

balance

SUMMER ISSUE 2020

life, community, style.





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ON THE COVER

Portrait by Andrew Albright
Els and Evie Deremer enjoy some sweet frozen treats. Summer plans might have fizzled for most of us, but we'll try and make the best of it - ice cream always helps!

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BALANCE MAGAZINE

It's interesting to talk with friends, coworkers and family to see what everyone has been doing to fill their days during our time of social distancing. I am proud to say I've nailed a few challenging recipes, including homemade dog treats for our dog Charlie. Also, our yard has never looked better! We try to go on walks every day; sometimes twice a day. Those walks have helped us get to know our neighbors better in these past few months than we have in the eight years we've lived in this neighborhood. I have family in Alabama, but we've never attempted to video chat with them until quarantine began. And just last week, we had a socially distant butterfly-themed second birthday party for our daughter Emma, in our backyard. It's strange how, while we've needed to stay apart, we've all grown closer in some ways. Neighbors, friends, family, coworkers, strangers — we all have something in common now.

Since it seems we all may be filling our time with similar hobbies, we hope to introduce you to some fresh ideas to add to your days. Learn how to use unique local produce in your recipes, build personal outdoor spaces for the summer, or just take a little time for self-care.

Thank you for joining us for our fourth issue.

Lindsey McCallum

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There are many reasons to adopt a change in your diet. For many people, implementing a gluten-free, dairy-free or vegan diet isn't a matter of simply getting in on the latest health and lifestyle trend - it's a necessary way to avoid foods that trigger allergies. These elimination diets are necessary for many people, but if not

managed properly they can lead to different dietary problems.

It's important if you are going gluten-free, dairy-free or vegan to be sure you're making up for any lost vitamins and nutrients by eating a variety of foods or by taking a supplement.

"I've seen plenty of people that are

very unhealthy vegetarians," says Dr. Pia Fenimore, a pediatrician with Lancaster Pediatric Associates. "They come in and they're living on a diet of potatoes and pasta. So I don't think that choosing one of those elimination-type diets is the key to producing healthy kids unless there's some sort of medical reason that they need it."

GLUTEN FREE

The gluten-free diet is very healthy in general, Fenimore says.

"When I first started practicing medicine, gluten free pasta was truly the grossest thing I ever had in my life," she says. "And they have tweaked that really nicely too, so that now actually there's a couple brands of gluten-free pasta that I prefer. Because there are so many substitutes, we don't worry about missing out on nutrients in a gluten-free person."

One thing that's important to make sure you're getting is folate, Fenimore says.

"If you're gluten-free, you need your folate supplement. And with kids, a growing nervous system needs folate, so we make sure they're getting that elsewhere," says Fenimore. "But there are lots of other sources of folate, so I don't worry too much about that."

Asparagus, kale, leafy greens and citrus fruits are all rich in folate.

VEGAN

A vegan diet is absolutely safe for children, says Fenimore, but notes that parents should consider specific things.

"The first one being protein sources," she says. "In our diet, the bulk of protein comes from meat, eggs and dairy and since those things are off the table with the vegan diet, you have to come up with other sources including tofu, beans, nuts and things like that."

Protein isn't the only concern when going vegan.

"Vitamin B12 is another thing that we get from animal

sources and can be tricky to find for vegans and vegetarians," says Fenimore. "Some use nutritional yeast or fortified grains. I have heard there are certain kinds of mushrooms that have B12 in them, but in general I usually recommend that parents put their children on a B12 supplement just to be certain."

Not getting enough protein or B-12 can lead to fatigue, weakness, and lightheadedness and - in instances of prolonged deficiencies - occasionally more serious symptoms.

OFF THE TABLE

BY MIKE ANDRELCZYK

IF YOU'RE GOING GLUTEN-FREE, DAIRY-FREE, VEGAN OR ADOPTING ANY ELIMINATION-STYLE DIET, CONSIDER FINDING WAYS TO MAKE UP FOR LOST VITAMINS AND NUTRIENTS.



DAIRY FREE

Vitamin D and calcium are the two main nutrients that we get from dairy products.

“Most of the so-called dairy substitute-type milks like soy or almond or things like that are supplemented with Vitamin D,” says Fenimore. “And there are lots of other foods that are rich in vitamin D that are not dairy, they just might not be foods that we necessarily think of all the time. One of them is fish. Dark leafy greens, like spinach and kale, have vitamin D. Tofu has vitamin D in it. Some grains have vitamin D. Some orange juices are supplemented with vitamin D. So, there’s lots of way to get it in your diet if you’re dairy free.”

Fenimore says balance is the key to any diet, for adults or kids.

“I think the main thing we need to do is focus on teaching our kids about balance and about making sure that your body is getting everything it needs from food,” says Fenimore. “I think the movement to teach kids to eat whole foods and know where their food came from and know what’s in their food, is one that has merit and is worth starting from the very beginning.”

Adopting a healthy diet that includes a wide variety of food is important, says Fenimore,

who occasionally writes a column for LNP about healthcare with a focus on children. And, she adds, it’s a habit that is most successful when started at a young age.

However, even though Fenimore feels that a balanced diet is best, she understands that some people need to adopt an elimination diet. She offers some recommendations to make up for any much-needed vitamins and nutrients that may be lost when going vegan, gluten-free or dairy-free.



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Dr. Pia Fenimore recommends getting a balanced diet that includes a wide variety of foods. This is especially important if you're following a gluten-free, dairy-free or vegan diet.

This variant on Indian palak paneer from LNP | LancasterOnline food writer Kim O'Donnel uses tofu instead of cheese, and therefore can fit into a variety of elimination-style diets.

Palak with Curry-Roasted Tofu

Inspired by a recipe for Indian Spinach with Fried Paneer from "Sourdough on the Rise" by Cynthia Lair. Makes about 5 servings.

Ingredients: Curry-roasted tofu

- 1 14-ounce package extra firm or firm tofu packed in water, preferably organic or non-GMO
- 2 tablespoons neutral oil
- 1 teaspoon salt
- 1 teaspoon garam masala or Madras curry powder
- ¼ teaspoon ground turmeric

Note: To save time, you can roast the tofu a day in advance.

Directions:

To press and drain the tofu, remove from the package, discard the water and place on a dinner plate. Set a small plate on top, then weigh down with a heavy object (like a can of tomatoes or jar of jam) to press and release the water. Let sit for 15 to 20 minutes. Pour off the water.

Preheat the oven to 450°F and line a sheet pan with parchment paper.

Slice the block of tofu in half horizontally. Cut each half into sixteen to twenty 1-inch cubes. Transfer the cubes to a bowl and add the oil, salt and spices. Gently mix until the tofu is evenly coated.

Arrange the cubes in a single layer on the prepared pan. Roast for 15 minutes, then with tongs, turn the cubes to brown on a second side. Roast for an additional 15 minutes. The tofu will be golden and even slightly puffy.

Transfer to a bowl and set aside for serving.

Ingredients: Indian-spiced palak

- 3 tablespoons neutral oil
- 1 medium onion, finely chopped (about 1 ½ cups)
- 2 bunches fresh spinach or chard, washed and stemmed (about 8 cups) or two 10-ounce packages of frozen chopped spinach, thawed
- 1 medium jalapeno chile pepper, finely chopped
- 4 cloves garlic, very finely chopped
- 1 tablespoon minced or grated ginger (from a 1x1-inch peeled piece)
- 1 teaspoon garam masala or Madras curry powder
- ½ teaspoon ground turmeric
- ½ teaspoon ground cumin
- 1 teaspoon salt, plus more as needed
- 2 plum tomatoes or 10 cherry tomatoes, finely chopped
- 2 to 3 tablespoons whole milk, heavy cream or coconut milk

Directions:

Place the spinach in a microwaveable bowl and steam until tender and wilted, about 2 minutes. Cool under running cold water. With your hands, squeeze as much water out of the greens as possible; you'll end up with a green ball about the size of a baseball. Chop coarsely.

Heat a 10- to 12-inch skillet or wok over medium heat. Add the onion and cook until very soft and aromatic (but not burned), 10 to 12 minutes.

Stir in the chile pepper, garlic and ginger, cooking for about 1 minute. Add the spices and the salt, stirring until the onion mixture is coated. Stir in the chopped tomatoes, allowing their juices to release, about 1 minute. Stir in the chopped spinach, turning until coated, and taste for salt, adding more as needed.

Remove from the heat and stir in the milk and the roasted tofu. Return to the heat for about 30 seconds and serve hot.

Serve with rice pilaf or your favorite naan or pita, or straight out of the skillet.



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Managing **ANXIETY**

How CBD can offer relief for you and your pet



You don't need to be a medical professional to know about some of the body's most important systems: the circulatory system, the skeletal system, the reproductive system, the nervous system, the digestive system, just to name a few.

But there's one system that is only recently getting the attention it deserves, even in the medical community: the endocannabinoid system or ECS. The ECS helps regulate many bodily functions, from sleep and memory to mood and appetite - not only in humans, but in all mammals.

When the ECS is out of balance, so are we. Fortunately, cannabinoids, like hemp-based CBD oils, are one way to bring that system back into balance.

Our bodies contain cannabinoid receptors that sit on the surface of cells and "listen" to conditions outside the cell. "It's like traffic control," says Heather Kreider, a registered nurse and co-owner of Hempfield Botanicals with her husband, Nathan. "They basically listen and perk up their ears and help kick-start that cellular response."

Different cannabinoids interact with those receptors to create a unique response in the body.

One area where CBD has been shown to be particularly helpful is mental health. Anxiety was already the most common form of mental illness among Americans before COVID-19, and it's safe to say that living through a pandemic for months likely hasn't improved that statistic.

"Now, even more, people are struggling with sleep and they're also struggling with anxiety," Kreider says.

Here's how plant-based CBD oil can help:

"When people have an anxiety attack, their heart rate goes up and they start hyperventilating and they're going through all these different responses in their body," Kreider says. "What CBD does is bring everything back to homeostasis."

CBD brings the heart rate down and regulates blood pressure. But unlike opioids, it never takes you below your normal functioning state. In fact, CBD has no effect on cells that are already functioning normally.

Studies show CBD has been effective in reducing anxiety behaviors related to PTSD, generalized anxiety disorder, Parkinson's disease, obsessive compulsive disorder and social anxiety disorder. A 2019 study of 37 Japanese teenagers diagnosed with social anxiety disorder found that CBD reduced anxiety symptoms at a level comparable to that of a drug commonly prescribed to treat the disorder.

For pets, CBD is beneficial for treating separation anxiety and travel anxiety, as well as joint pain.

Hempfield Botanicals offers CBD oils specifically formulated to relieve anxiety in humans and pets. In addition to hemp-seed oil and CBD, they include specially compounded terpenes, or

aromatic oils, found naturally in the cannabis plant. Many terpenes elicit a specific response in the body, from energy to a calming effect.

"What makes our oral oils a little bit different is they were created by two compounding pharmacists, and one of them is a chemical engineer," Kreider says. "They both specialize in the cannabis industry, so they know the ins and outs of the cannabis plant."

The oral oils are meant to be taken under the tongue or between the gum and cheek, where the CBD can be absorbed directly into the circulatory system. The oil typically takes effect within 20 minutes and lasts for up to six hours. For dogs, the oil is added to food.

Before trying any CBD oils, consult a physician, especially if you are taking prescription medication. Currently, there are virtually no regulations in place for CBD manufacturers, since it has not been approved for general medicinal use.

"We are excited for regulations to be put in place because many consumers are being taken advantage of by unscrupulous marketing tactics," Kreider says.

To ensure the quality of its products, Hempfield Botanicals has put a number of its own assurances in place: They are audited by the FDA for good manufacturing practices, certified by the Pennsylvania Department of Health, and certified cruelty-free and 100% vegan.

While many other countries have a history of medical-based research showing the positive effects of cannabinoids on anxiety, addiction, appetite, sleep and pain, many U.S. physicians are just now seeing the benefits of such plant-based alternatives.

"We have definitely seen an uptick in interest in CBD from the medical profession," Kreider says. "We're going to be learning a lot more about it and how it affects the body. We're just at the tip of the iceberg with plant-based medicines."



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If you have high blood pressure, also known as hypertension, you've got plenty of company. The American Heart Association estimates that nearly half of all American adults — over 100 million people — suffer from the condition. But since it often doesn't cause symptoms, many people don't know they have it.

And when it comes to hypertension, what you don't know can definitely hurt you. That's why regular checkups are so important.

"Your blood vessels need a certain amount of pressure to move your blood and oxygen to all organs of your body," explains Willis Godin, D.O., noninvasive cardiologist, Cardiac Consultants, UPMC Heart and Vascular Institute, Lancaster.

Blood pressure is a measure of the force of your blood as it pushes through your blood vessels. The top, or systolic, number measures the pressure as your heart is contracting or squeezing.

The bottom, or diastolic, number measures the pressure when your heart is relaxing.

"High blood pressure is dangerous because it causes increased stress and strain on the blood vessel walls and also to the organs that they supply," Dr. Godin says. If left untreated, high blood pressure can cause heart failure, kidney disease or kidney failure, stroke, heart attack and vision problems, just to name a few.

You may develop high blood pressure due to factors beyond your control, such as race, increased age or a family history of high blood pressure. However, other common risk factors are lifestyle habits that you can work to change, like obesity, tobacco use, increased salt or sodium intake, excessive alcohol use and physical inactivity, Dr. Godin says.

During these uncertain times, there is even more reason to keep tabs on your blood pressure, Dr. Godin says.

"The recent events of COVID-19 are taking a toll on mental health and causing increased anxiety," he says, noting that anxiety has been associated with high blood pressure.

Keeping your blood pressure under control is so important to your overall health that the American College of Cardiology and the American Heart Association lowered their definition of normal blood pressure in 2017 to allow physicians to treat high blood pressure more aggressively, Dr. Godin says.

So what is considered high blood pressure? The ACC and AHA now classify blood pressure in four categories:

NORMAL BLOOD PRESSURE

systolic <120 mmHg / diastolic <80 mmHg

ELEVATED BLOOD PRESSURE

systolic 120-129 mmHg / diastolic <80 mmHg

STAGE 1 HYPERTENSION

systolic 130-139 mmHg or diastolic 80-89 mmHg

STAGE 2 HYPERTENSION

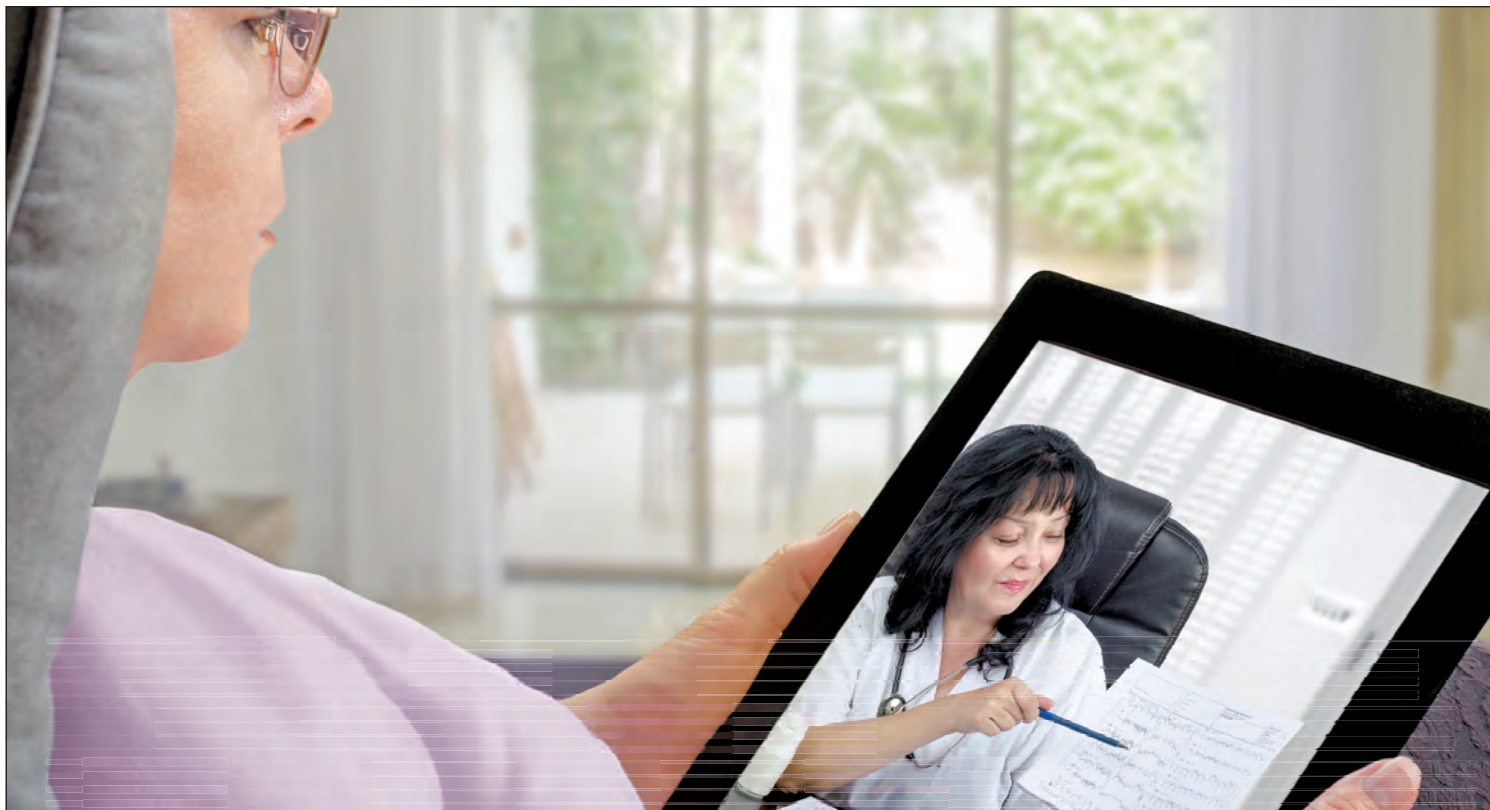
systolic at least 140 mmHg or diastolic at least 90 mmHg

The only way to know if you have hypertension is to have your blood pressure regularly checked. The good news is the condition is not only treatable, but often preventable.

"The first line treatment of preventing or treating high blood pressure is to improve any modifiable risk factors," Dr. Godin says. "If you use tobacco products, stop. Engage in a healthy diet and exercise program. Try to obtain a healthy weight. Lower your daily salt intake."

If changing lifestyle habits doesn't sufficiently lower blood pressure, there are a variety of prescription medications available to treat hypertension, Dr. Godin says. No matter the cause, catching high blood pressure early and keeping it in check can reduce your risk of long-term complications, he says.





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If you have flu-like symptoms, including fever, cough, and shortness of breath, you may call your doctor or use a UPMC Video Visit — a virtual care visit that uses telemedicine from home. Visits are available at UPMCPinnacle.com/VideoVisits.

If you are experiencing severe symptoms such as trouble breathing, you should visit an emergency department in your community for immediate care. If you can, call ahead so they may prepare for your arrival and prevent the spread of any illness. But do not delay if you have severe breathing problems.

For the latest information and resources on how we're managing COVID-19, please visit UPMCPinnacle.com/COVID19.

If you believe you have been exposed to the coronavirus and have no symptoms, you may contact your doctor for advice. Practice routine precautions such as social distancing.

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BUILDING A

staycation **DESTINATION**

Three Lancaster County residents share their experiences with outdoor DIY projects

BY KEVIN STAIRIKER | PHOTOS BY VINNY TENNIS



Dave and Jodi Conklin's East Lampeter home features a pool and patio combination that they use as a peaceful summer hangout space. PHOTO PROVIDED BY THE CONKLIN FAMILY

Among a million other unfortunate taglines that 2020 could carry, the oncoming onslaught of June heat is only a reminder that this could very well be called “The Year of No Vacations.” However, the ongoing scourge of COVID-19 doesn’t prevent you from using the space you have to try to isolate that summer feeling until the fall comes. With some drive, the appropriate tools, and a half-decent internet connection, the possibilities are more or less limitless. Here are just three ideas that can help transform your outdoor space from “This is Where I Mostly Just Sit in a Chair and Sadly Stare At the Sky” to “You Know What, I Don’t Even Remember Where My Vacation Was Supposed To Be Because This Is Way Better.” And no, none of these success stories feature people with a background in construction or landscaping.

In early March, Laura Erksine, a 31-year old teacher who lives in Elizabethtown, found herself waiting around to learn when she might be able to return to a classroom again. As days turned to weeks and hope for re-opening faded, Erksine decided to use her time at home wisely by figuring out how to create a fire pit in her backyard. And not just a raised fire pit - a sunken fire pit, which is a little trickier.

Pinterest, accompanied by a healthy imagination, can help maximize any space to its full potential.



“I sketched out what I thought it might look like to my husband, Kevin, because he’s a visual learner,” Erksine explains. Before long, she was out in the yard measuring, driving a stake into the ground and walking in a circle the diameter that she was looking for. Erksine dug about halfway down before she hit gravel and her husband stepped in to finish digging the rest. A former student of Erksine’s was volunteered by his mom to help his teacher, so he dutifully stepped in to assist in moving stone and tamping down sand. Within three weeks, Erksine had her sunken fire pit.

“You just do it,” says Erksine. “If you don’t have the right tools, you figure out what tool you need to get and you just start. But once you start, it’s free sailing from there.”

Continued



Kevin and Laura Erksine of Elizabethtown enjoy their backyard fire pit with their children, Emma and Lucas.





Kid Kingdom

The home of Justin and Erin Gerlach has several outdoor features the family loves. A playhouse (above) is a perfect summer hangout spot for the couple's sons, Brody and Chase, while a grape arbor and plant trellises provide gardening opportunities for Erin (right).

A similar sentiment is expressed by graphic designer Erin Gerlach. Gerlach, 35, has spent the last several years adding outdoor additions to her property.

“Obviously it helps to add aesthetics and value [to my house], but really, I just love having projects, I feel like there’s at least 10 going on at once here. It keeps me busy and keeps me entertained.” First was an archway flanked by two enclosed garden beds with vegetables.

“We do a little variety of everything; we do all the usual peppers, lettuce, broccoli, cucumbers, peas and beans,” says Gerlach. “And the arbor in front has grape vines on it.”

Across the yard is a small playhouse, constructed for Gerlach’s two children. After the requisite amount of Pinterest searching and the acquisition of a free playhouse from Craigslist to serve as a base, the Gerlachs created an impressively chic wooden playhouse, complete with rope swing and the later addition of a slide and sandbox underneath. Though she didn’t exactly get an Architectural Digest review from her sons, they approve of the addition.

“I was under strict instruction to not make it too girly,” says Gerlach with a laugh. “Their favorite time to be out there is when it’s raining, because they think it’s so cool that it’s completely covered and they can be out in the rain playing and not get wet, I think it’s one of their favorite times to be outside.”

Gerlach concedes that, as her children grow, a future project might end up being to raise the playhouse further off of the ground.

“It helped us to be able to start with something, whether it’s an old playset or an existing raised bed area that just needed permanent fencing,” says Gerlach. “The more information you can find on Pinterest or YouTube, the better.”

Continued



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Pinterest, accompanied by a healthy imagination, can help maximize any space to its full potential. Just ask Jodi Conklin, a 49-year-old business owner in Lampeter Township. When Conklin and her husband, Dave, bought the four-acre property last September, they went right to work creating an all-weather patio.

“It’s so peaceful here, it really is,” Conklin says. “We have a view of the Conestoga River from our back deck, and you’d never know that we’re literally minutes from downtown Lancaster.”

The Conklins are putting a hold on a pool project for the summer so that they can enjoy the fruits of their labor, which will help take the place of a canceled road trip to Chicago.

“We’re outside when it’s not raining, and when it is raining, we’re under the finished deck,” Conklin says. “We’d rather be out here than anywhere. It’s really a dream come true.”



“We’d rather be out here
than anywhere.
It’s a dream come true.”

-JODI CONKLIN



Dave and Jodi Conklin's East Lampeter Township home features covered and uncovered spaces, suitable for enjoying the outdoors all summer, no matter the weather. PHOTOS PROVIDED BY THE CONKLIN FAMILY

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Protect the roof over your head

If you're like many homeowners, you probably have a cleaning routine. It may involve dusting, vacuuming, and scouring the kitchen and bath every week or steam cleaning carpets and power washing the siding every spring or fall.

But do you have a cleaning routine when it comes to your roof? If you answered no, you're not alone. Many homeowners don't, and that can be a costly mistake. Your roof is your home's first line of defense, and it takes a beating over the course of a year – from rain, snow and temperature changes to debris from trees, birds and other animals.

Paying attention to your roof is important whether it's 2 years old or 20 years old. Here's why regular roof cleaning should be part of your routine home maintenance schedule:

It keeps stuff from growing on your roof

A variety of conditions, from moisture to muggy weather and even shade can encourage the growth of all kinds of organisms on your roof, like mildew, moss, lichens, algae and fungus. All of these naturally occurring growths can damage your roof's protective covering, causing it to weaken, thin or break apart at an accelerated rate. Moss, for instance, can take root between and underneath the shingles, causing them to gradually break away. Lichens and moss can also eat away at the protective granules on the surface of shingles. Many of these organisms also act like sponges, keeping your roof damp and causing even more growth and damage.

It saves you money

Cleaning your roof can save money in more ways than one. Replacing a roof is one of the most expensive home repairs a homeowner will make. So it's not

surprising that preventing unnecessary damage and deterioration through routine cleaning will extend the life of your roof and save money. But did you know that regular roof cleaning can also save on your cooling bill? Roofs covered in lichens or moss do not efficiently reflect sunlight. And those black streaks from algae, fungus and mold actually absorb heat, raising attic temperatures and making your air conditioner work harder.

It boosts curb appeal

Neglecting to clean your roof can not only cause damage and higher cooling costs over time, it can also lead to unsightly stains, discoloration and other marks that, if left untreated, can become permanent. If you're considering selling your home, the roof is one of the first things potential buyers will see and they may consider it a reflection of how well you care for your home. Buyers may also assume a discolored roof is in need of repair, meaning they will either move

on to the next home or request a roof replacement as part of their offer.

While some roofs resist this type of damage better than others, any type of roof will eventually degrade when it's continually exposed to moisture and contaminants. Whether your roof has asphalt shingles, cedar shakes, tiles, slate roof shingles, metal, EPDM or flat-style rubber roofing, regular roof cleaning will help it look better and last longer. However, roof cleaning is not a DIY job. It's not only dangerous, but using the wrong tools and products can actually damage your roof and possibly void its warranty.



Clean Roof Increases Curb Appeal

An experienced roof cleaning professional understands how to gently clean all types of roof surfaces to avoid structural damage. They can remove contaminants like mold, mildew and algae and also take preventive measures to protect your roof from further growth and damage.

The roof cleaning professionals at Atkins Deck Treatment Services can keep your roof looking and lasting like new. For more information, visit atkinsdeck.com/roof-cleaning or call 717-656-8928 for a free consultation.



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Sartorially speaking, the first few weeks of the stay-at-home order were a never-ending lazy Sunday.

Elastic waistbands, oversized T-shirts and fuzzy socks ruled supreme, offering a rare glimpse of comfort during a time as uncertain as a global pandemic.

My usual workday beauty routine of blow drying my hair and applying a face full of makeup felt out of place with my new casual look. So, just like mass gatherings and frivolous shopping trips, they became a thing of the past. I didn't see the point of sticking to my routine when no one would see me. It seemed like a waste of product and time.

Like so many Americans, I struggle with anxiety and depression, both of which were exacerbated by the demands of living and working during a pandemic.

Investing **time** in your beauty routine might be understandably far from your mind given our **world's** current events. But, no one will be equipped to **fight** these historic fights without being **kind** to themselves.

JENELLE JANCI

Beauty

BEHIND CLOSED DOORS

By Jenelle Janci | Illustration by Bailey Watro

On a lark, I put on a little makeup one day to see if it might make a difference in my mood.

My shoulders received a gentle tug upward, as if they were attached to marionette strings. I no longer dreaded catching a glimpse of myself in video calls, and found myself more likely to offer up ideas in meetings. All it took was a little mascara, under-eye concealer and CC cream – my go-to product that combines foundation, moisturizer and SPF in one, meaning my skin would be protected from the sun on dinnertime walks, too.

As I found time, I employed other tools in my arsenal. With nail salons closed, a swipe of polish made me feel pampered on my day off. (The wet polish also helped me break free from the never-ending scroll of a smartphone.) A spritz of perfume in the morning made me feel more awake, boosting my mood when I caught a whiff while typing. Putting on jewelry helped me feel more put-together for staff video calls, even if I was still wearing yoga pants.

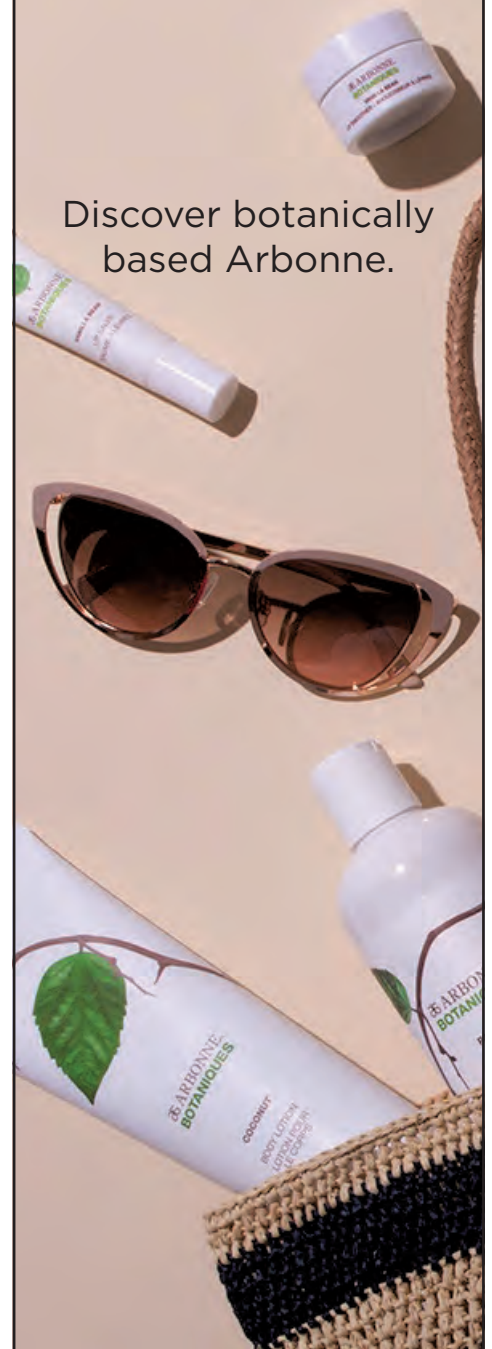
All of this made me realize that these products benefit the user, not the beholder. While I thought my beauty routine was for other people, in reality, it's always been for myself and my self-esteem. Therefore, a swipe of mascara that makes me happy could never be a waste, whether 1 or 100 people see the results.

Investing time in your beauty routine might be understandably far from your mind given our world's current events. But, no one will be equipped to fight these historic fights without being kind to themselves. We're taxing our bodies and minds more than ever to simply exist, and in turn, we should be kinder than ever to ourselves, too.

Some days for me, that looks like glitter eyeshadow. Other days, it's a decade-old pair of sweatpants. Both are valid ways of taking care of yourself. Just listen and react accordingly, because being the best version of yourself takes a lot of behind-the-scenes work.

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Finding RELIEF

LEARN HOW TO MANAGE MIGRAINES.

If you think a migraine is just a really bad headache, think again. On top of an often-debilitating, throbbing pain, migraine sufferers can experience other symptoms like nausea, vomiting, sensitivity to light and sound, and more.

But perhaps the most important difference between a traditional headache and a migraine is found in the brain, says Dr. Jarod John, a neurologist with Argires Marotti Neurosurgical Associates of Lancaster.

“There are a lot of changes occurring in the brain associated with a migraine that a headache doesn’t have,” Dr. John says.

Traditional headaches are often inflammatory in nature with external causes, from a bump on the head or a stiff neck to stress or hunger. While those sorts of things can trigger a migraine, too, the inflammation is just the start of the trouble.

“With some patients, their brain is wired that once that inflammation starts other things occur in the brain itself,” Dr. John says. “There are nerve endings that send signals back to specific parts of the brain. Once the brain receives that pain signal, these different processes occur in the brain itself which lead to a migraine.”

Those changes in the brain can include irritation of nerves in the brain, changes in the blood flow in the brain, and changes in levels of the brain’s neurotransmitters, like dopamine and serotonin.

TYPES OF MIGRAINES

Depending on those changes in the brain, a migraine sufferer may experience additional neurological symptoms. For instance, patients with changes in blood flow might experience difficulty speaking or visual aura, such as spots or a kaleidoscope, Dr. John says.

Some migraines can affect the trigeminal

nerve, which extends to the sinuses, teeth, ears and lining of the brain, causing pain throughout the head. Cluster migraines can cause a stabbing pain behind the eye, while hemiplegic migraines can mimic a stroke by causing weakness on one side of the body.

“For most people there is a genetic tendency for migraines,” Dr. John says, noting it usually comes from the mother. “Their brains are just wired differently where they’re more hypersensitive to pain.”

TREATING MIGRAINES

Fortunately, migraine sufferers have options to treat and, in some cases, prevent migraines, Dr. John says. Here are just a few:

Avoid triggers: Keep track of anything that brings on a migraine - then try to eliminate it. A migraine trigger could be poor diet, or eating foods with preservatives or foods containing MSG, such as barbecue potato chips. It could be dehydration or stress. It could be lack of sleep or even too much sleep.

Medication: There are numerous medications available for migraine sufferers, some that prevent migraines and others that treat them when they occur. For patients who average at least four migraines per month, Dr. John often recommends preventive medication. For those who have less frequent migraines, pain-relief medications may make more sense. However, there are always exceptions, he says, like the patient who has only one migraine per month but it lasts an entire week.

Biofeedback: Using breathing and other relaxation techniques may reduce the frequency and severity of migraines.

Natural treatments: In some cases, supplements such as magnesium, riboflavin and feverfew have been effective in preventing or reducing the number of migraines.

External devices: CEFALY, a device worn on the forehead, sends signals to desensitize the trigeminal nerve complex.

FIRST STEPS

For anyone experiencing migraines, the most important step is talking to a doctor sooner rather than later, Dr. John says. There’s more than one downside to ignoring migraines or suffering through them.

“Your brain develops this almost vicious cycle where the pain becomes more and more extreme ... and you get them more easily,” he says.

Plus, migraines cause changes in the brain that in the long term can slightly increase the risk of stroke.

“If you’re having headaches that are affecting your ability to function you want to see someone about it,” Dr. John says. “It can be managed.”

The neurology team at Argires Marotti offers the latest in advanced diagnostics as well as compassionate care and individualized treatment for headaches and migraine.



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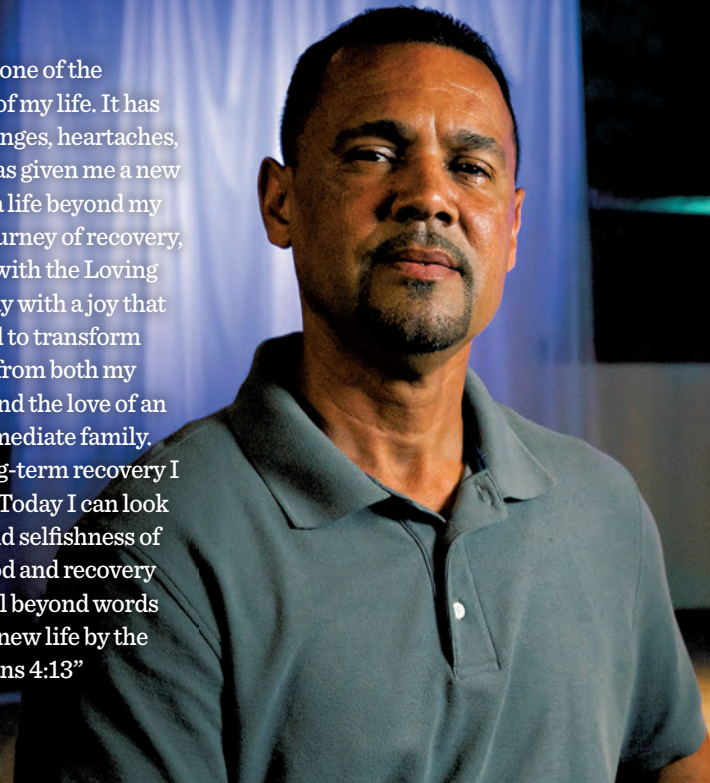
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Overcoming addiction has been one of the hardest yet rewarding journeys of my life. It has been one filled with many challenges, heartaches, laughter, and joy. My recovery has given me a new perspective allowing me to live a life beyond my wildest dreams. Through this journey of recovery, I was able to find a relationship with the Loving God of the Bible. I wake every day with a joy that I never knew until I allowed God to transform my life. I have amazing support from both my recovery and Christian family, and the love of an encouraging and supportive immediate family. As a born-again Christian in long-term recovery I seek to be an example to others. Today I can look beyond the self-centeredness and selfishness of addiction and give back what God and recovery has freely given me. I am grateful beyond words for my recovery and the gift of a new life by the Grace of a Loving God. Philippians 4:13”

—Ivan



“

Recovery has taught me there's more to life than merely existing. I've been gifted a purpose in this life and a new understanding of what that is in recovery. Whether it's advocating for recovery in my community to alleviate the stigma or helping the next person find their own pathway to recover, helping others is an important motivator for me to keep striving and leading by example. Recovery is a journey of finding self-love, opportunity and blessings. It has become my second chance at creating a meaningful life and I don't plan on taking that for granted.”

—Sophia



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





“Recovery for me is learning from my past of trauma, mistakes & rebirth. To me rebirth is to have a fresh start with all the tools God has given to me. On this journey of recovery I have learned to love myself, others and to accept myself for who I am. In my addiction I wasn't able to see my own worth. Through my journey I have found my passion into a new career by rekindling my love of makeup. With recovery I feel hopeful for my future on earth.

— William



“At the end of the road of self-destruction that I was on for so long, after beating myself up so much and becoming weaker while the power that substances had over me became stronger, I finally had the capacity to take an honest look at myself and my life. I was never able to look at myself and see that I had a problem. I always placed the blame on everything and everyone else. I continued to use until I could no longer deny the fact that using and abusing substances was no longer working for me. I could no longer deny how lost I felt, how disconnected from reality I was and the condition my life was in. My recovery and healing process didn't start until I came to accept reality exactly for what it was and not what I wanted it to be. And since then I've experienced a life with true freedom. My life today is far beyond what I could ever imagine due to my personal recovery from substance abuse. Today I'm responsible, employable and reliable. I'm learning new things about me daily. I never knew there was a joyful, hopeful, life with freedom waiting for me after feeling dead for so long. Recovery is a format that God gave to me that gives me purpose when I feel useless and clarity when life seems unclear. “Recovery is my compass to grow as a human being.”

— Martice

To find treatment and recovery support services, visit Compass Mark at compassmark.org/find-help. Check out the Lancaster County Recovery Alliance at lanastercountyrecovery.com for community events and recovery resources. Join us for Recovery Day Lancaster/Recovery Rocks on September 19, 2020 to celebrate recovery in Lancaster County.

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LANCASTER COUNTY
RECOVERY ALLIANCE

THINK OUTSIDE THE (PRODUCE) BOX

BY MARY ELLEN WRIGHT

While sheltering in place and limiting trips to stores and restaurants, it seems people have been doing a lot more cooking for themselves in the last few months.

As you've honed your skills and flexed your new culinary muscles, you may have also gotten tired of experimenting with the same old produce for weeks on end.

It's time to shake things up, and get acquainted with some unusual produce that will elevate your food prep with unexpected flavors and textures.

You'll also need advice on how to prepare these somewhat mysterious vegetables, all of which grow around our area.

You might ask the local experts — as we did — such as Diana Stoltzfus of Brook Lawn Farm Market south of Neffsville; Lancaster Central Market standholders Mary Kilgore of Brogue Hydroponics and Conner Smith of Fox & Wolfe Farm; or regional food historian William Woys Weaver, who specializes in Pennsylvania Dutch culture.

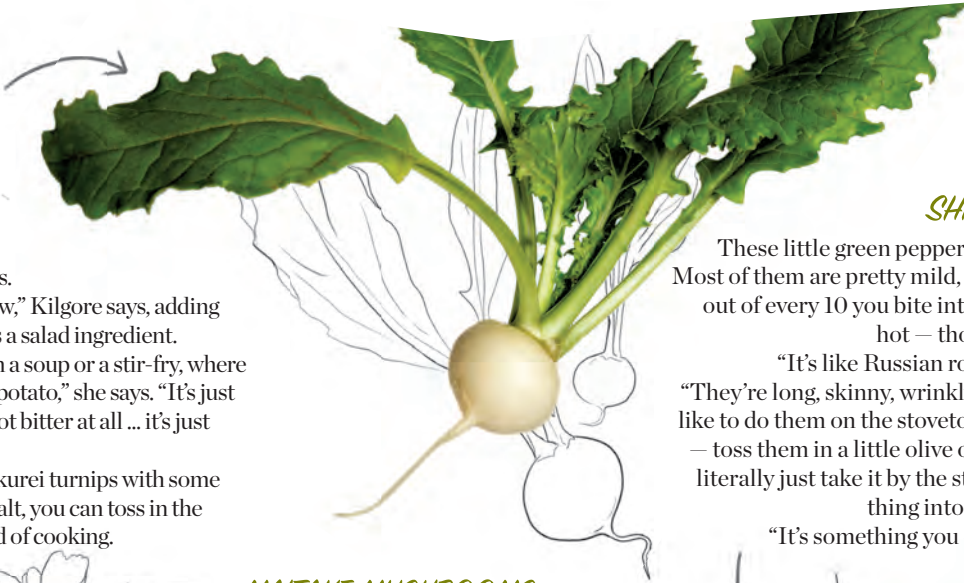
HAKUREI TURNIPS

If you expect turnips to be fat, purple and a little tough, there's a sweet, tender alternative in the form of these clusters of flavorful little white globes.

"Those are wonderful raw," Kilgore says, adding they can be chopped up as a salad ingredient.

"I would also put them in a soup or a stir-fry, where you would typically use a potato," she says. "It's just a wonderful texture. It's not bitter at all ... it's just crisp and smooth."

And if you sauté your hakurei turnips with some butter, sugar and kosher salt, you can toss in the green, leafy tops at the end of cooking.



SHISHITO PEPPERS

These little green peppers are hiding a surprise. Most of them are pretty mild, Stoltzfus says, but one out of every 10 you bite into will be unexpectedly hot — though "not unbearable."

"It's like Russian roulette," Stoltzfus says. "They're long, skinny, wrinkly peppers," she says. "I like to do them on the stovetop, in a cast-iron skillet — toss them in a little olive oil and kosher salt. You literally just take it by the stem and pop the whole thing into your mouth and eat it."

"It's something you can throw in a pan and cook over a campfire."



MAITAKE MUSHROOMS

It's easy to see where these unusual-looking mushrooms got the nickname hen-of-the-wood. Roosting at farm stands, these fancy fungi are covered with wavy gill-like caps that look like chicken feathers.

"I love roasting or sautéing it over high heat, on the stovetop or roasting it (in the oven) with some butter or olive oil," Kilgore says. "You can grill it, too."

In texture, "it resembles meat, and it's just wonderful," Kilgore says. "It's a little earthy, and has a strong flavor." She sources her market stand maitakes from Sosnowski Exotic Mushrooms in Maryland.



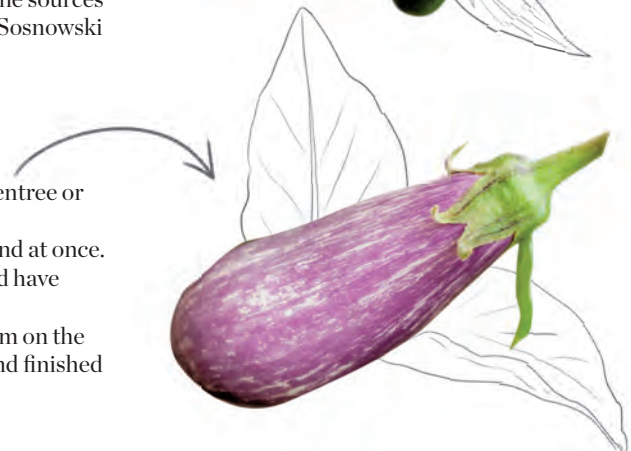
FAIRY TALE EGGPLANT

If you think eggplant has to be big, bulbous and fleshy to make a great meatless entree or side dish, you haven't met the fairy tale variety.

A few of these petite, pale purple-and-white-striped eggplants will fit in your hand at once.

They're sweeter and more tender than their larger, more traditional cousins, and have fewer seeds.

Kilgore recommends cutting these colorful little veggies in half and cooking them on the grill, with the skin on. They can also be roasted with garlic, mint or feta cheese, and finished with balsamic vinegar.



SHOOTS AND MICROGREENS

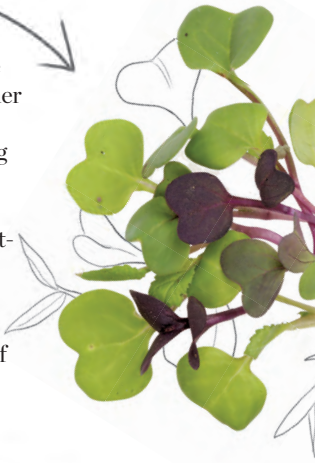
These tiny leaves and sprouted seeds and legumes, which are quickly harvested miniature versions of lettuce greens and other plants, add strong flavor to salads and stir fries, says Smith.

He carries a wide variety of shoots — pea and sunflower being popular — and microgreen and micro-herb mixes at his stand.

“They’re very flavorful and aromatic,” Smith says. “They’re used in salads, they’re used as a garnish. They’re more nutrient-dense than full-grown lettuce.

“People put them in smoothies, too, as an add-in, and throw them in eggs,” he adds.

Raw pea and sunflower shoots make a great snack right out of the bag, as well.



PATTYPAN SQUASH

These summer squash look like little scallop-edged flying saucers in white, yellow and green. “They’re unique because you can eat the whole thing,” Stoltzfus says. “We like to harvest them when they’re tiny. “There are a few people out there who want a pattypan squash that’s the size of a dinner plate, because that’s how they grew up eating them.” she adds. They’re baked when they’re big, she says, but Brook Lawn Farm harvests them when they’re young and tender.

You can saute them whole or you can cut them in half, if you want. They cook very quickly,” she says.



GROUND CHERRIES

These little round, yellow, late-summer fruits, which grow in individual husks, have a long history in the region, Weaver says. They’ve been used in Pennsylvania Dutch cooking since the 18th century.

“There are a lot of different varieties,” Weaver says, with subtle flavors that resemble orange, lemon, pineapple or tomato.

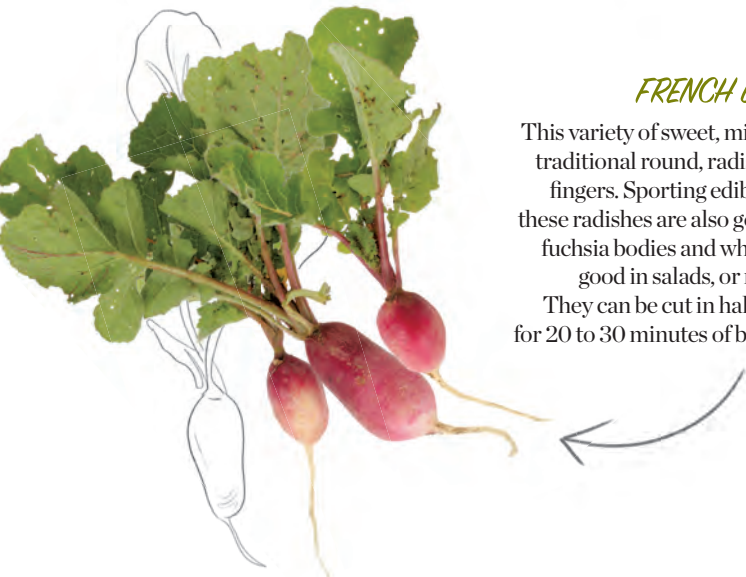
They’ve long been used in jams and baked goods by Pennsylvania Dutch cooks, Weaver says, and are being made into pepper-flavored hot sauces for chicken and other dishes.



FRENCH BREAKFAST RADISHES

This variety of sweet, mild-tasting crudité looks like traditional round, radishes stretched out into little fingers. Sporting edible leafy greens at their tops, these radishes are also good-looking on a plate, with fuchsia bodies and white tips. Kilgore says they’re good in salads, or roasted with butter and salt.

They can be cut in half lengthwise, in preparation for 20 to 30 minutes of baking in the oven, with olive oil and lemon juice.



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SIMPLE SUMMER SAUTE

This recipe comes from the Erb family at Brook Lawn Farm Market.

Ingredients:

- Olive oil, for cooking
- Garlic, optional
- 1 pound small pattypan squash
- 1 large sweet onion, candy or Vidalia
- 1 summer squash
- 1 to 2 cups raw sweet corn, cut off the cob

- Your choice of seasoning peppers, sweet frying peppers or sweet red and yellow peppers
- 1 to 2 cups grape or cherry tomatoes or chopped heirloom tomato
- Fresh basil
- Seasonings to taste, such as Penzey's Mural of Flavor mix, salt and freshly ground pepper

Sauté onion and garlic, if using, in olive oil.

When the onion is tender, almost done, add pattypan squash, corn, summer squash and peppers. Cook a few minutes, and then add tomatoes until heated through. Season to taste.

Garnish with fresh basil. Serve as a side dish, or on top of rice for a simple meal. (Keep in mind that the pattypan squash cook quickly, so add them toward the end of cooking).

Variation 1: Sauté onion, pattypan and summer squash together. Add 1 can white kidney beans. Mix together with rice seasoned with Penzey's Chicken Base or Chicken Bouillon. Serve with chicken, drizzled with honey.

Variation 2: Have fun and experiment with ingredients. Add any assortment of veggies for a delicious, colorful meal. Mini eggplants can be chopped and added into the mix, too. Throw in a hot pepper for an extra kick

GROUND CHERRY TARTS

Here's a recipe using ground cherries, from William Woys Weaver.

- 1 batch short crust
- 3 1/2 cups (1 pound) ground cherries
- 3 tablespoons potato starch or flour
- 2/3 cup sugar

- 1/2 teaspoon grated nutmeg
- 2 tablespoons malt vinegar or apple cider vinegar
- Bits of butter

Directions:

Heat oven to 350 degrees F.

Mix the ground cherries with the flour, then add the sugar, nutmeg and vinegar.

Line one 8-inch pie pan or 12 (3-inch) tartlet pans with dough.

Fill with the berry mixture and dot with butter.

Bake uncovered for 45 to 50 minutes for the pie pan or, for the tartlets, for 20 to 25 minutes.

As tartlets leave the oven, grate nutmeg over them to bring out the flavor.



LANCASTER CITY

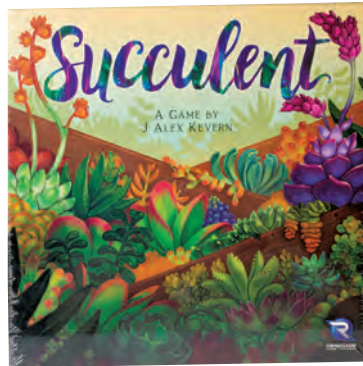
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On The Front Lines

From personal protective equipment to negative pressure rooms to new training procedures, the team at Smilebuilderz has reinvented the way we do dentistry in the wake of the COVID-19 pandemic. Although many things have changed, one thing remains the same: the Smilebuilderz mission to bring the best dental care to our patients, as safely as possible. Here are our stories.



“The pandemic has forced us to think outside of the box about how we can provide quality training while staying within the Return to Work Guidelines. We have successfully completed our first “hybrid” new hire orientation class. The new training concept consists of virtual learning and hands-on reinforcement.”

Amanda Charles
SME/Instructor

“The pandemic has definitely changed our day to day routine. It’s a substantial effort keeping up with agencies like the CDC, OSHA, FDA, NIOSH, DOH and others to ensure we are equipped to provide the best care and protection to both our patients and employees.”

Katie Janke, RDH, PHDHP
Instructor



“My everyday workday changed immediately to having the patients wash their hands, screening for COVID-19 and taking their temperature in the treatment room. The PPE that I wear at work increased into a cap to cover my hair, a N95 mask, face shield mask and safety goggles for universal precautions.”

Shaquana Roane, EFDA



“I chose to work during the pandemic because I have a passion for helping people. Especially in times like these, our community needs positive people to turn to for help.”

Jennifer Campanioni



“Health care is my calling, and a pandemic just means that our patients will need us now more than ever to be there for them. I have a passion for helping people and a loyalty to give back to our patients who I care so much about.”

Danielle Baldwin
Patient Care Coordinator

"I never thought I would live through a pandemic; however, knowing the extra precautions Smilebuilderz has taken, I, an essential employee of healthcare, feel much more at ease and am blessed and thankful to help my community around me.

Zuheily Rivera

smilebu



"This pandemic has taught me to take one day at a time and appreciate everything and everyone around me including family, friends, and co-workers. With the support of my family, I was fortunate enough to help the community during the time of crisis."

Lina Patel
Patient Care Coordinator



"As a staff member, it was very rewarding to see Smilebuilderz go above and beyond what the mandatory precautions were."

Charlene Davis

"I have to say I was very proud to be a part of a company that could offer so much help in a time of need, to have so many patients express their gratitude for our service. To be honest I was amazed how fast the company did their part to keep the staff safe and make sure we would still give great patient care."

Xiomara Burgos

"The COVID-19 Pandemic came upon us swiftly, but we were ready to meet the challenge and the changes it brought with it. ... It was very rewarding to be able to be a part of what Smilebuilderz was doing during this pandemic to still provide quality care to patients who were in need."

Mary Boots
Hygiene Care Coordinator



"I chose to work because I love my job and I felt the desire to help people and not abandon the community when they need us the most. ... I love working for Smilebuilderz, we are more than just a team...we are a family."

Kim Phillips
Patient Care Coordinator



"Personally, to be a small part of a great effort, along with the many talented employees of Smilebuilderz, and to keep providing dental care to patients while not compromising on safety, allows me to get up in the morning with a better sense of purpose as a staff member."

Trey Baker
Patient Care Coordinator

"I know we will continue to provide high quality treatment and be here for our patients during the hard times and the easy times. We are a team and we are all in this together.

Cheri Medina, EFDA



Life, sideways

PHOTO BY VINNY TENNIS

BY JED REINERT

One random Friday in the middle of March, my entire life changed.

Thanks to the rapid spread of the COVID-19 pandemic, my wife and I had been encouraged to start working from home. We took an after-hours trip to our respective offices and gathered what we thought we might need for an expected two or three weeks of telecommuting.

I remember joking about how we should maybe prepare for six or eight weeks. Ah, how naive we were. As I write this, we're in week 13 of working from home, and we're expecting to continue this way until the fall.

The first couple of weeks were terrifying. I remember taking my temperature multiple times a day; every seasonal snuffle or scratchy throat a possible harbinger of deadly illness. When losing one's sense of smell was listed as an early COVID symptom, I remember smelling things constantly just to make sure I still could.

We tried to leave the house as little as possible. When we absolutely had to go out, we improvised masks from old fabric, because we couldn't buy real ones anywhere.

I took anxiety medication for the first time in years.

Late March was a rough time, as I tried to keep up with the pandemic data - which went from a trickle to a stream to a firehose, seemingly overnight - while learning what new shape our life at home would take.

Lancaster County had its first confirmed case. Then its first death. Friends of mine in New York tested positive. The virus claimed two lives at the retirement community where my parents live. (While I was sad to not be able to see my parents for holidays or other visits, I was grateful that their community was being careful and proactive, and those two early deaths turned out to be the only ones to date.)

Meanwhile, my wife and I were working from makeshift laptop setups, me in the kitchen and she upstairs. As the time passed, I began to see bright spots in this new life, which still felt like some weird, slow apocalypse.

Having more time at home was nice, actually. We realized we often got more actual work done when we were away from all the potential interruptions that come with a shared office space. While our commute was short, having no commute at all was preferable.

And of course, our dog (a Pembroke Welsh corgi named Merry Puppins) was more content than she had ever been in her life, cheerfully trotting up and down the steps to spend time with each of us alternately, and never having to stay home alone.

As I looked around, I saw bright spots outside our house, too. On sunny afternoons, neighborhood parents would be in back yards playing catch with their kids, instead of at work. Families would sit together on their decks or patios, lingering over burgers cooked on the grill instead of rushing off to evening activities or errands.

One neighbor, whose burly build indicated he likely spent a lot of time at the gym, set up a fitness regimen in his back yard, improvising exercises with a tractor tire, a sledgehammer and some cinderblocks. Occasionally, neighbor kids would stop playing, watch for a moment, and cheer him on.

My wife and I got into the habit of taking long evening walks with the dog, wandering the sidewalks of now-empty shopping centers or the trails of half-deserted parks. We were getting more exercise than at any time in recent memory!

Of course, these bright spots don't outweigh the horror of a pandemic. In a heartbeat, I'd go back to life before that random Friday in March. Before there was a daily death toll - in the world, the U.S., Pennsylvania, and Lancaster County. Before I had to worry about the most vulnerable people I know, and whether they would survive this. Before I had to worry about whether I would survive this.

But there's something about the human spirit - or maybe it's just some silly optimism on my part - that looks for bright spots in dark places; those old proverbial silver linings. In a time of unprecedented worry and fear, I was happy to find them.

FINANCIAL RESILIENCE

As Everence financial consultants, Tim Jantz and Mackenzie Snader have helped clients navigate their share of financial challenges, both happy and sad:

A couple joyfully anticipating their first child and wondering how to manage a \$6,000 health insurance deductible. A family dealing with the death of a young husband and father. A husband and wife who planned for and eagerly anticipate retirement suddenly faced with complex Medicare decisions. A client who wants to make a meaningful contribution to charity and still have enough money to live comfortably.

A pandemic.

We often don't think about financial challenges until they are suddenly upon us. That's why developing financial resilience is so important.

"Financial resilience is the ability to be proactive and flexible with changing financial circumstances," Jantz says. "It's the ability to act when new things are thrown into the mix, to withstand threats to financial success. The image I think of is someone being able to find their way through challenges versus being immobilized by them."

Jantz likens financial resilience to a ship heading toward an island, weathering stormy waters without getting thrown too far off course.

Each person's life journey and financial journey is unique, but there are steps everyone can take to make themselves more financially resilient so they are able to navigate that journey more successfully:

KNOW YOUR MONEY

Understand what money you have coming in and what you have going out to cover necessary expenses. That will help determine the amount you should keep in savings to cover, say, your health care deductible or a period of lost income. "The uncool term for that is a budget," Snader says. "But the cool term for that is a cash-flow plan."

HAVE A FINANCIAL PLAN

A clear financial plan helps you focus on your priorities and how you really want to spend your money. It helps you break down bigger goals into smaller, achievable steps. "A plan is like a lighthouse beacon that you can basically stay focused on, that shines through the storm and that you can move toward even when the environment is unstable," Jantz says.

CONSIDER A TWO-YEAR BUDGET

Look one year back or one year forward and see what your financial situation is likely to be on average over a two-year period. Jantz says, "Businesses and organizations often use this strategy to look at long-term patterns rather than getting overwhelmed by short-term disruptions." Snader adds: "It forces clients to take some perspective on an emergency situation. . . That's a big part of resilience: knowing things will change. This emergency is not an 'always' thing, whether it's a pandemic or health challenge or job loss."



RETIREMENT STRATEGY

Create a safe floor of guaranteed assets or income that won't lose value regardless of the economy. The amount of that "safe money" will vary depending on factors like age and employment, and can range anywhere from a few months to a full year of income or more.

MANAGE DEBT

Controlling debt is a key to financial resilience, but the amount of reasonable debt looks very different depending on whether you're 24 or 74.

BUILD GOOD FINANCIAL HABITS

Make saving a habit by paying yourself first. Don't take on debt that's out of proportion to your goals and don't spend more than you earn. In fact, Snader says, you should spend less. Living beneath your means can help you weather many of life's surprises and big transitions. "In the midst of a pandemic, we really start to see the power of that basic good habit," Snader says.

DON'T SKIP INSURANCE

"One of the cornerstones of financial resilience is avoiding knockout blows to your financial picture," Jantz says. Insurance can protect you from unexpected financial challenges like those caused by poor health or loss of capacity to work.

GET ADVICE

Google can't tell you everything you need to know about your unique financial situation. The right financial consultant can be a partner in helping you figure out your life goals, what's meaningful and important to you, and how to put you in a financial position to achieve them.

FEEL FREE TO GIVE

Some people want to be charitable, but often have nothing left to give after they're finished spending. If charitable giving is important to you, budget it like any other expense. That way, you're able to continue giving, even in hard times.

ONE OTHER BENEFIT OF GIVING

"Givers are happier people," Snader says. "Hopefully that makes us more resilient, too."

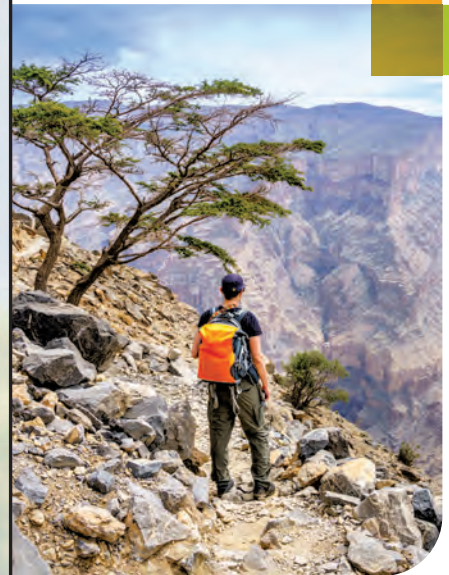


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& Kathy's picks

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