belly and my knees. The touches were almost imperceptible. Sometimes it felt like there were a dozen

hands on me. I felt warm sensations. A few different times I was sure that someone opened the curtains and let the light flood into Canosa's back porch room. I tried to focus on my breathing and let my thoughts drift away.

Even after a session, I don't know if I can adequately put the experience of Reiki into words, either. I felt a dissolution of my ego while I lay there. I felt warm. I felt good. I felt gratitude toward the two Reiki practitioners. My first impulse was to thank them. I felt a vague sensation that, yes, everyone is connected and, yes, we are all trying our best to help each other get through life.

"We're in this together," says Canosa, "We are all perfect spiritual beings having an imperfect human experience."

FIND OUT MORE:

lanastercommunityreikiclinic.org

Jim O'Brien can be reached via email at semajreikido@gmail.com

JoAnn Canosa can be reached online at reikibyjoann.com



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How You Can Help

Women with Endometriosis

About 10 percent of reproductive-age women will develop a potentially debilitating disease of which very few people have ever heard. It is called endometriosis. In fact, many famous women have or had endometriosis, including Lena Dunham, Marilyn Monroe and Susan Sarandon. Worldwide there are 176 million women suffering and yet ... very few people know what it entails.

Endometriosis is a condition where cells, like those from the lining of the uterus, start growing on other organs, usually within the pelvis. Endometriosis can cause very painful menses, pain between periods, pain with intercourse, and result in infertility if not treated. In addition, nearby organs can be affected and become painful, such as the bladder and bowel. There is no one clear cause of endometriosis, but genetics is involved. If your mother had endometriosis, you are six times more likely to have the disease.

Symptoms typically begin during puberty but can start later. Endometriosis affects all races and economic classes.

Unfortunately, many women are not taken seriously by friends, family and even medical providers when they complain about pelvic pain. Women with endometriosis often feel very alone because nobody believes them, so they often endure it. They are dismissed as weak or having a low pain threshold. They are viewed as attention-seekers or accused of attempting to avoid school or work. They are told cramping pain with their periods is normal. But this isn't just typical cramping. Endometriosis can cause excruciating pain with everyday bodily functions.

Endometriosis negatively affects a woman's life in substantial ways. Because of this pain, they experience 38% more work

productivity loss than women who do not have the disease. Non-work-related activities, such as housework, exercising, studying, shopping and child care, can also be significantly impaired by its painful symptoms. Painful intercourse can not only take the enjoyment out of sex, but also cause women to avoid sex. This often leads to difficult relationship issues. And it can go on for many years.

What can you do to help one in 10 women? First, simply believe them if they tell you they have excruciating pelvic pain. Let them know that you do not think it is in their head. Do not dismiss them. Instead, advocate for them.

Second, tell them to educate themselves on the signs and symptoms of endometriosis. A few good resource websites include endometriosis.org and endofound.org.

Third, reassure them that help is available – and it starts with a proper diagnosis of the disease via pelvic exam, ultrasound and/or laparoscopy. Strongly encourage them to make an appointment with their primary care or ob-gyn provider. If over time the pain has not subsided, or they do not feel “heard,” encourage them to find another provider!

Unfortunately, there is no cure for endometriosis. However, treatment options are available to help manage symptoms, including lifestyle changes, pain medications, hormone therapies and surgical procedures. Enough suffering already!

THOMAS E. FROMUTH, MD, OB/GYN OF LANCASTER

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A photograph of a family of four in a wood workshop. A man on the left holds a young boy who is holding a light-colored wooden cutting board. A woman on the right holds a young girl who is holding a dark, round wooden cutting board. The background is filled with various wooden boards and tools hanging on the wall.

the family tree

BY MARGARET GATES
PHOTOGRAPHY BY VINNY TENNIS

Some people collect coins or stamps. Some people collect cars or antiques.

John Stoltzfus collects wood. Not just any wood, but rejected wood — a tree trimmer's trash. The uglier the better.

John's wife, Rosie, who admittedly hates messes, used to lament his "hobby," especially when the logs from fallen trees started piling up in the driveway of their New Holland home. Then, shortly before Christmas 2018, Rosie asked John to make a few little cutting boards that she could give as gifts. With a homemade jigsaw and an eye for the beauty within, John started carving his own niche out of all that unwanted wood.

What started out as a few cutting boards turned into a business: R.J. Stoltz Co. Marketing on Instagram, by word of mouth and at local makers' markets, they've found a growing demand for John's handiwork. In the last quarter of 2019, he made between 400 and 500 boards — everything from simple 8- or 9-inch cutting boards to asymmetrical live-edge charcuterie boards several feet in length. Rosie finishes off each of John's raw wood creations with a butcher block conditioner made from mineral oil and beeswax to create a functional piece of art.

"I think what sets us apart ... we keep the live edge," says Rosie, 39, referring to a technique where the craftsman preserves the natural edge of the wood, flaws and all. "That makes it unique. There's no two pieces that are the same."

John's main mediums are maple, walnut and cherry, but he occasionally makes pieces from sassafras and mulberry as well.

"Every species has its unique character," says John, 35, noting he's always been partial to the colors of walnut. "When I discovered maple that had a dark streak in the middle I was blown away."

John's love affair with wood began in childhood, growing up on the family farm. His father had a metalworking shop, but his grandfather did woodworking.

"My earliest memories were bringing home scraps and nailing them together," he says.

John and Rosie grew up Amish and lived about a mile apart in the New Holland area, attending separate one-room schoolhouses. Ironically, they met through John's cousin while both were living in Florida over the winter during a short-term work vacation.

"There is a large Amish community in Sarasota during the winter, so it was of no surprise to bump into many people from our local community," says John. "My cousin Steve and Rosie had known each other from grade school and our mutual connection was wake boarding. Since Steve and I had a ski boat, he continued to invite Rosie and a few of her friends out on the water with us the following summer."

The couple, who are no longer Amish, married 11 years ago and returned home. "Rosie had left the Amish Community prior to us meeting," John explains. "I was still attending the Amish church but was not committed to a membership there. As our friendship grew and I associated more with her friends and church, I decided to affiliate there also."

When John and Rosie returned to the area, John started looking for tools on Craigslist and eBay – and collecting trees. His woodwork isn't limited to cutting boards. He also does subcontracting work, rehabbing houses and refinishing wood floors. He's made furniture, too, including a river-style conference table for a local business created by joining two live-edge wood slabs with a "river" of blue epoxy down the center.



John frequently uses epoxy resin, either clear or colored, to fill holes, cracks and knots in his cutting boards. The epoxy cures and hardens, forming a clear glass-like or tinted surface that adds beauty to the wood's natural imperfections. The epoxy, he says, is the most time-consuming part of the board-making process, along with detailing the uniquely carved handles.

John's workshop behind the family home is a happy clutter of sawdust, tools and boards in various stages of completion. It's also a welcoming place for his young helpers, daughter Angelina, 8, and son Brycen, 3, along with the family's three old English bulldogs.

Angelina has been part of the family, in and out of the couple's protective care, since age 1. When it became clear she would not be able to live permanently with a biological parent, John and Rosie made it official and adopted her last summer.

Angelina's wooden creations already decorate her father's workshop, including a hand-drawn wooden sign covered in hearts that proclaims, "You are the best dad ever!"

"I want to be an artist when I grow up," she says with a beaming smile.

Whether the children follow in his footsteps remains to be seen. John recalls how his own father had hoped he would take over the family farm or the metalworking business. But carving out his own niche in the world was not so different from finding the beauty in those pieces of reclaimed wood.

"I knew the character it was hiding," he says. "Ultimately, I'm just unleashing its own potential."

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THE GREEN ROOM ORGANIC SALON



Downtown Lancaster's largest retail destination with a simple mission: offer vintage, recycled and handmade goods at great prices. Inventory at our 70+ independent shops changes quickly, so plan to stop in often.



Illustration by Alex Jones



j.a.sharp Custom Jeweler features an exciting selection of jewelry, handbags and knives by American artists. The shop also offers custom jewelry and expert restoration by owner Andrea Miller Amey and Jude Sharp.



Handmade works of art from regional artists for the craft-lover in all of us! Fine jewelry, furniture, scarves, jackets, home décor, kitchen items and more. Surround yourself with inspiration. Discover unique made-in-America crafts to fill your home and give as gifts.



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2 | CEMENT CACTUS PLANTER, \$31.⁵⁰

3 | STONEWARE ELEPHANT, \$4.⁹⁹

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5 | COLORWAY POT, \$8.²⁵

6 | COLORWAY VASE, \$14.⁹⁹

7 | ZARA POT, \$10.⁹⁹

8 | ROUND EURO POT, \$7.⁹⁹

9 | STONEWARE ALPACA, \$4.⁹⁹

10 | RENEW VASE, \$10.⁵⁰

11 | ROUND HANGING CEMENT
PLANTER WITH MACRAMÉ, \$19.⁹⁹



11



10



6



7



8



9

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Staycation

After a long winter, a little getaway might be on your spring-to-do list. If time, expense or other responsibilities keep you from taking a more traditional vacation, then consider a staycation destination that's practically in your own backyard: downtown Lancaster. With all of its shops, art galleries, entertainment venues and historic sites, the city always has something to do, no matter the time of year. And staying at the **Lancaster Marriott at Penn Square** puts you in the center of it all. The Lancaster Marriott's new East Tower features 110 new guest rooms and 10 "city suites," all with advanced amenities, sleek design features and sweeping views of the city for ultimate staycation relaxation. In fact, there's so much to do at the Marriott, you may never want to step outside. Joining us for a getaway weekend? Here are some ideas:

The Exchange

The new rooftop bar, The Exchange, offers casual indoor and outdoor seating and amazing city views from atop the hotel's new 12-story East Tower. Fire pits and large heat lamps mean you can enjoy a rooftop perch outdoors from spring through fall. And thanks to a wall of floor-to-ceiling windows, you can relax with a bird's-eye view of the city any time of year. Weekday happy hours are from 4 to 6 p.m., with \$2 off draft beer and wine by the glass, along with rotating food specials. Consider

kicking off your staycation here with a few drinks, wood-oven pizza or some small-plate items made with local ingredients.

Plough

Chef Ryan McQuillan offers a menu of creatively prepared dishes featuring ingredients sourced from the area's lush farmlands and Lancaster Central Market. Think traditional American favorites with an upscale modern twist. Located on the ground floor, Plough serves weekend brunch from 10 a.m. to 3 p.m. Choices include a PA Dutch Breakfast featuring pork and sausage, Eggs Benedict, an Ancient Grains Bowl and Smoked Salmon Sandwich.

Fitness & Relaxation

Nothing says weekend getaway quite like a relaxing trip to the spa. Mandarin Rose offers deep tissue, hot stone, Thai mat, Lomilomi and heated bamboo massages, as well as aromatherapy. Staycationing with a partner? De-stress together with a couple's massage, then relax some more by the pool. Speaking of the pool, the Lancaster Marriott's heated indoor pool is open daily from 7 a.m. to 11 p.m. For those looking for a little more intense or after-hours exercise, the Lancaster Marriott offers a fitness center with cardio equipment and free weights that's open 24/7. Another



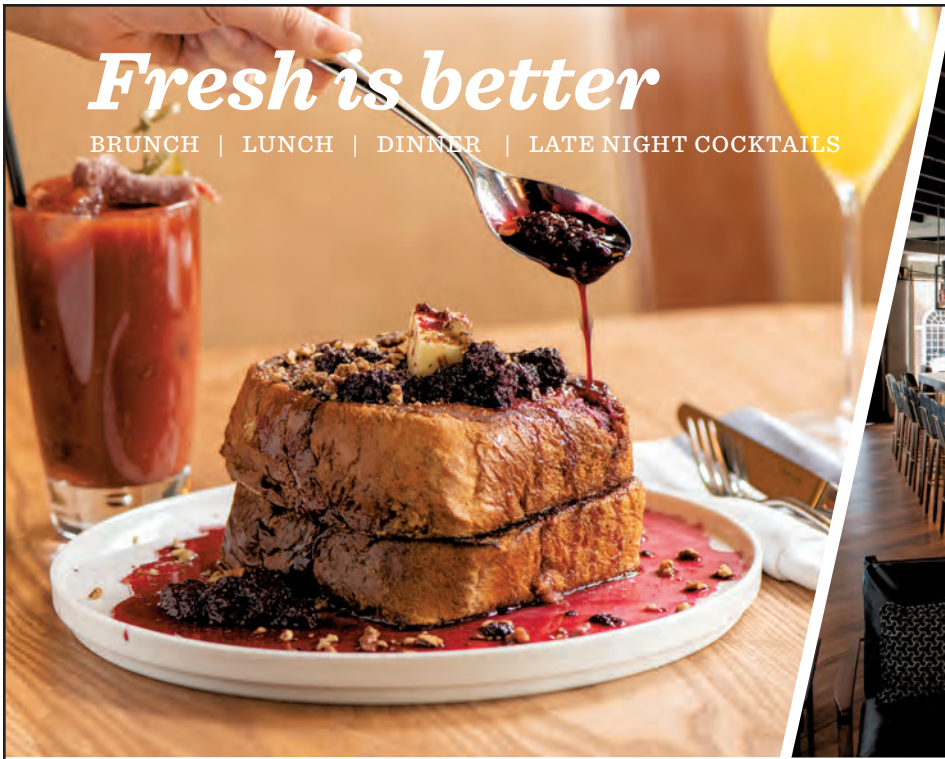
great way to get exercise is by exploring Lancaster's very walkable city. You can do it

on your own, or head across the street to the visitors' center for a guided Historic Lancaster Walking Tour, available daily from April through October.

M Club

Loyalty comes with privileges, and loyal Marriott rewards customers can get some extra staycation love at the M Club, an exclusive lounge for Titanium and Ambassador members offering a host of amenities, including complimentary Wi-Fi, Starbucks drip coffee, grab-and-go items, daily breakfast and evening appetizers. Not a Titanium or Ambassador guest yet? You can upgrade your reservation to include M Club access.

Marriott's Bonvoy loyalty program is free to join and offers special member rates. Members earn points toward free nights, complimentary Wi-Fi, mobile check-in and mobile key, making it even easier to enjoy a staycation weekend.



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A Living Room for Your Backyard

Spring is just about here. If you're like most people, that means you're looking forward to spending more time outdoors, especially in your own backyard.

While warmer weather and longer days mean you'll have more time for lawn and garden work and those outdoor home improvement projects, don't forget the importance of fun and relaxation when all that work is done.

If you already have a patio or deck, you know it's a great place for some quiet time with your coffee and the morning news, for casual weeknight family dinners in the extended daylight, and for fun weekend gatherings with friends that go from afternoon until late in the night.

If you have an uncovered patio or deck, you probably also know that glaring sunlight, blazing heat and unwanted insects can seriously cut into all that fun and relaxation.

Make this the year that you add a removable patio or deck awning to your list of outdoor spring projects. You'll reap many benefits. Here are just a few:

An outdoor room to use whenever you want

Summer sun can make the surface of a patio or deck as much as 50 degrees hotter than the outdoor air temperature, making the outdoor space unbearable – even during the morning hours. And forget stepping out in your bare feet. Shading the area with a removable awning can bring the deck or patio temperature down to the air temperature so you're more comfortable outdoors no matter the time of day. And don't forget the obvious: An awning means a little drizzle—or even a steady rain—won't force you back indoors.

Energy savings

Many homes have large windows or doors leading to their deck or patio.

While they offer great free solar heat in the winter, they make air conditioners work extra hard during the summer just to keep that connecting interior room cool. That extra work not only takes a toll on your air conditioner but on your summer electric bill, too.

National studies by the American Society of Heating & Air Conditioning Engineers, University of Minnesota and the Professional Awnings Manufacturers Association show an energy savings of up to 77% when shading west- and south-facing windows with awnings. Plus, by using a removable awning you will still get the benefits of solar heat during the winter months.

Indoor protection

Awnings can protect your cooling bill, but did you know they can protect other things as well?

While all that solar heat is warming your home, it's also fading your furniture, curtains, doors and flooring. Window films and high e-glass can help, but studies show the best protection comes from outside. An awning can keep your home's interior looking better for longer—and that's a savings, too.

Another important savings comes with the awnings themselves. Most of today's awnings are no longer true canvas but synthetic weaves that look like canvas. That means they now last twice as long, up to 10-20 years.

If you're ready to truly enjoy your outdoor space this spring, summer and fall, Kreider's Canvas Service can help you find the best awning solution for your porch or deck. They've been installing awnings for 45 years and offer an expert staff with over 100 years combined experience. They not only install and service their products, they'll even come and remove your awning in the fall and reinstall it in the spring—leaving you more time to just relax.



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Smile and the World

BY SALLY REYNOLDS

DID YOU KNOW THESE FUN FACTS ABOUT TEETH?

- The first toothbrushes were invented around 3,000 BC and were made of twigs.
- Our teeth are unique, like fingerprints, and contain information about how old we are and where we live.
- One third of each tooth is hidden underneath your gums.

Without your teeth, you couldn't easily smile, eat or speak.

But what happens if you start to lose your teeth? Don't worry, you can still have a gorgeous smile! Dentures and dental implants are great options for keeping a pearly white smile, no matter the condition of your original teeth. But what are the pros and cons of each method?

DENTAL IMPLANTS

Dental implants are typically used to replace a missing tooth or teeth and can also be used to secure dentures. Dental implants are placed directly into the jaw bone and are secure, stable and long-lasting. "This procedure can easily be done with local anesthesia in the office, or, if the patient desires, sedation can be another option," says Dr. John Nikas, a periodontist with Smilebuilderz.

Teeth are meant to last a lifetime. If they are lost, implants are the closest thing to your original teeth. "As long as the patient is in relatively good health, with no major systemic issues, such as uncontrolled diabetes, they are a candidate to receive dental implants," Dr. Nikas says.

Implants have the advantage of helping retain your facial bone density, which will deteriorate once a tooth is lost. Just as you would with your original teeth, you need to brush dental implants daily and get regular checkups.

The process for receiving dental implants starts with a clinical assessment of existing bone density, followed by digital scanning, photographs and radiographic examination. Smilebuilderz uses 3D X-ray imaging to accurately assess bone density and readiness for dental implants. After the assessment is complete, a virtual set of teeth will be designed, then the implants will be crafted and ready for placement.

DENTURES

"Dentures are the oldest method of teeth replacement and can be either partial or full," says Smilebuilderz founder and general dentist Dr. Anthony Skiadas.

Partial dentures from the 7th century BC have been found in northern Italy made from animal teeth and gold bands. Full wooden dentures were invented in Japan in the early 16th century. More recently, dentures were made from porcelain or plastic.

Contemporary dentures are made of hard resin and are less costly than dental

implants. Dentures also have a shorter treatment time than implants. Dentures, however, can feel bulky at first and take some getting used to.

The process for being fitted for dentures is similar to dental implants, starting with a comprehensive examination. This will help determine the overall health of the mouth, find any challenges that may occur, and give the opportunity to correct any lingering problems that may cause issues later. A series of X-rays will also be taken to make sure that the underlying bone structure will be complimentary to the denture fittings followed by a digital impression captured by using Smilebuilderz' advanced intra-oral digital scanners. The digitally designed dentures are then fabricated and custom-fitted to ensure comfort and usability.

"Contemporary dentures are better fitting and more aesthetically pleasing than older models," Dr. Skiadas says. "We can match your skin tone, facial structure and mouth shape to ensure they look as natural as possible."

Just like your original teeth, dentures and dental implants need cleaning to ensure continued fit and correct appearance. Regular visits to your dentist will keep your new smile bright and shining!



To learn more, visit smilebuilderz.com.

Smiles with You



Doga

By Sally Reynolds | Photography by Andrew Albright

Perhaps you've heard of goat yoga, where aspiring yoginis gather for poses amid a herd of adorable baby goats. But have you heard of dog yoga? And did you know that dog yoga is one young woman's way to give back to her community?

Gina Melasecca grew up with an intellectually and physically disabled older brother. "My whole family had to help my

brother in one way or another, so at an early age I saw how important it is to take care of those who cannot care for themselves."

Gina's brother inspired her to make volunteering an on-going part of her life. As a service dog trainer and a certified yoga teacher, she wanted to combine these two passions with her calling to serve. The result? Dog yoga to raise money

for service dogs!

The beauty of dog yoga is that it multiplies the love. Gina loves doing yoga, the dogs love joining in, the participants love the class (and some become volunteers), and ultimately the class helps bring the love of a trained service dog to a disabled person.



If you are interested in volunteering or donating to a charity but don't know where to start, Gina offers the following tips:

CONSIDER WHAT YOU ALREADY LOVE TO SPEND TIME ON

Find ways to weave giving into activities you would be doing anyway. For Gina, yoga is something she was already doing for her health, and she's used it to bring funds and awareness to a cause.

IDENTIFY YOUR VALUES

Ask yourself, "What am I passionate about?" If you're passionate about animals, consider donating to an animal rescue. If you love nature, consider providing aid to a nature conservancy. By finding what moves you, you'll be more likely to get involved and stay involved.

FIND ORGANIZATIONS THAT ALIGN WITH THOSE VALUES

Search for charitable organizations that serve the community you want to help. Are you looking to support your local community? Or does your passion lie with

a grander purpose, such as defeating cancer or ending world hunger? Check mission statements to get a clear understanding of what charities do and how they do it.

CONSIDER WHETHER YOU PREFER TO DONATE TO A LOCAL NONPROFIT OR A LARGER, NATIONAL OR INTERNATIONAL NONPROFIT

Smaller nonprofits often have a small or nonexistent marketing budget and may struggle to reach potential donors. Your donation of time or funds can have a big impact on small nonprofits.

MAKE SURE THE ORGANIZATIONS YOU ARE CONSIDERING ARE LEGITIMATE AND REPUTABLE

A reputable nonprofit will be up-front about their mission and the services they offer. They won't pressure you to donate. Ask specific questions about how the budget is used, who benefits from their services, if they are affiliated with a specific organization or religion, and so forth.

*"Service to others
is the rent you pay for
your room here
on Earth"*

— Muhammad Ali



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