

balance

FALL ISSUE 2019

life, community, style.





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WELCOME TO BALANCE MAGAZINE

Lancaster County is a really special place, especially this time of year. From the autumn harvest to the spectacular color of the leaves, this time of year is all about change. In fact, change is the theme of our inaugural edition of *Balance*. Over the last few weeks, as we laid out the stories and the beautiful photos included in this issue we were reminded of just how many inspirational people, distinctive restaurants, and invaluable non-profit organizations serve and elevate our community.

As we prepare to make the transition to cooler nights and sweater weather, *Balance* is our team's way of changing to meet the requests of our readers and the needs of our business partners. You've asked for a unique way to read about what's happening around the county. You asked for beautiful, professional photos. We heard you. *Balance* is our answer.

We're excited to present you with the first issue of *Balance* and we're looking forward to hearing your feedback. Tell us what you like, what you think could be improved, and what you'd like to see in our next issue. Drop me an email at lmccallum@lnpnews.com.


Lindsey McCallum
Editor-in-Chief



balance
life, community, style.

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HOME ON THE Range

By Kevin Stairiker | Photography by Vinny Tennis

Whether you're a Lancaster County resident or just visiting for a short time, it's impossible to miss the acres of patchwork farmland and the family farms contained within. It's easy to see these farms as just part of the landscape, another sightseeing adventure before you go do something else. But behind every farm, there's a dozen – or sometimes dozens – of people working to grow plants, feed animals and help create an environment of sustainability.

Take Verdant View Farm, for example. Founded in 1916 by Chester and Anna Ranck, Verdant View is now a sixth-generation farm thanks to great-grandchild Elisa (Ranck) and her husband, Patrick Fleming, who acquired the farm in 2018. In recent years, Verdant View has made the transition from a dairy farm to a beef farm due to the volatility of the dairy industry. Verdant View not only operates as a fully functioning farm, with all of the animals and crops that entails, but also as a bed and breakfast and instructional center on all things farming.

The "Farmer's Apprentice Tour" at Verdant View is designed to give interested visitors like me a basic overview of different facets of farm work. However, don't expect to have to wake up at 5 a.m. to move some bales of hay around. On a recent morning, the first activity of the day is the one I am most excited for – milking a cow. While I don't identify as either rural or urban, staring down the udders of a 1,200-pound cow named Gladys is a uniquely intimidating experience. As a surprise both to myself and maybe to Gladys, I am a natural. For the uninitiated, you simply wrap your thumb and pointer finger around the base of the teat, then use the rest of your hand to gently squeeze the milk out. A common urge is to want to pull down as you squeeze, which is only going to annoy the cow.

Verdant View has a few dozen cows, including a handful of babies. Next up is bottle feeding one such calf, a particularly hungry heifer named Wallop. Though the feeding bottle appears to be holding two gallons of formula, Wallop drinks it dry in seemingly no time at all. The cows are housed in a relatively new barn, raised with help from Verdant View's numerous Amish neighbors after a fire destroyed the previous one in 2018. True to Amish design, the barn is held up mostly by wooden dowels, with barely any metal nails to be found.

As is to be expected, Verdant View is rife with animals and crops. Scooby, the farm border collie who is credited as "Defender Against the Evil Foxes" on the Verdant View website, oversees chickens, rabbits and baby goats. True to their precocious nature and, frankly, undeniable cuteness, the goats are a high point of my visit. As I hold just a small handful of food, goats with names such as Roxy, Cilantro and Chrysanthemum rush me to the point where I almost lose my balance. Though, being tackled into a pile by a gang of adorable goats would be its own dream scenario. Farm guide Lizzie Boone even demonstrates the essentials for what makes goat yoga look appealing – just seconds after she gets down on all fours, Roxy dutifully jumps on Boone's back to execute a perfect Downward-Facing Goat.

Outside of the "Farmer's Apprentice Tour," there are various food-based classes, including ice cream and cheese making. While the true heavy-lifting aspects of farm work go undone during my time at Verdant View, it is still plain to see how quickly a day can fill up with tasks. Even Lancaster County lifers owe it to themselves to get a glimpse of how a working farm operates.

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SAVOR local flavor

Photography by Vinny Tennis

The Lancaster Marriott's two new additions to the downtown restaurant scene – one on ground level and the other 12 stories above – pay homage to Lancaster city and county in their own unique ways.

“We wanted to create inventive food venues that would incorporate lots of locally sourced food,” says Josh Nowak, the Marriott's director of sales and marketing.

Although Nowak says the term “farm to table” sometimes gets overused, local ingredients are truly the driving force behind the menu at both The Plough, which serves modern American fare with a French-style technique, and The Exchange, a stylish venue designed for socializing, with cocktails and shareable small bites.

True to its name, The Plough serves what Chef Ryan McQuillan refers to as “finer farmers’ food” – upscale versions of food that is homey and that people can relate to, like a playful take on rice pudding featuring local paw-paws or a beet salad featuring beets from Fifth Month Farm in Mount Joy and rosemary yogurt made with milk from Linden Dale Farm in Ronks.

Eggs and chicken from Horse Shoe Ranch,

produce from Brogue Hydroponics and mushrooms from Primordia Farm all find their way onto the menu at The Plough.

Sourcing local means the menu at The Plough is also seasonal, and ever-changing. For McQuillan, it's a welcome challenge. “It's kind of fun,” he says. “It keeps us creative. It keeps us honest with the food.”

Bar manager Brenton Sollenberger puts a local and seasonal twist on cocktails, too. The Plough will be rolling out some new ones in early October, like the Harvest Sour, a brandy-based drink with cinnamon-demerara syrup, fresh-pressed lemon juice and a spoonful of locally made apple butter.

Like its food and its flavor, The Plough is warm and inviting with a modern touch, featuring soft lighting, hardwood floors, a horseshoe bar, a mix of booths and tables, relaxed lounging areas and a contemporary glass-enclosed kitchen.

Twelve floors up, The Exchange offers a different vibe. “The intent is to be a bar first,” Nowak says of the 21-and-over venue. “But the feedback about the food has been extraordinary.”

McQuillan oversees the menu at The Exchange, too, where the open kitchen serves up

wood-oven pizzas made from local ingredients and other small-plate items like hand-pulled mozzarella from Caputo Brothers.

Accessed by elevator, The Exchange offers a variety of casual seating options inside and out, where fire pits and large heat lamps hold the promise of cozy evenings on the rooftop bar well into the fall.

Perhaps the biggest star of The Exchange, however, is Lancaster city itself, as viewed from the rooftop bar or the floor-to-ceiling wall of windows inside. From this newest perch in the city, visitors get a bird's eye view of both Trinity Lutheran Church, once the second tallest building in America when it was built in 1794, and The Griest Building, currently the city's second tallest building – behind the Lancaster Marriott.

In more ways than one, a visit to The Plough and The Exchange at the Lancaster Marriott at Penn Square is a great way to celebrate local flavor.

The Plough is open for lunch and dinner through the week, with brunch served on Saturdays and Sundays. The Exchange opens at 4 p.m. Monday through Friday and at noon Saturday and Sunday.

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Blind spot

Photography by Vinny Tennis



This time of year is rife with horror productions that rely on blood, gore and ghoulish characters to scare audiences out of their seats. But, sometimes, the simplicity of total darkness is more frightening than anything we can see.

Such is the premise of “Wait Until Dark,” which opens Oct. 8 in the Fulton Theatre’s fourth-floor Tell Theatre as part of the Ellen Arnold Groff Studio Series.

The play tells the story of Susan, a young, recently blinded homemaker who lives with her husband in a basement apartment in Greenwich Village. Left home alone, Susan must defend herself against a group of con men who believe there is something of great value hidden in her apartment. Although still adapting to her blindness, Susan realizes she will have the upper hand once the lights go out.

“It’s a cat-and-mouse game,” says director Andrew Kindig. “She’s in tune with things that people with sight don’t always think about.”

When the lights go out, the con men are living in Susan’s world. And the beauty of staging the

production in the smaller Tell Theatre is that the audience gets to live in that world, too.

“The intimacy of it is just great,” Kindig says of the theater space. “It’s a completely different environment to (the main stage). We’re creating an environment for you to feel more involved in the show.”

“Wait Until Dark” is perhaps best known by the screen version of Frederick Knott’s 1966 Broadway play, which earned Audrey Hepburn a best actress Oscar nomination in 1968. The Fulton will be staging a 2013 adaptation of the play by Jeffrey Hatcher that turns the clock back even more, setting the action in the 1940s.

While the original version has dangerous bohemians from ’60s counterculture searching for hidden heroin, the new adaptation has a World War II backdrop that gives greater depth to the male characters, Kindig notes. And this time around, the hidden item is something more universally valuable.

“(Hatcher) took it out of ’60s New York and put it more into a film noir, 1940s suspense world,” Kindig says. “It makes it even more suspenseful than the original.”

Kindig seeks to amplify that suspense with sound and lighting. Rather than using

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recorded sounds, he plans to manufacture natural sounds during the show, whether it's shutting a door or breaking glass. As for lighting, that's another advantage of the Tell Theatre. With only 120 seats, the audience is close to the action, so they are sure to see what Kindig wants them to see.

Of course, what they can't see is just as important.

"The biggest challenge will be the dark moments. We want to make it as dark as possible," Kindig says. "All of a sudden it becomes dark. Would you know what door is opening, which drawer just opened, where the footsteps are? It makes you use different senses than sometimes we use as audience members. It puts you in Susan's shoes. I love that."

That balance between light and darkness in "Wait Until Dark" is more than simply a plot element to create suspense. It is a metaphor for so much more. Who is bad? Who is good? What does Susan really know about the hidden item? And what might she learn about herself?

"She's a blind woman, but it's not about this disadvantage. It's more about her finding these other strengths," Kindig says. "There's this wonderfully underlying tone about finding strength in yourself and the life you've been handed."

"Wait Until Dark" runs through Oct. 27. For tickets, visit thefulton.org.

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skincare favorites

By Jenelle Janci | Photography by Vinny Tennis

Tucked behind my bathroom mirror lies an army of trusted friends.

They're poised and proper, always standing at attention in a perfect row with their labels facing out. I visit them morning and night without fail, and when I go out of town, I never leave without them.

They're my skin care products.

Like so many of my fellow millennials, I choose to invest in taking care of my skin so it looks its best today and for years to come. Instead of slathering baby oil under the summer sun, I delicately apply serums morning and night to protect and improve my skin.

Here are the products I use in my personal skin care routine. This is not an advertisement, and none of these companies sponsored content. Rather, consider these recommendations from a friend.

"This is a splurge item I sometimes skip in the summer, but swear by in the winter. The mixture of lavender, squalene and evening primrose oils gives my skin the extra TLC it needs in the colder months to prevent it from looking dull."

1



"This budget-friendly mask is best when used only on your nose to draw out the gunk that builds up over time. While you can use it on your whole face, I worry about damaging delicate areas, so I stick to using it on my nose. The goopy cream is a little messy, but dries fast and peels off easily."

2



"I highly recommend checking out Korean skin care products, as they're typically cost efficient without compromising quality. This mixture of vitamin C, ferulic acid and hyaluronic acid helps fight wrinkles and dark spots. Plus, the vitamin C gives it a lovely light orange scent. I put it on in the morning under my moisturizer."

3



4



"I have dry skin that often cries out for water the way Spongebob did when he visited Sandy Cheeks for too long. It's creamy, absorbs quickly and isn't overwhelmed by fragrance. No product has ever given me such an overnight improvement as this lotion, which I use morning and night."

5



"While I love the ritual of applying topical products, sometimes skin care starts from the inside out. I add this flavorless collagen powder to my coffee and smoothies. It's improved my skin, hair and nails, and some suggest it helps digestion and joint health, too. It's not vegan, though, and always consult your doctor before adding any supplements to your diet."

1. Kiehl's Midnight Recovery Concentrate \$49 at Ulta. | 2. Formula 10.0.6 Draw It All Out Skin-Detoxing Mask \$2.99 at Ulta | 3. SeoulCeuticals Day Glow Serum \$16.99 on Amazon.
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6. Mario Badescu Drying Lotion \$17 at Ulta. | 7. It Cosmetics CC+ Cream Illumination SPF 50+ \$39 at Ulta.

6



"I take spironolactone, a prescription medication, to manage hormonal acne. While that has dramatically improved my skin, sometimes a pesky pimple still fights its way through. While no product is a miracle worker, this spot treatment significantly reduces the lifespan of a blemish. Don't shake the bottle, and dip a Q-tip into the pink sediment at the bottom. Simply dot the product on your zit and leave on overnight."

"Because I've invested in my skin, I no longer feel the need to wear thick, heavy foundation. Instead, I use this CC cream, which is essentially a tinted lotion with added benefits. It gives me sun protection while also giving my skin a boost of hyaluronic acid, a must-have ingredient if you are prone to dry skin like me. This product is a bit glittery though, so if sparkles aren't your thing you'll want to check out the matte version."



7



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Photography by Quinn Staley

Kathy Frey doesn't let fear stop her.

Growing her small business, Lancaster city's Festoon, over the last 15 years has given her plenty of chances to make brave — but calculated — business decisions. The process has also offered her opportunities to effect community change and inspire others.

And that's what Frey is really all about.

"To inspire and awaken with passion the creative spirit within those we serve," she says. "That's my mission statement."

After Frey attended the Art Institute in Pittsburgh, she returned home to Lancaster and found work as a fashion illustrator for Hager Department Store on King Street. Her job was to translate fashion through art featuring clothing and accessories, which were used in the store's newspaper ads each week.

Eventually, Frey decided to spread her wings. She opened a flower shop in Marietta called Kathy's Flower Werks.

"That's where I really learned about balance, texture, color and design," she says. It's a skill set that would prove valuable later in her career.

In 2004, the renaissance of Lancaster city was in its early stages. Frey wanted to be a part of it.

"I saw the emergence of the city," she says. "I knew things were happening."

Led by her fond memories of a bustling, thriving Lancaster city full of healthy businesses from time spent with her family downtown as a child, Frey knew the potential was there, but also understood that investing in the city's transformation at such an early stage was risky.

"I was ready to lay my fear down and take a chance on being a part of it all," she says. "So we went on a search for the best spot that I thought I could be successful in."

Ironically, she found herself back at the Hager Building, by then called Hager Arcade, and purchased 630 square feet of retail space. With that, Festoon was born. The eclectic shop offered candles, cards, clothing, jewelry and home décor.

In 2014, Festoon relocated to 202 N. Duke St., the site of a former fire house in the heart of Lancaster city.

Guided by her lifelong passion, Frey designed and launched a clothing line, Selga, in the spring of 2017. Selga also presented her with an opportunity to give a boost to a struggling local business. With sewing factories declining in number because of outsourcing to factories overseas, Frey's decision to work with an Ephrata-area factory inspired hope for the long-term stability of their business and promised security for its workers.

"We put many people to work and that factory really enjoyed the cachet that came with being connected to Festoon," Frey says. "It was so much fun to watch the team

of sewers and workers enjoy creating what we accomplished together."

To draw even more attention to the brand, Frey produces local runway fashion shows to highlight each season's collection. The shows have been popular, not only for the clothes, but also for the spirit and sense of community that surround them.

Excelsior, a premiere event venue, was the setting for the first launch of the spring 2017 line. The launch of the fall 2017 line was a collaboration with the City of Lancaster to close down Duke Street, which acted as the show's runway, and a portion of the proceeds went to eight local animal rescues.

Giving back is a big part of Frey's outlook on life.

"I want to be a part of the solution," she says. "I'm a woman of faith, and I believe that God has given me this gift. I'm the vehicle. I'm just watching over it, making it happen, using the gifts He's given me."

A true embodiment of the mission statement she made for herself to inspire the world around her so many years ago, Frey hopes that her life can inspire others to lay down their fear.

"That would make me very happy at the end of my career," she says, "if I've been a part of inspiring someone to break through."

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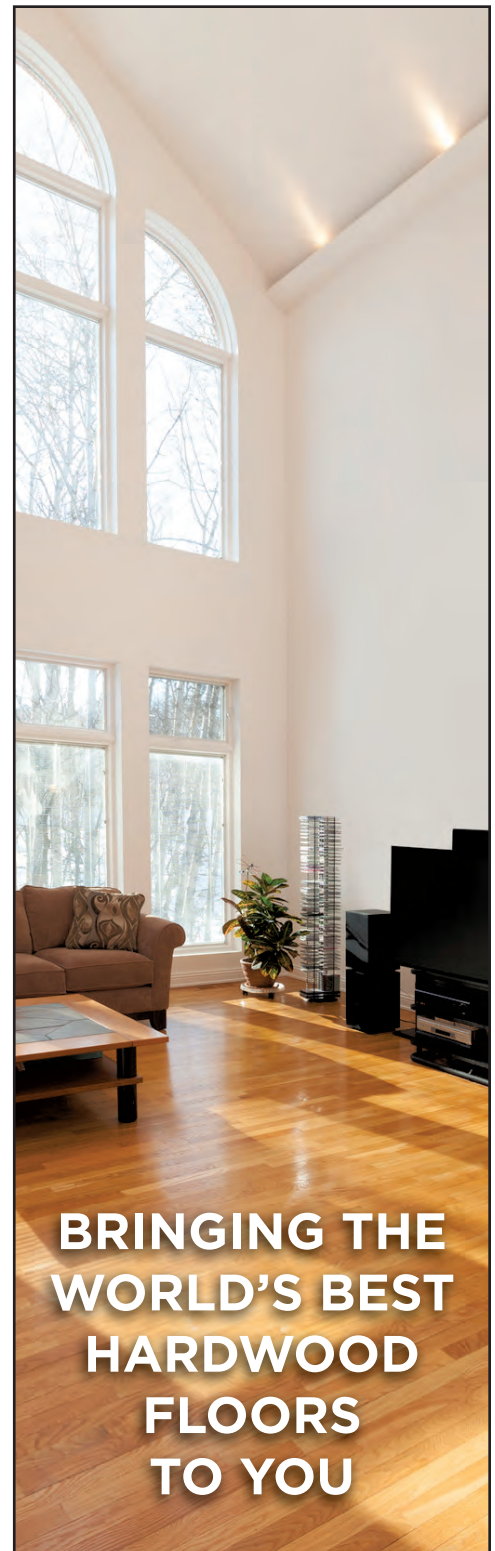
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MARINATED GOAT CHEESE

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INGREDIENTS

10 oz. Goat cheese cut to 1/2 inch pieces
1-1/2 cups Seasons Lemon Infused Extra Virgin Olive Oil
1 Tsp. black and pink peppercorns
1/2 Tbsp. parsley, finely chopped
1 Tsp. chili flakes
Sprigs of fresh thyme, rosemary, oregano to garnish
1/2 lemon zest optional

DIRECTIONS

Combine the Lemon Infused Olive Oil, peppercorns, chopped parsley, chili flakes, fresh herbs and mix well.

Pour the oil mixture over the goat cheese and let marinate for up to 3 days in the refrigerator.

Serve at room temperature with toasted baguette or crackers.



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SERVING UP TRADITION

By Jennifer Kopf

When you come from a family of two parents, two brothers and a dozen sisters, there's no question but that you'll learn how to cook.

Najah Al Dakhil learned the recipes of her native Syria that way, at her mother's side. She learned recipes both simple and labor-intensive, how to adapt to a variety of tastes, how to cook so there's enough for everyone, how to preserve the extra for another time.

"Every day that you're cooking, that makes it easier" to learn, Al Dakhil's husband, Mohammed Nasir, says.

Today, more than a decade after moving to the States, Al Dakhil is one of the main cooks at Grape Leaf Cafe. The enterprise runs a catering business, a commercial kitchen and seasonal take-out window at 30 W. James St., and organizes pop-up meals featuring the cuisines of half a dozen immigrant and refugee cooks.

One of Al Dakhil's favorite dishes to make is kibbeh. It might require relatively simple ingredients — but, she warns, the challenge comes with the time required.

And there's skill needed when it comes to forming the meat-stuffed shells made of bulgur, a dried, cracked wheat. Al Dakhil demonstrates: She mimes creating a pocket of soaked and tightly packed bulgur in her left hand, hollowing it out with her right index finger, stuffing a small amount of seasoned meat inside and deftly pressing the bulgur into a tight, enclosed oval "dumpling."

"Like a little lemon," she says. She spreads the thumb and index finger of her right hand against the thumb of her left, spanning the ideal finished size.

"There are many different kibbeh," Al Dakhil says, almost as many versions of the dish as there are accepted spellings of its name. "Maybe you use the oven or grill if you do not fry. Maybe you serve with yogurt. With carrots.

With sauce tomatoes. Some people add parsley," but Al Dakhil does not because her husband prefers his kibbeh parsley-less.

And that, says Patience Buckwalter of the Grape Leaf Cafe, is the beauty of many recipes brought to America by refugees and immigrants.

"They can be changed to accommodate what people like, and that's what makes (the recipes) so versatile," Buckwalter says. "In so much 'Western' cooking, we don't deviate from the recipe unless we have a substitute" for missing ingredients.

Al Dakhil's recipe consists of just the most basic parameters. All measurements are approximate and just about everything besides the bulgur and the meat can be adjusted, substituted or omitted. Al Dakhil typically uses halal beef — killed according to Islamic law, by hand and with minimal suffering, with all blood drained away — but any ground meat can be used.

BASIC KIBBEH

NAJAH AL DAKHIL INGREDIENTS

- Approximately 1 cup bulgur, soaked in approximately 1 cup water
- Approximately 1 kilo (about 2 pounds) of finely ground meat, typically beef and/or lamb
- Onion
- Walnuts (optional)
- Salt and black pepper

DIRECTIONS

Soak bulgur in hot water for about half an hour. Squeeze out any excess moisture. Blend in food processor to a fine paste.

Chop onion, add to meat with salt and pepper and brown in a pan.

If using walnuts, chop into small pieces and add to meat.

Roll enough bulgur between the palms of your hands to make a small ball. Use index finger to hollow out a pocket in the center. Add a small amount of meat mixture and seal well by pressing bulgur around the meat.

Fry in hot oil for about 5 minutes, and drain on paper towels. Al Dakhil suggests serving with unsweetened plain yogurt or split pea soup.



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Some of Soraya Aguilar Balshi's earliest memories of growing up in the Andalusia region of southern Spain are of harvesting olives from the trees in her parents' grove. Along with the women of the family, she would cure them, adding oranges, thyme and other seasonings, so the family would have cured table olives for the rest of the year. However, not all olives ended up on the family table. Others went to the mill where the Aguilars have produced olive oil for generations.

Although Soraya left the family's olive groves in the 1990s to study in the United States, she never forgot her roots. She eventually met and married her husband, Tim Balshi, and together they began exporting the family's olive oil to some of the finest retailers and restaurants in the U.S.

In 2009, Tim and Soraya founded Seasons Olive Oil & Vinegar Taproom to share their passion for fresh super premium extra virgin olive oil (EVOO) while educating the public about its health and culinary benefits. Seasons has retail storefronts at 36 W. King St. in Lancaster, as well as Bethlehem, Annapolis, Md., and Morristown, N.J.

Today, the family mill in Spain, Almazara Andres Aguilar, is one of the most awarded olive oil companies in the world, winning gold medals in international competitions in both New York and Los Angeles. Customers include top Manhattan restaurants like Carbone,

Santina and Dirty French; the new John-Georges in Philadelphia. Local restaurants include LUCA, Citronnelle and Horse Inn in Lancaster among others.

"We have incredibly high-quality extra virgin olive oil and vinegar products that our customers absolutely love," Tim says.

The key to that high quality is perfect harvest timing, along with a host of other factors that make olive oil production a complicated and challenging process – far beyond merely crushing the olives and extracting their oil.



Olives are stone fruits, similar to peaches or plums. It is also the only stone fruit that produces an oil. Crushing olives early results in a high-aroma, fruity oil with higher levels of the beneficial antioxidants naturally found in fresh EVOO. To get the highest quality extra virgin olive

oil, the olives must be harvested early in ripeness and milled within 6 hours at just the right temperature. To that end, Almazara Andres Aguilar employs the world's top agronomist to monitor its trees, right down to using an infrared laser to measure fruit temperature before crushing. "Marino is the Michael Jordan of high-quality olive oil," Tim says.

Producing the highest quality olive oil not only requires greener fruit but much more of it, since green ripe olives contain less juice and more water content. It takes 12 kilos or 25 pounds of olives to make just one liter of Seasons EVOO, compared to eight pounds of overripe olives to produce a standard bulk EVOO. In many cases, over-ripe EVOO oil will last

no more than six to nine months, while Seasons Olive Oil holds up for 18-24 months.

Almazara Andres Aguilar crushes olives from the region of Jaen and Cordoba, creating an assortment of distinct flavors. Seasons also imports from top mills in Italy to Argentina – that you'll discover when you step into their King Street tasting room. October marks the beginning of early harvest in Europe and the rest of the Northern Hemisphere. The Southern Hemisphere crush begins in April. EVOO from different regions are never mixed, so each oil always has its own unique individuality, Soraya notes. Every EVOO at Seasons includes a card detailing the location and date of harvest, along with extensive product quality certifications. Seasons also carries flavor-infused oils, always with super premium extra virgin olive oil as the base. To learn more, visit Seasons' downtown Lancaster tasting room, where manager Alexis Herr holds regular Wednesday demonstrations, First Friday events, and Sunday brunch and learn events – all geared toward incorporating this original superfood into your diet. Join Seasons on Nov. 10 to experience their annual Open House pre-holiday kickoff event with food pairings, special offers and a great selection of food gifts for friends, family and co-workers.

"Our EVOO is an affordable everyday luxury possessing a fresh, exceptional flavor and aroma in addition to its unbelievable health benefits," Tim says. "It is food as medicine."

Photography by Andrew Albright



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Loaves of love

By Alexandra Henry | Photography by Andrew Albright

There's no doubt about it: Lancaster has a burgeoning foodie scene, as recent articles in The New York Times, The New York Post and The Philadelphia Inquirer have suggested.

While there are many factors responsible for the city's elevation on the national stage, among them are the people from various cultures from around the world that now call Lancaster County home.

Not only do Lancaster's newest residents introduce new fare from their native countries, they also bring new techniques and ingredients to the local food scene.

Maria Provencher, the new pastry chef and manager of The Bakehouse on King, was born in the Dominican Republic, raised in New York City and educated at Georgetown University in Washington, D.C. She cites Lancaster's diverse culture as a key factor in her relocation here two years ago.

It's also something she hopes to celebrate on the bakery's menu.

"That's part of my vision for the Bakehouse: to bring the world to the bakery," she says.

Noting the strength of the pastry and bread program when the shop opened in December 2018, Provencher credits her predecessor, Kristen Richards, with providing a solid foundation she can build upon.

One unique staple at Bakehouse on King is its naturally leavened sourdough bread.

Naturally leavened means the process by which the bread ferments and rises occurs without the use of commercial yeast.

"The leavening agent is created by the air that the flour is sitting in, and all of the living, natural organisms in the air that we breathe," Provencher explains.

Because naturally leavened bread has a long fermentation process, the gluten protein breaks down much more than in a bread that rises with commercial yeast. As a result of the weakened gluten protein, naturally leavened bread is much more tolerable to people with gluten sensitivities.

The sourdough bread at Bakehouse on King all originates from the starter, or mother dough. Starter doughs often last many years, as long as they're properly cared for.

According to an old baker's tradition, the starter dough typically has a name. Gertrude, Bakehouse on King's sourdough starter, is around 4 years old, Provencher says.

"The older the starter, the better the taste," she explains. "Because it absorbs the organisms around you, you'll taste the flavor of your air, believe it or not."

Provencher has also infused new flavors into some of Bakehouse on King's existing

favorites.

She cites a new vanilla-scented challah bread as an example of the menu's new spin on a traditional challah recipe.

Bakehouse on King's daily offering of pastries includes popular items from its original menu, like sweet and savory scones, hand-made pop tarts and croissants. But there are also many new treats, like the Danish, a very traditional French viennoiserie breakfast pastry with fresh fruit on top of a laminated dough.

Bakehouse on King also has an expanded lunch menu that includes soup, quiche and sandwiches. Just like the pastry menu, it offers favorites from the original menu as well as a few fresh items. The lunch menu will change seasonally. All made possible by the dedicated team of bakers.



Provencher put a new spin on a customer favorite, The Market Italian. the sandwich now rests on a Cuban roll, which is freshly baked in-house.

"If I had room on the menu, I'd have called it 'Old World Meets New World,'" Provencher says, citing the sandwich as an example of an update from the original menu.

The Roasted Veggie sandwich is a new, vegan lunch option that is served on sourdough bread.

"It's roasted vegetables, served with pistou, which is basically pesto without

cheese, because if we used cheese it wouldn't be vegan," Provencher says. With a dash of humor in a comment reflecting her origins she says, "and we add avocado...because everything is better with avocado."

Though she says it's tough to pick a favorite offering on the menu, one item Provencher suggests is the epi baguette, or pain d' epi, a French baguette cut to look like leaves or flower petals.

"People are loving it, and many have never seen it before," she says. "If you have friends over, you can put it in the middle of the table and serve it with flavored oils or dipping sauces.

"It's a great starter, and it's great, also, for a charcuterie board." Since it's opening The Bakehouse on King has quickly become the sweetest kept secret in Lancaster.



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learning as we grow

By ERIN NEGLEY

Photography by VINNY TENNIS

The other weekend, birds were chirping. Bees were buzzing. Yet, here I was, hacking paths in the jungle of my vegetable garden.

I love to grow things. I'm a journalist who interviews horticulture experts and home gardeners. Plus I went through Penn State's Master Gardener program. So there's a wealth of ideas and tips guiding me in the garden. Still, best-laid plans of monarda and mint often go awry.

Living in an old home, your failures and successes grow from the gardeners of the past. With a home built in the 1860s, that's a lot of fails and wins.

Take the flowering dogwood tree in the yard. It's gorgeous and supports more than 100 species of moths and butterflies. Compare that to the kousa dogwood, which supports zero native insects. Thank you person who used to live here.

Then there are weeds left alone to become trees. These trees of heaven have attracted the spotted lanternfly, the latest invasive pest in Lancaster County. Thanks a lot, person who used to live here.

Our house wasn't occupied year-round for a decade before we bought it. You can see this as a gift of nature showing what works.

It's also the gift of 10 years of invasive plants running wild.

Take the gooseneck loosestrife, a plant with pretty white flowers shaped like goosenecks. It's considered a thug by many gardeners, but I've used it as a tall ground cover for now. My strategy is to remove a patch of loosestrife and plant in the bare spot. So far, allium rise above and bloom

like big purple Death Stars. Later, white verbascum pop up, followed by yellow coreopsis then goldenrod and purple aster.

The vegetable garden was a square plot lined with landscaping fabric and covered with weeds. Tearing the fabric out was oddly similar to ripping off one of those pore strips for your skin.

This garden is huge, so we've spent time fighting the weeds between the plants. A thick layer of grass clippings works. When it's too rainy or hot to mow, things get out of hand fast.

This is how I ended up cutting out those paths to the tomatoes, kale, tomatillos and peppers.

The next day, my husband saw the weeds between the paths. He composted the kale and then mowed down the weeds.

That took care of the mess but it seemed so wrong.

There is an excuse. I went to the hospital when I usually plant spinach seeds and peas. I came home with a tiny baby and orders not to pull weeds.

Since then, the baby and I have gone outside to stare at the branches of the cherry tree, watch the cardinals on the dogwood and roll around on the violets in the lawn.

The garden doesn't look like a magazine spread, but that's OK.

Every year, I learn something new. Sometimes, there are tiny victories as we make this space our own. Sometimes the lessons come from failure.

I learned a porch post was not load-bearing when a big rain weighed down the wall of vines we anchored to the porch. The post was simply wedged between the floor and the second story. After the rain, it popped out.

Some things have worked out. After interviewing a gardener who mixes edible and ornamental plants, I planted garlic bulbs next to spring-blooming bulbs. The grape hyacinths escaped the critters and bloomed for the first time.

There's a rocky, weed-covered space where I've added perennial plants to attract pollinators. It's slow work, but the bluestar is replacing the dandelion and the globe thistle is replacing the weed thistle. Butterflies and moths seem to like every plant as much as I do.

If there was one regret, it's the asparagus. I've always wanted to grow my own and then, surprise, an asparagus stalk sprouted underneath a bird nest at our old house. (Thank you bird who used to live there.) It takes three years to harvest asparagus. In year four, we moved and the asparagus came along. This past spring would have been fair game for a first harvest but in the hubbub, it slipped my mind.

The asparagus was one plant I wish was spared. Think about those tender stalks, fresh from the garden as winter melts away. I was coming to terms with planting some new crowns and waiting three more years.

Imagine my surprise when just a few days later, the asparagus shot up.

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Why hire an interior designer?

By ANITA C. YODER

While there is a cost associated with hiring a professional interior designer, the investment can save you time and money. An interior designer can help you avoid costly mistakes that might be expensive to correct, all while guiding you through the many selections necessary to complete your new construction, addition or renovation projects. They can also remove some of the stress by helping to keep the project on schedule.

From flooring and cabinetry to plumbing and lighting fixtures, there are many options to coordinate. Outside and interior selections require many important details for your project to look great.

Since most people do not work in construction and design, hiring a designer that reflects your style and taste is important. Communication is critical, so the designer understands your wants and needs. Always communicate to the designer

your likes and dislikes along with questions and concerns, but try to keep your mind open to the designer's ideas and suggestions.

It is very important that you hire an interior designer who listens to you. After all, they are not decorating their own home; they are decorating your home! The finished project needs to reflect you and your lifestyle, not the interior designer's personal taste.

Knowing your budget is important for both the designer and your wallet. Some customers want something nice within reason, while others want higher end products for their home or workplace. You can have a beautiful home or room regardless of budget.

Just remember, a bucket of paint costs the same no matter what color you choose, but the wrong paint color or selection will cost more when it needs to be replaced.

That is one example of how hiring a designer can save you money!

There are different types of designers. Some designers who work for flooring, kitchen or furniture stores generally only work with their store's products. An independent designer is open to working with local flooring, cabinetry, lighting and furniture stores of your choice, along with local builders and remodelers. There are some designers who specialize in only one area of the home, such as lighting, kitchen and landscape designers.

While HOUZZ and Pinterest are great ways to figure out what you like and don't like, your rooms and home are different from the pictures on the internet. An interior designer can help you coordinate your wish list, while taking into account those likes and dislikes.

Getting decorating advice from family and friends is an option, but while



From left to right: Marcie, Jo Ann, Anita, Pam, and Michelle.

they mean well, they have their personal tastes, wants and needs for their own homes. Depending on your relationship, it may or may not work. They may get offended if you don't follow their suggestions or you may feel badly telling them you are not fond of their ideas.

Remember, decorating should be fun! Some people enjoy making their own selections, while others like to work with a professional on their decorating project. Some people who have good taste but little time to resource and coordinate all of the details hire professionals to help them with

their projects at their home or workplace.

At Heritage Design Interiors, we customize the design service to our clients. Some of our clients want us to help them coordinate all of the selections, from exterior colors and details to interior flooring, lighting, plumbing fixtures, cabinetry, countertops, appliances, door styles and paint colors. We can guide you from blueprint to window treatments or just offer some decorating advice and answer your questions. We will make your next decorating project fun!

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and much more help make Willow Valley Communities a “destination” community that attracts residents from across the nation.

More than 100 clubs, along with art studios, woodworking shops, gardening plots, stocked fishing ponds, and model railroad platforms are available for those who want to follow their passion or discover an exciting new one. Hundreds of classes, clubs, lectures, presentations, and shows take place in our community.

At Willow Valley Communities, residents have the pleasure of selecting from over 90 different, thoughtfully designed floor plans, as well as special features and options to create the perfect home for their lifestyle. What's more, it's all located on 210 acres of meticulously

landscaped campuses just three miles from the vibrant city of Lancaster.

Opportunities for interesting, meaningful engagement don't stop at Willow Valley Communities' borders. Many residents are active in the greater Lancaster community, supporting programs aimed at students, the arts, and other causes. Today's Lancaster is a thriving, culturally rich community boasting a fascinating historical heritage, terrific restaurants, live theatre, arts, institutions of higher education, and more.

Residents hail from 37 states across the country, representing a rich variety of backgrounds, interests, and passions. But they all have one thing in common: They are all Living Life Forward at Willow Valley Communities.

Willow Valley residents gather
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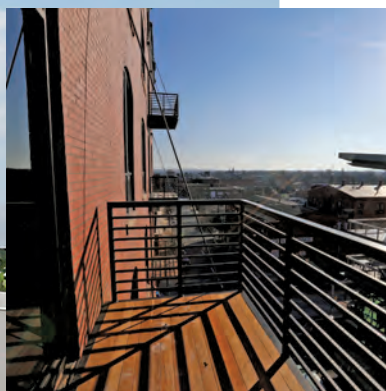
agreement in the last two weeks, there's no time to waste.

With the official start of fall now upon us, there is no better time to take advantage and experience all that the Lancaster Press Building has to offer, whether you have an active family, an empty nest or a desire to own a maintenance-free second home.

The revitalized former cigar factory and print company at the corner of Prince and Lemon streets blends modern amenities with the character of the building's history. The condos include industrial chic design features, such as exposed brick walls, concrete columns and original oversized windows that offer panoramic views of the city.

Drogaris Companies, developer of the Lancaster Press Building, has made such creative repurposing of the city's historic buildings a hallmark of its 45 years in business — mindfully preserving the past while creating commercial and residential spaces that not only meet contemporary standards, but are also adaptable to future needs. All Press Building units offer open kitchen and living areas perfect for entertaining or simply enjoying family time.

Floor plans with two bedrooms, two baths and a study are available, making it easy to host extended family and out-of-town guests. Pets are welcome, too. For those who are downsizing, the Press Building offers the perfect option for maintenance-free living. With no worries about shoveling or lawn care, you can simply lock your door and go,





whether you want to enjoy the downtown amenities or travel farther afield.

Fully customizable units are also available to prepare for future needs, such as aging in place. And low monthly condo fees are perfect for life transitions and fixed incomes. Residents enjoy a secure building with elevator access, as well as secure, dedicated street-level garage parking. Of course, part of the beauty of Press Building living is that you don't really need a car. Everything you need, from grocery stores and drugstores to entertainment, is all within easy walking distance.

Plus the Press Building itself offers plenty of amenities, including a fitness room, a first-floor restaurant, lockable storage cages and balconies on select units. For the fall months, there's no better spot than the rooftop deck. Accessible by elevator, it adds over 1,300 square feet of community space — with bar-top tables, patio tables, lounge chairs and couches to accommodate a gathering of friends, as well as an escape to a private oasis.

The deck offers a panoramic view of the city and the perfect vantage

point for viewing fireworks after a Lancaster Barnstormers baseball game.

A gas grill is available for rooftop cookouts, and a gas fireplace and strings of bubble lights ensure that residents can enjoy the space long after the sun sets and the evenings turn cooler. Custom corten steel planters and a striking green wall featuring Virginia creeper make the space even more inviting.

The Press Building has a limited number of both move-in ready units and customizable units available. Standard features in all units include hardwood floors, granite countertops and stainless steel appliances.

Prices start around \$200,000.

The sales model is open from 1 to 3 p.m. Thursday, Saturday and Sunday, and from 4 to 7 p.m. every Friday, including First Fridays.

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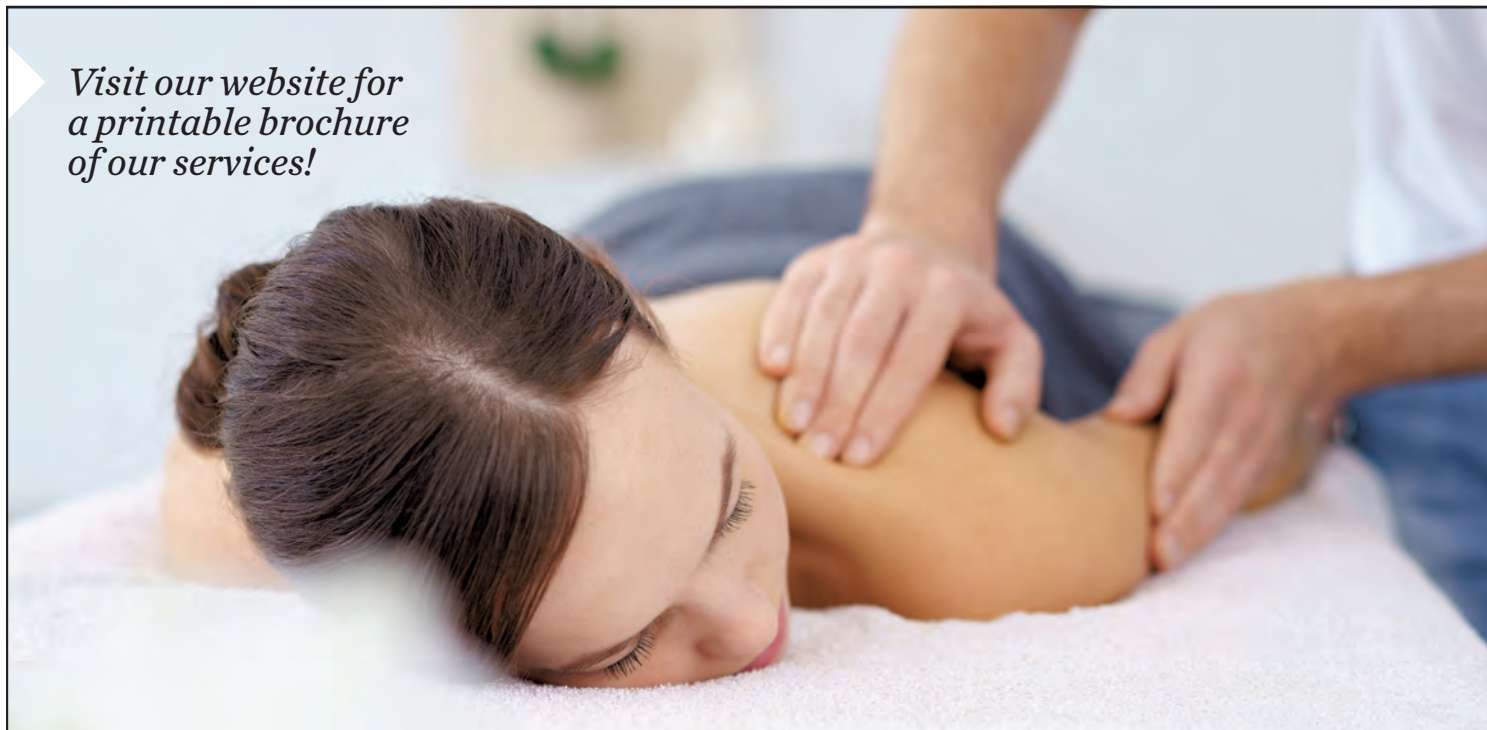
In addition to traditional manicures and pedicures, their menu of nail services includes, gel manicures, spa manicures and pedicures, French add-on and nail art. Chemical services include hair color, color retouching and color correction, as well as spiral perms, relaxers, horseshoe foils and ombre with color and keratin treatments.

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**“ Women feel like they’re
heard by other women. ”**

After getting her first job in pharmaceuticals at 22, Jen McCoy opened a 401K and discovered a budding fascination with personal finance. But her first experience with a financial advisor a year later was a disappointment – heavy on investment strategy and sorely lacking in the financial planning and life insurance advice she and her husband really needed.

Some 14 years later, after leaving behind her career to be a stay-at-home mom, McCoy was ready to return to the workforce, but not sure how. Two ideas rose to the surface: She was still fascinated with personal finance and she wanted to give other families the financial planning experience she didn't have in her twenties.

As an Everence financial advisor, she's been able to do just that.

"I love hearing people's stories, who they are and what's important to them," says McCoy, who works in Everence's Lincoln Highway office in Lancaster. "Not just financial goals, but the dreams they have for their lives, because dreams usually have a price tag." McCoy is one of a growing number of women advisors at Everence Financial—or financial consultants or planners as they're known at Everence. Nationally, 35.5% of financial advisors are women. At Everence Central Penn, that number is closer to 50%, and it's no accident. It's been an intentional leadership priority as well as a nod to statistics showing that 55 percent of women between 25 and 34 prefer working with female financial advisors, and 70 percent of women will change their financial professional within a year of being widowed. What's more, Boston College's Center on Wealth and Philanthropy estimates that women will control two-thirds of the nation's wealth by 2030.

While all Everence financial professionals take a caring, holistic approach to financial planning, some women clients simply prefer a woman financial planner in much the same way they prefer a woman doctor, says Everence financial planner Amanda Rock, who has worked at the Lancaster office for 23 years.

"A lot of it starts with listening and making someone feel like they're heard," Rock says. "Women feel like they're heard by other women."

"A financial consultant can be a slightly more objective but caring person to walk the path with you in times of transition," says Mackenzie Snader, a financial consultant in Everence's Mount Joy office. People need support during many life transitions, such as a job change, a home or car purchase, the birth of a child, funding a college education, retirement and Medicare planning, and the death of a spouse.

"We get to know them as people and tailor their finances so it matches the people they are," McCoy says.

That means understanding their deeply held personal and faith values and helping clients live in a way that honors their priorities. For instance, Everence offers tailored portfolios for clients who want to invest in only green companies as well as those who want to avoid investing in tobacco- or weapons-related companies. Everence also recognizes that not everyone has assets to invest, but they still may need financial planning advice.

All Everence financial consultants and planners see helping people with their financial needs as a calling. Each has a unique life experience that they bring to the table. For McCoy, being an Everence financial consultant is the perfect marriage of her analytical side and her nurturing side.

"I really love what I do here," she says. "I just cannot believe how perfectly this work fits who I am."

For Rock, mentoring new women financial consultants like Snader and McCoy is also a calling.

"The women in our company get along so well and we're such cheerleaders for each other," Rock says. "We're just really champions for each other."

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Master matchmakers

Photography by Vinny Tennis

Smilebuilderz opened its doors in 2006 with one unique principle in mind: that dental patients would benefit most from the continuity of care and convenience of having routine and specialty care available all in the same practice.

"We reimagined dentistry," says Michael Tomchick, Smilebuilderz CEO.

Today, Smilebuilderz handles over 140,000 patient visits each year in Lancaster County, and every one of them gets the personal touch.

"It really starts with the first phone call," Tomchick says. "We will match you with a dentist that fits your personality, and you will stay with your dental team for your entire time here. Dental treatment is a lifelong process."

What makes that lifelong journey of dental care so easy at Smilebuilderz are the 23 doctors on staff, including 14 dentists, three oral surgeons, three orthodontists, two periodontists and one endodontist.

"All specialists and dentists not only work under one roof, but they also work together," Tomchick says. "They talk to each other about the treatment, and they coordinate the care going forward."

While other dentists may refer you outside their practice for specialty services such as braces or wisdom tooth extraction, Smilebuilderz offers all of those services, ensuring ease of treatment and fully integrated care that not only lowers costs but also keeps you on the right path to dental health.

Thanks to the size and scope of its practice, Smilebuilderz can offer patients the latest technology, like digital image scanning that makes a 3D image of the mouth - from the palate and bony structure to the soft tissue - allowing them to create more accurate prosthetics, such as crowns and implants.

"The measurements are always on point and perfect," Tomchick says. "We can actually make a prosthetic that's going to fit the first time, always."

Digital imaging can also be used to make more accurate dental impressions, avoiding the often messy and unpleasant experience of traditional impressions. Plus, specialists also

use 3D imaging to plan out surgeries digitally, ensuring a better outcome.

In addition to its flagship location at 1685 Crown Avenue, Smilebuilderz also has two urgent care locations, at 2114 Spring Valley Road, Lancaster, and 893 E. Main Street, Ephrata. Both locations are open 8 a.m. to 8 p.m. Monday through Saturday and accept walk-ins. Emergency care is also available six days a week, and they can handle all dental trauma, saving a costly trip to the emergency room.

Smilebuilderz is in the process of expanding its services even more with a state-of-the-art second-floor space at its Crown Avenue location that will house a new orthodontics department as well as pediatric dentistry. With 12 new treatment chairs, Tomchick estimates the new space, scheduled to open in January 2020, will increase their capacity to treat patients in Lancaster County by about 25 percent. A new payment plan program launching soon will also make orthodontia more affordable, with affordable payments of only \$150 per month.

The ultimate goal is to provide quality dental care that is easy and affordable. And at Smilebuilderz that comes with a lot of extras, like private rooms, free oral cancer screenings and the knowledge that all dental specialists have at least three to five years of experience before joining the practice, which also has its own training department.

"They really learn how to be on top of their game here because they're working with each other," Tomchick says. "That's really the advantage for the patient. They don't pay any extra for this. We just hope that translates to the experience the patient has when they come here. They know they're in good hands."

smilebuilderz

A professional portrait of Michael Tomchick, CEO of Smilebuilderz. He is a middle-aged man with short, graying hair, smiling warmly at the camera. He is wearing a dark navy blue suit jacket over a white dress shirt and a gold and brown paisley tie. He is leaning forward with his hands clasped together, resting on a white reception desk. The background is a modern office interior with a glass wall and a wooden beam with a light fixture. The text "We reimagined dentistry" is overlaid in the upper right corner.

“We reimagined dentistry”

Michael Tomchick, Smilebuilderz CEO

Puppy Love

By Mike Andrelczyk | Photography by Vinny Tennis



Brian Gerber sits at his dining room table at his home in Lancaster. It's a beautiful wooden table complete with intricately turned legs. Gerber made this table himself years ago, along with cabinets, benches, a four-poster bed and other pieces of high-quality furniture.

In the center of the table there are bottles of pills.

These days, due to complications from diabetes, Gerber, who was also born with polio, is legally blind and missing much of the use of his hands. His shoulder muscles have severely atrophied and he is a double above-the-knee-amputee, restricted to a wheelchair. He is unable to pursue his woodworking passion. In fact, due to severe osteoporosis, he cannot pick up his iPhone himself if he drops it.

Luckily, Gerber is surrounded by a loving support group of family and friends. And one of his best friends is Deora – a 5-year-old English chocolate Lab. She cannot only gently pick up his iPhone for him (without even scratching the screen), but she can operate light switches, open automatic doors, hand him his towel after a shower and, most importantly, be a loving companion for him while his wife and daughter are at work.

"She'll actually come up on my lap and snuggle with me," Gerber says. "She'll put her front paws up on my chair and I can wrap my arms around her and she'll just snuggle with me. She's a very good snuggler."

Deora doesn't just provide Gerber with friendship, protection and the aid that is essential to his well-being. She gives him a sense of responsibility too.

"It's on me to feed her in the morning. It's on me to feed her supper. It's on me to take her out when she needs to go. I play with her," Gerber says. "She keeps me busy, so I'm not bored during the day. She's been awesome."

Deora is definitely awesome. She is friendly and loyal. Attentive and

happy. Smart and playful. Deora is Gerber's second service dog. His first, an American yellow Lab named Caleb, died of cancer when he was only 7 years old.

"When Caleb passed it was such a gut-wrenching loss for me," Gerber says. "I wasn't sure that I wanted another dog right away. It was very heartbreaking for me. But within a month, I decided I need that companionship, I need that help."

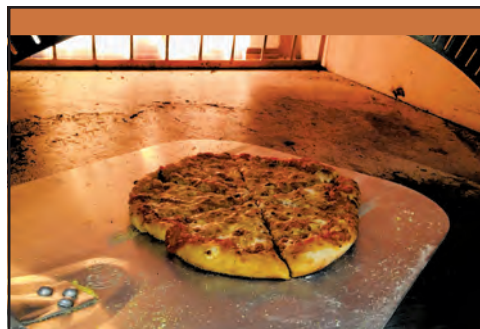
Deora came to Gerber from United Disability Services in Lancaster. She is specially trained just for him. They bonded instantly upon meeting each other.

Service dogs go through vigorous training from the time they are puppies until they are about 2 years old. They begin their training in a state correctional facility in Somerset. After initial training, the dogs are matched with their people and go through another round of training so that they are able to attend to their owner's specific needs.

Deora is a special dog. Her name is actually a tribute. She is named after Deora Frances Bodley, the youngest person to die during the 9/11 attacks, when she and the 39 others on Flight 93 crashed in Shanksville. The Flight 93 monument is located less than a dozen miles from the correctional facility in Somerset where Deora was trained.

Before Deora and Caleb, Gerber says he suffered from mild depression. All that changed when he got his service dogs. Seeing him with Deora, it's obvious that she brings him immense joy and unconditional love. He's now able to meet new people when he's out with Deora. She makes him laugh. She makes him happy.

"I have a deep faith in God. I have lots of friends. My whole circle of friends basically is from church," Gerber says. "The Bible says God is the giver of all things good and I look at Deora as one of those good things in my life. That's how I make it through."



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