

balance

FALL ISSUE 2020

life, community, style.





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Published by **LNP MEDIA GROUP, Inc.**

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ON THE COVER

Portrait by Quinn Staley

Katina Kauffman relaxes in the back yard of her Lancaster home. See her fall fashion suggestions to instantly elevate your look this season. (Page 32)

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Are You in the Right Retirement Plan?

When opening a retirement savings account, you're typically presented with the option of choosing between a traditional or Roth IRA. While you may have chosen a traditional IRA for the initial tax savings, it's possible that converting your funds to a Roth IRA, which is known as a Roth conversion, could improve your financial situation and cash flow in retirement. Should you consider taking advantage of this opportunity, or are you better off sticking to your current savings strategy? Here is an overview of what a Roth conversion is, the benefits of a Roth conversion and what factors to consider before making a change.

What Is a Roth Conversion?

A Roth conversion refers to the act of converting a traditional IRA account into a Roth IRA account. A traditional IRA account is created using pre-tax dollars, meaning the distributions you take from a traditional IRA account in retirement is taxable income. A Roth IRA is created using after-tax dollars, meaning the distributions you take from a Roth IRA account in retirement is tax-free because tax has already been paid.

A Roth IRA can be an appealing option for some because it does not include a required minimum distribution age. This means that you can continue to save and grow tax-free dollars for the remainder of your life.

Considerations to Make Before Doing a Roth Conversion

While a Roth conversion could be a great option for some, it could be a costly mistake for others. Here are four important considerations to take into account when deciding whether or not it's best to convert your traditional IRA into a Roth account.

- Your timeline to retirement
- Tax obligations
- Your future tax bracket
- How much to convert and when

If you're currently invested in a traditional IRA and have questions about your own retirement plan, we can help. Contact our team at Regal Wealth for a consultation to discuss the best path to reaching your own retirement goals.



Michael Zimmerman
President & Founder



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BALANCE MAGAZINE

Many of us might like to forget most of 2020, but as the crisp fall air arrives, with the brightness of the holidays following soon after, it feels like things are looking up.

That's why this issue is packed with relevant, helpful, positive content to make the most of the end of the year.

My husband and I have been sharing our working from home space since mid-March. Within our "office" space is our two-year-old daughter's play space, and our dog Charlie's nap space (which is also used for barking at the delivery man). I am taking our home organizing article to heart — "clean house, clean mind!" We are decluttering, focusing on wellness, family time, and that perfect cup of coffee.

At LNP we are also celebrating, because Balance is officially one year old! Thank you so much for joining us each season of our first year. We are looking forward to another year of amazing local businesses and stories about the places and people that make Lancaster so wonderful. I always love to hear from you and want to know what you'd like to see in future issues. I can be reached at LMcCallum@lnpnews.com.

Lindsey McCallum

Lindsey McCallum
Editor-in-Chief



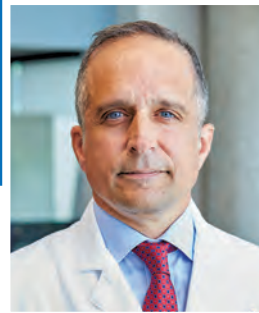
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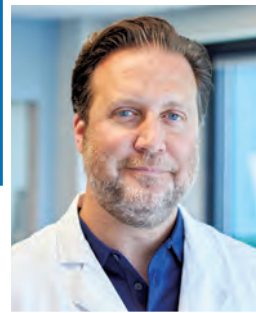
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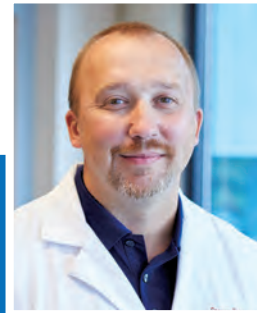
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beyond the pumpkin spice latte

Soak up the warm, welcoming flavors of fall with these autumnal drinks.

BY MICKAYLA MILLER

Autumn has always been my favorite season. From the crisp fall leaves and the gradual descent into colder weather, to family gatherings and harvest festivities, everything about the season has a special place with me.

When I was a kid, fall meant new sweaters, picking pumpkins and drinking apple cider until my belly swelled.

The first day of school would come and pass, and soon I'd be in the midst of fall break, spending time with my parents and grandparents, eating my stepmom's "famous" homemade pumpkin pie — who needs the store-bought stuff, anyway?

As I grew older, the things I loved most about fall grew with me. Pumpkin picking turned from a leisurely but exciting trip to a farm to almost competitively scoping out the best pumpkin in the patch to carve. Halloween became the supreme holiday; my partner and I celebrate nearly the entire month of October with horror movies, spooky clothing and trips to local horror events.

More than anything, however, the things I look forward to the most are hot fall drink flavors, which could more accurately be called "a warm hug in cup form."

Things like pumpkin spice, toasted marshmallow and maple pecan. My taste buds yearn for them all to return.

Admittedly, I always anticipate getting off of work to drive to Starbucks on the first day of the season that they sell pumpkin cold brew. The drink is refreshing in the hot weather, but it still has that homey taste of fall that reminds me of falling leaves, or going to local markets. My friend and I exchanged photos of our cold brews this year; drinks are one of the easiest things to bond over.

If you are looking to go beyond the basic Starbucks, here are some local options for autumnal drinks — coffee and otherwise — as well as tips and recipes to help you spruce up your coffee game. *CONTINUED*



GINGER PUMPKIN LATTE

Espresso, ginger spice syrup, pumpkin syrup, steamed milk.

*Javateas,
1 Dutchland Ave., Ephrata*

PUMPKIN NUTELLA MOCHA

House-made Nutella milk, espresso, pumpkin syrup, milk.

*Rachel's Café and Creperie,
201 W. Walnut St., Lancaster*

HOT CIDER WITH GINGER

Warmed cider, fresh ginger, cinnamon, apple slices.

*Slate Cafe,
43 E. Main St., Lititz*



CINNAMON SPICE LATTE

Espresso, steamed milk, brown sugar, honey, cinnamon, cardamom, chai tea, allspice, clove, nutmeg.

*Prince Street Cafe,
15 N. Prince St., Lancaster*

PHOTO CREDIT: QUINN STALEY

GOLDEN MILK LATTE

Almond milk, turmeric, cinnamon, espresso, honey & a smidge of cayenne.

*Square One Coffee,
145 N. Duke St., Lancaster*

BUTTERNUT SQUASH LATTE

Espresso, milk, butternut squash puree, whipped cream, nutmeg.

*Aura Espresso Room,
44 N. Queen St., Lancaster*



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Tips to up your fall coffee game

If you're spending a lot of time at home, but you want that cafe-quality taste and feel to your coffee, here are some tips to give your fall drink an extra layer of quality.

Buy an electric milk frother.

Whether you're more in the mood for a velvety latte or a frothy cappuccino, an electric milk frother will give you cafe-style drinks from the comfort of your own home, likely for under \$10.



Use pumpkin pie spice.



Add a dash of spice mix into your coffee grounds before brewing to get the beautiful taste of fall without it being too overpowering.

Make it boozy.

Instead of adding cream to your coffee, try a little bit of Baileys Irish Cream.



Make your own add-in Autumn Spice Syrup.

INGREDIENTS:

- 1 cup water
- 1 cup sugar
- 2 tbsp. cinnamon
- 1 tbsp. nutmeg
- 1 orange



DIRECTIONS:

- Bring water to a boil.
- Stir in sugar until dissolved.
- Add in cinnamon and nutmeg. Stir.
- Zest the orange into mixture. Stir.
- Simmer on low heat for 5 to 10 minutes until syrup gets thick.

Recipe courtesy of Javateas





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The CBD Skincare Solution

By Hope Brocius

CBD (*cannabidiol*) is everywhere these days. From topical salves, lotions, oils, to a variety of foods and drinks. While we typically hear about all of the wonderful ways CBD works for pain relief and anxiety, it has also made its way into the skincare industry. So how can something like CBD be beneficial for our skin?

CBD and the ECS

Our body produces a type of cannabinoid, known as endocannabinoids, which support the endocannabinoid system (ECS). This system regulates the immune system functions, inflammatory response, and so much more. When our ECS is deficient, CBD oil can penetrate the skin and help support that system by imitating endocannabinoids. In other words, CBD helps restore a homeostatic balance to an out-of-whack ECS. Pain, inflammation, and an imbalance in skin cells, sebum glands, and the immune system are some of the root causes of many skin issues so adding CBD to your skincare regimen makes total sense. Here are just a few issues CBD oil can help with.

Anti-aging

CBD oil contains Omega-3 and Omega-6 fatty acids, which helps stimulate the production of collagen and prevents excessive water loss. Increased collagen production and hydration help to prevent the signs of aging caused by free radicals, such as reddened skin tone, dullness, fine lines, and wrinkles, for more youthful skin.

Psoriasis

Psoriasis, an autoimmune disease, causes the body to attack healthy skin cells and speed up their life cycle. Cells multiply quickly, leading to scaly red spots. Psoriasis can be painful and hard to control for those who suffer with the disease. CBD helps relieve pain and inflammation while decreasing the rapid skin cell multiplication by working with our body's natural endocannabinoid system to restore balance to pain, inflammation, and immune responses.

Acne & Dry Skin

CBD oil acts as a balancer in instances of acne and dry skin with its antibacterial properties and sebum oil regulation. It regulates over-producing acne-causing sebum oil production, which helps to keep the skin free of excess bacteria that leads to clogged pores. In dry skin, it regulates the sebaceous glands to encourage oil production. This makes CBD oil a great choice for sensitive skin, as well as combination skin types. CBD's anti-inflammatory and antioxidant properties alleviate inflammation from irritated skin and help speed up healing time as well.

Eczema

Eczema causes patches of skin to turn red, crack, and become itchy and inflamed. Since CBD has a strong relation to the body's natural endocannabinoid system, which directly relates to the allergic inflammation believed to be the leading cause of eczema, this makes CBD oil an excellent option to alleviate pain and inflammation. CBD also helps to relieve the dry skin caused by eczema.

Ready to try CBD in your skincare routine?

Hempfield Botanicals has you covered with these high-quality CBD products that could have you seeing major improvement within two weeks:

Fortify Face Oil defies the effects of aging and nourishes dry skin with a vitamin-C rich CBD oil blend. Made with soothing borage seed oil, hydrating hemp seed oil, and other specially selected oils, Fortify fights free radicals and rejuvenates skin. Fortify is also an LNE & SPA's Best Product Winner of 2020.

Soothe Face Oil calms sensitive and acne-prone skin with its anti-inflammatory CBD oil blend. Made with healing borage seed oil, nourishing hemp seed oil, and other specially selected oils, Soothe hydrates temperamental skin without clogging pores. Soothe is a 2020 Beauty Awards Winner for Organic Spa Magazine.

When shopping for CBD skincare products, there are many low-quality ones out there, so make sure you do your research. Hempfield Botanicals is a Certified B Corporation, meeting higher standards of social and environmental performance, transparency, and accountability. Their formulations contain organically-grown whole-plant hemp CBD extracts sourced from sustainable farms in Pennsylvania. Every batch is triple tested for potency, quality, and purity to ensure consistent, effective products every time. If quality and effectiveness is what you are looking for, Hempfield Botanicals should be your go-to brand.

Warning/Cautions: These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease. Use only as directed. For external use only. Discontinue if irritation occurs and seek medical attention. Avoid contact with eyes. If contact occurs, rinse well with water. Keep out of reach of children. Store with lid closed tightly in a cool, dry environment, away from light.



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Understanding MEDICARE

When it comes to Medicare, Bill Parson likes to say, “Don’t take advice from your friends at the coffee shop or your brother-in-law at Thanksgiving.”

What is right for them may be terribly wrong for you.

As a Medicare specialist and Certified Senior Advisor (CSA)[®] with Everence Financial[®], Parson has almost three decades of experience helping clients navigate their health-care decisions. Everence strives to make Medicare an easy step by helping people explore their options and make the best decision for their unique situation.

Among the many factors to consider:

Your current situation: If you plan to continue working past 65 and can remain on your employer’s health plan, it may make sense to postpone Medicare, Parson says. However, nothing is ever that simple. It is important to compare the coverage and costs of the employer plan and Medicare, as well as to consider how any health savings account (HSA) may factor into the mix. The size of your employer matters, too. If you work for a smaller company, Medicare may have to be your primary coverage.

When to enroll: “There are only three times that you can enroll in Medicare, and it’s really important to know because if you miss them you can really get off track and potentially owe penalties,” Parson says. Those three times are:

- When you turn 65.
- When your employer coverage ends.

- During the annual enrollment period that runs from January through March, with coverage beginning July 1. Postponing your initial enrollment until this period, however, typically carries penalties.

Remember: Medicare is not the same as Social Security. While Social Security is a source of income after retirement, Medicare is a form of health insurance. You can begin collecting Social Security as early as age 62 or defer until age 70, but you must be 65 or older to enroll in Medicare.

Learn the Medicare ABCs: Medicare Part A covers inpatient expenses. Medicare Part B covers outpatient expenses, such as doctors’ services and medical supplies, and typically requires a monthly premium. Part D is Medicare’s prescription drug coverage and it is available for a premium to anyone enrolled in Parts A or B. Those who opt for Parts A and B, known together as Original Medicare, may also choose supplemental plans to offset the out-of-pocket costs of Original Medicare.

Plans that supplement Medicare

People can choose supplemental plans to offset out-of-pocket costs that Original Medicare does not cover, such as deductibles and coinsurance. Traditional supplemental plans generally offer many provider options and are a good fit for people who want to limit their out-of-pocket costs per medical claim. What these plans cover remains constant once you have a policy.

An alternative to Original Medicare

Medicare Part C, or Medicare Advantage, is an alternative to Original Medicare offered through private insurance companies. In addition to the same coverage as A and B, some Medicare Advantage plans may also include vision, dental and prescription drug coverage.

Weigh your options: “Some Medicare options look great when you’re 65, only to surprise you with high out-of-pocket costs in later years,” Parson notes. As a result, it’s important to carefully consider your individual situation now – as well as to plan for future health-care needs.

Don’t go it alone: You can enroll in Medicare up to three months before turning 65, but you should start your research at least six months in advance, Parson recommends. Everence Financial offers education webinars and personal consultations to help walk you through the process and make the decision that’s right for you.

“Know there are trusted experts who can help you navigate this,” Parson says. “We’re trying to help make Medicare an easy step.”

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Over the past several months, many of us have developed a heightened drive to keep ourselves healthy — an impulse fueled by the COVID-19 pandemic.

As we enter the fall and winter months, being selective about the foods and beverages we consume, nutrition professionals say, can help boost our immune systems and fight against those more familiar germs we encounter at this time of year.

“October is the perfect time to start strengthening our immune systems because we know that there’s a lot more colds and flu in the fall,” says Janelle Glick, corporate wellness dietitian with Lancaster General Health.

“I do find that fall and winter time seems to be the most common time that people need extra boosting of their immune system, mostly because that’s the time of year when people get less Vitamin D” from sunlight, says Ann Lee, who practices naturopathic medicine and acupuncture at her Health for Life Clinic in East Hempfield Township.

“Basically, when we’re thinking about supporting our immune system on a daily basis, we have to think about good nutrition, and the types of food choices that we’re making,” says Fran Hadley, registered dietitian with WellSpan Ephrata Community Hospital. “There isn’t any magic bullet or supplement, obviously, that’s one size fits all.”

FOOD AND NUTRIENTS

Certain vitamins, minerals and other nutrients help boost our immune systems and fight disease in a variety of ways, nutritionists say.

And we can get them through lots of familiar foods.

throughout the respiratory system,” Hadley says.

“It also serves as an anti-inflammation vitamin, which plays a critical role in our immune function,” Hornung writes in an email.

We can find it in milk, fortified cereal, sweet potatoes, fish, dairy products like milk, cheese and yogurt; deep green leafy vegetables, such as spinach, kale and Swiss chard; along with carrots, broccoli, spinach, red bell pepper, apricots, cantaloupe and eggs.

Vitamin D: It “seems to play a central role in the activation of cells of the immune system,” Hornung says.

“There’s not many good food or drink sources for D,” Lee says. “The best source is sunlight, so a lot of people tend to supplement with D3 vitamins during the fall and winter.”

We can also get D through fortified dairy products, orange juice, and cereal, along with leafy greens, egg yolks, mushrooms, salmon, tuna, mackerel, tofu and soy beverages.

Vitamin C: It can also support the immune system, Hadley says, and is “generally pretty easy, I think, for most folks to get on a daily basis.”

Sources include citrus fruits such as oranges, grapefruit, lemons, limes, as well as red bell peppers, mangoes, papaya, strawberries, tomato juice, kiwi, wild blueberries, broccoli, Brussels sprouts and cauliflower.

Vitamin E: “Studies have shown it can improve the immune response during aging, and reduce the oxidative damage that may contribute to asthma,”



One of the best things we can do for ourselves is to get enough fiber by eating whole grains and a full rainbow of colorful fruits and vegetables, Hadley says.

“Fiber is important to your immune system, primarily for gut health, so when we think about those high-fiber foods ... they help with nutrient absorption and they reduce the transit time in the colon,” Hadley says.

Glick recommends getting a minimum of five fruits and vegetables a day, “but really, more like eight to 10 is optimal.”

Hadley, Glick, Lee and dietician Erica Hornung, outpatient nutrition supervisor for nutrition therapy with UPMC, list a variety of vitamins and minerals that are important in boosting the immune system, and where to find them in our food.

Vitamin A: “It helps protect against infections by keeping your skin and your tissues healthy, in your mouth and your stomach and your intestine and

Hornung says.

Foods rich in vitamin E include fortified cereals, sunflower seeds, almonds, vegetable oils like sunflower and safflower oil, peanut butter, hazelnuts, avocados, deep green leafy vegetables and wheat germ.

Zinc: It helps combat infection and reduce inflammation, Hornung says. Good sources are spinach, peas, squash, onions, pumpkin seeds, salmon, whole grains, beans, nuts, red meat, poultry, shellfish and oysters.

Protein: “We need to have an adequate amount of protein in our diet, so that we have the building blocks that our body requires to make those immune fighting agents,” Glick says.

“We want to think about lean protein, such as lean red meat — loin or round cuts, for example,” Hadley says, along with “ground, all-white turkey or chicken that you can incorporate in recipes.”

Other sources are seafood, eggs, dairy products such as milk and cheese, nuts, seeds, legumes, edamame (soybeans) and the soy products tofu and tempeh.

"There are also grains that are complete sources (of protein), like quinoa and amaranth," Hadley adds.

BEVERAGES

The liquid Glick recommends, above all, in boosting the immune system is water.

"We need to have proper hydration," she says. "If we're dehydrated, we're much more likely to get sick. ... It helps to flush the toxins out of our body. It's important that we drink at least eight 8-ounce glasses a day — more if we're larger or more active.

"And apple cider vinegar is something you can add to drinks ... as a detox or tonic," Glick says. "It's strong to

"Eat dark green leafy vegetables," she says. "I can't emphasize that enough. They are so, so rich in nutrients and antioxidants that help with the inflammation.

"A lot of our immune system is in our gut and our gut cells. So when we think about adding something to our diet for enhancing our immune system, I like to think about the probiotics," Glick says.

She recommends adding fruit to plain, unsweetened yogurt.

In addition, she recommends trying fermented foods like sauerkraut and kimchi.

"The kind (of sauerkraut) most people grab is in the canned vegetable section," Glick says. "And unfortunately the canning process does away with all the good bacteria. So you really need to go for the refrigerated (type) in the produce or natural food section."



TOP TIPS FROM FOOD EXPERTS TO HELP YOU THROUGH FLU SEASON

BY MARY ELLEN WRIGHT
ILLUSTRATIONS BY BAILEY WATRO

drink by itself. You can use it in salad dressing.

"Green tea is really good because it has a lot of antioxidants in it," Glick says.

Lee says mushrooms such as chagga, shitake and reishi, along with teas made from those mushrooms, are good for stimulating the immune system.

"They have compounds in them that activate and stimulate immune cells in the body," she says.

OTHER OPTIONS

Glick recommends eating foods that are thought to help reduce inflammation, which has been tied to a lot of chronic diseases such as cancer and Alzheimer's disease.

Lee suggests eating onions and garlic for stimulating the immune system.

"People feel like they can't do garlic and onion, since they're so powerful with the immune system," Lee says. "People experience symptoms when they're killing off the bacteria and viruses in their body," Lee says, adding they can start out eating small amounts of both.

Glick also recommends using immunity-boosting ginger and turmeric in cooking, and eating elderberries, which are available in dried form.

"Basically, we are what we eat, right?" Glick says. "When we have all of those necessary nutrients and proper hydration, we can fight off the invading germs that cause illness."



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FASOLADA (TRADITIONAL GREEK SOUP)

Makes 8 servings.

Ingredients:

- 1 pound (2 1/2 cups) dried white beans (cannellini or navy beans), soaked overnight and drained
- 3-4 carrots, diced
- 1 large onion, diced
- 3 stalks of celery, diced
- 2 cloves of garlic
- 1 (14.5-ounce) can tomato, diced
- 1/2 cup extra-virgin olive oil (plus 2 tablespoons if cooking on stovetop)
- 1 teaspoon paprika (hot or sweet)
- Salt and pepper to taste

Directions:

STOVETOP

If cooking on a stovetop, you must first soak the beans. Rinse the beans and pour into a large bowl. Cover with 2 inches of water and 1 tablespoon of salt and let soak on the counter for 4 to 12 hours.

In a large pot, starting with a cold pan, sauté the onion, celery, carrots, and garlic in 2 tablespoons of olive oil. When the vegetables are aromatic, add paprika. After 2 minutes, add the diced tomato and sauté for 1 minute.

Add the soaked beans and cover with enough water to cover the beans by 1 inch. Season generously with salt. Simmer until the beans are tender (30-40 minutes). Add 1/2 cup of extra virgin olive oil and cook for a few more minutes. The olive oil will make the soup thick and creamy.

SLOW COOKER

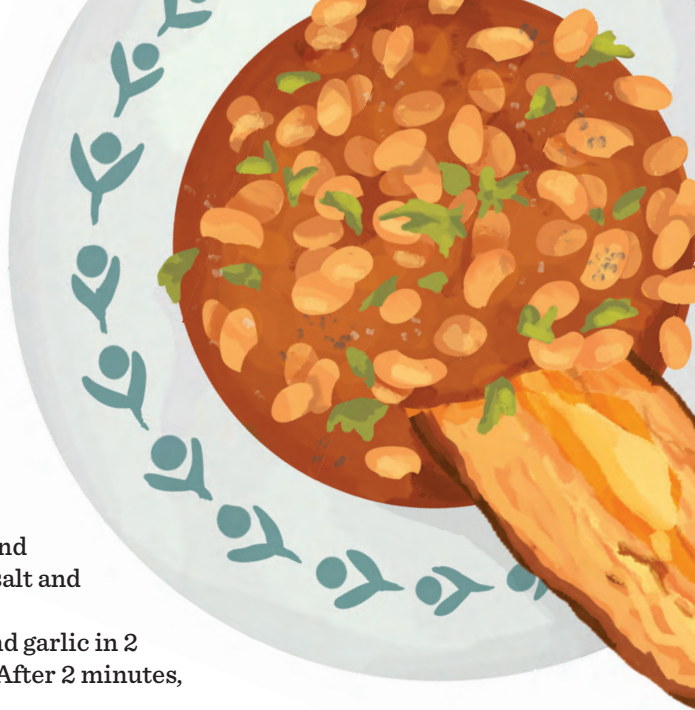
Rinse the beans. Add onion, celery, carrot, and garlic to the pot. If you can, sauté them first, but you don't have to. Add the diced tomatoes and paprika. Add beans and enough water to cover by 1 inch. Add 1/2 cup of olive oil. Season generously with salt.

Cook on high for 6 hours. Using a spoon, smash some of the beans to thicken the soup.

To serve:

Taste the soup and season with salt and pepper. Serve in bowls with crusty peasant bread, olives, and feta cheese.

Recipe courtesy of North American Olive Oil Association.



BLUEBERRY, PISTACHIO AND ARUGULA SALAD WITH CITRUS VINAIGRETTE

Makes 5 servings of 1 ounce of salad and 1 tablespoon dressing.

Salad ingredients:

- 5 ounces baby arugula
- 1 pint fresh blueberries
- 1/4 cup pistachios, unsalted, dry roasted

Dressing ingredients:

- 1/2 tablespoon lime zest
- Juice from one lime
- 1 tablespoon orange zest
- 1/2 cup juice from fresh orange
- 1/4 cup balsamic vinegar
- 1/2 cup olive oil



Directions: in a large bowl, combine all salad ingredients and set aside. For dressing, whisk ingredients together or combine them in a blender. When ready to serve, drizzle 5 tablespoonsw salad dressing and toss together or split five ways and add 1 tablespoon dressing to each salad and toss lightly.

ELDERBERRY SYRUP

Ingredients:

- 3 1/2 cups filtered water
- 2/3 cup dried elderberries
- 2 tablespoons fresh grated ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup honey

Directions:

On the stove top, add water, elderberries, ginger, cinnamon and cloves to a large pot. Bring to a boil, then turn down to simmer.

Allow to simmer for 45-60 minutes, until the liquid has reduced by almost half. Strain the liquid through a fine sieve.

Add honey and stir well. Chill in refrigerator. Keeps for 6 months to 1 year. Standard dose is 1/2 to 1 teaspoon for kids and 1/2 to 1 tablespoon for adults. If the flu does strike, take the normal dose every 2-3 hours instead of once a day until symptoms disappear.

Source: www.wellnessmama.com



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A photograph of a rustic wooden dining table. On the table, there is a centerpiece of potted plants, including a small wooden crate with a succulent and a red apple. In the background, there is a wicker chair and a small white bowl of snacks.

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Lifestyle medicine for a better, longer life

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In Latin, the word “physician” means “teacher,” and a unique form of specialty medicine known as Lifestyle Medicine is taking that meaning literally by teaching patients how to live their healthiest lives.

Lifestyle Medicine is an effort to reverse an alarming trend in the U.S. that has seen patients eating themselves into an unhealthy state and then taking medication to “fix” the resulting chronic diseases, says Dr. Donna Mueller, a UPMC Lifestyle Medicine physician.

“It is patient care that empowers the patient to take charge of their own health through coaching and support from their provider, rather than the paternalistic form of previous medical care delivery where the provider told the patient what to do and they simply complied,” Dr. Mueller says.

Many of the diseases most prevalent among Americans are rooted in lifestyle choices, Dr. Mueller notes. Especially in these days of COVID-19, it is more important than ever that patients understand the impact those daily choices have on their health.

Poor lifestyle choices can lead to Type 2 diabetes, obesity, high blood pressure, high cholesterol, coronary artery disease, depression, cancer and some autoimmune diseases, along with a pattern of taking medications in response to those conditions.

“In Lifestyle Medicine, the belief is that eating a predominately whole-food, plant-based diet leads to beneficial health changes, reducing the need for medications, which all have side effects, which further enhances health,” Dr. Mueller says. “All of these diseases are

related, and they are all rooted in lifestyle.”

Using evidence-based, therapeutic approaches, Lifestyle Medicine can prevent, treat and oftentimes reverse “lifestyle-related” chronic disease as well as select autoimmune diseases, Dr. Mueller says. “The basis of Lifestyle Medicine is enhancing overall health by optimizing body functions. Often this ‘optimization’ results in improved blood flow and oxygen delivery to the tissues which improves or alleviates disease states.”

There are a number of components to the Lifestyle Medicine approach, including a predominately whole-foods plant-based diet consisting of whole grains, vegetables, fruits, beans and legumes with little or no animal products (such as dairy, meat and eggs). Additional components include regular exercise/physical activity; adequate sleep; stress management; and avoidance of risky substances. While lifestyle medicine may use evidence-based medications and interventions as a supplement to lifestyle changes, the emphasis is on promoting health and preventing disease without the use of medications.

“It is a long-term solution that requires patient commitment,” she adds.

It requires physician commitment as well. With Lifestyle Medicine, there is more physician support and more frequent check-ins, along with group activities like meditation, yoga and healthy cooking classes - all with the

goal of giving the patient ownership over the choices that determine their health, she notes.

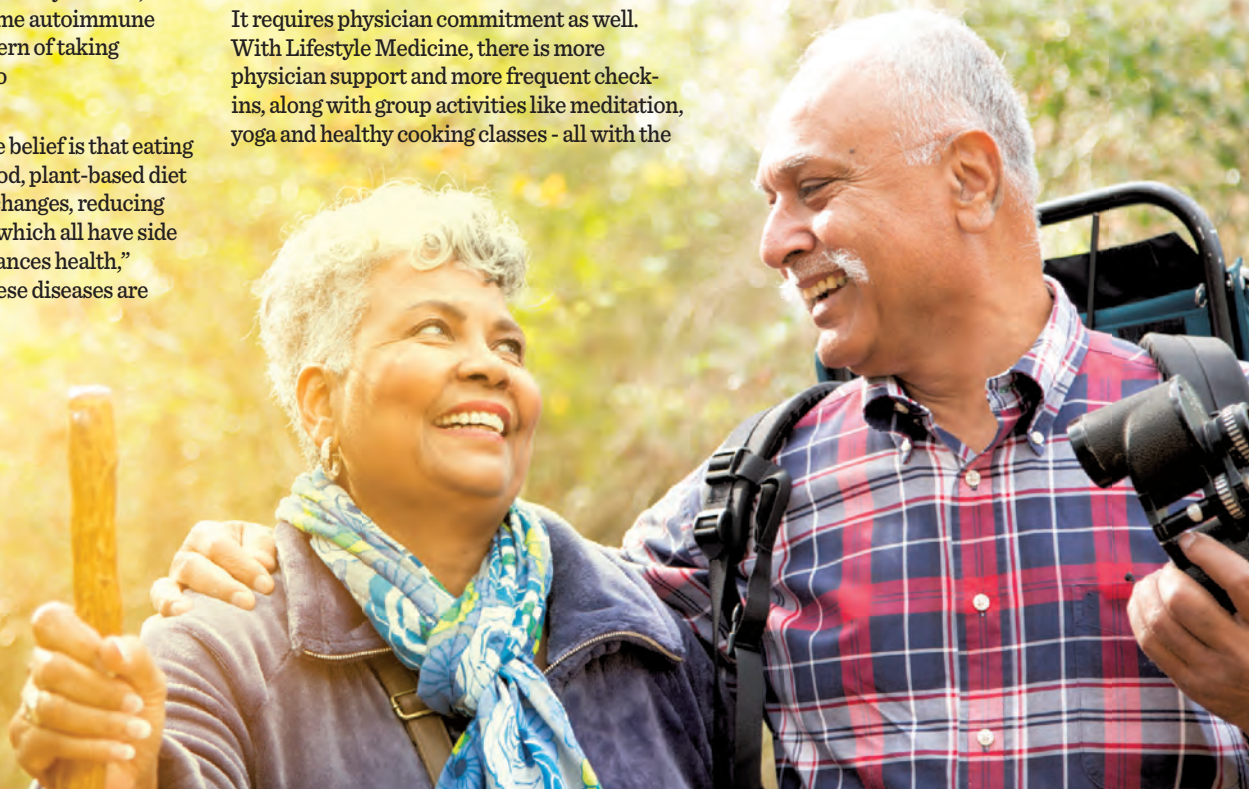
“It is a shared commitment,” Dr. Mueller says. “The physician must actually ‘walk the walk’ to be an effective advocate and provider of Lifestyle Medicine services.”

Board certification in Lifestyle Medicine involves years of study at the level of a generalist, specialist or primary care provider doing the usual internship and residency training required for primary board certification, she notes. Lifestyle medicine is not currently a specialty one can acquire without another board certification.

As a Lifestyle Medicine physician, Mueller teams with the patient and their primary care provider to work toward better health outcomes.

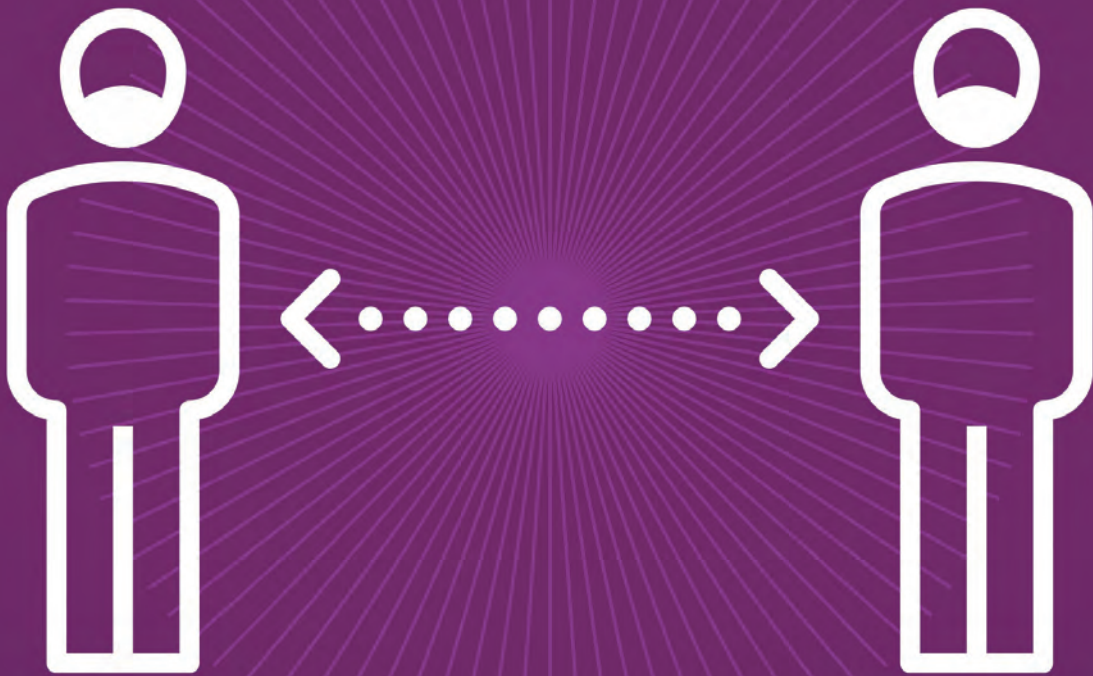
“Patients who want a supportive caregiver to guide them and even walk alongside them should consider Lifestyle Medicine as an adjunct to regular, routine primary care,” she says.

Dr. Mueller practices Lifestyle Medicine at Heartland Family Health, 1535 Highlands Drive, Lititz. Call 717-627-4088 or visit UPMCPinnacle.com/Heartland for more information.



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Sleep

is the best meditation - The Dalai Lama

Surprisingly, the best path to improving your sleep might be seeing a dentist

By Sally Reynolds

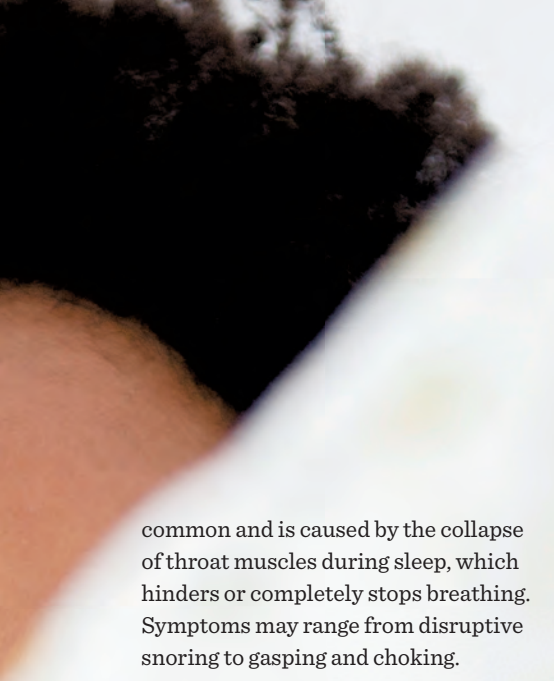
Imagine that you're sound asleep, deep in dreamland, when suddenly you are grabbed by the throat and choked. You cough and gasp for breath, then return to sleep only to be choked again. And again. And again.

This is not a murder mystery, this is the story of sleep apnea and the damage

it can do to your health and to the harmony in your home. But even more importantly, this is the story of innovation in the treatment of this disruptive condition.

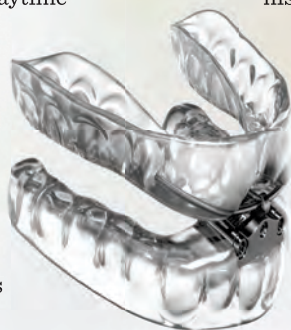
Dr. Matt Patterson of Lancaster Snoring and Sleep Center estimates that sleep apnea affects roughly 25 percent of all

people, predominantly men who are overweight. However, the condition can affect anyone of any age or fitness level, including children and even infants. Dr. Patterson says there are two main types of sleep apnea. Central sleep apnea (CSA) is less common and is caused by dysfunction in the nervous system. Obstructive sleep apnea (OSA) is more



common and is caused by the collapse of throat muscles during sleep, which hinders or completely stops breathing. Symptoms may range from disruptive snoring to gasping and choking.

According to Dr. Patterson, sleep apnea can cause serious health issues like cardiovascular disease, stroke, metabolic disease and excessive daytime sleepiness. According to the American Academy of Sleep Medicine, that leads to workplace accidents, traffic accidents – some fatal – and billions in lost productivity. There are other, subtler effects of sleep apnea too, like mood disorders and decreased libido.



Dr. Patterson says that when sleep apnea deprives children of good quality sleep, resultant mood disorders can be misdiagnosed as attention deficit hyperactivity disorder (ADHD). This misdiagnosis could lead to unnecessary medication.

Dr. Patterson became interested in treating sleep apnea because he had experienced “sleep divorce”. Sleep divorce occurs when your snoring or gasping is so upsetting to your partner that you’re asked to sleep elsewhere. The good news is that sleep divorce may provide the spark that causes a person to be tested by a sleep physician. Loud, disturbing snoring is often a symptom of OSA.

Dental sleep medicine is at the frontier of developing effective, non-invasive treatments for sleep apnea. If you have sleep apnea and you’re hoping to avoid using a PAP (positive airway pressure)

machine or surgery, then dental sleep medicine could provide your solution.

The role of dentistry in treating sleep apnea is relatively recent.

“I’ve been a dentist for 35 years,” Dr. Patterson says. “During my training, we didn’t even discuss the airway in oral pathology. It was in the late 1980s and early 1990s that dentists began to pay attention to the airway.”

Dr. Patterson initially used a PAP machine to treat his own sleep apnea, but the device is noisy and heavy to lug around. In 2010, he began reading studies about the effectiveness of using dental appliances to treat sleep apnea and in 2012 he started training. Dr. Patterson made a dental appliance to treat his own sleep apnea and has never looked back.

Dr Patterson describes dental appliances for sleep apnea as being similar to orthodontic retainers. The appliances “very gently move your lower jaw forward” to provide just the right support to the

throat. In many cases, says Dr.

Patterson, only a few millimeters of adjustment are necessary to provide safe, well-tolerated and lasting relief.

According to Dr. Patterson, there is one other non-invasive method to alleviate sleep apnea – you can learn to play the digeridoo. A 2006 study from the National Institutes of Health found that learning to play the digeridoo could ease moderate sleep apnea symptoms. However, for folks who don’t have one handy, a custom fitted oral appliance seems like a much more practical solution.

The Lancaster Snoring and Sleep Center is one of only two practices in our area that focus solely on Dental Sleep Medicine and are recognized by The American Academy of Dental Sleep Medicine. Learn more at www.LancSnoreandSleep.com.

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“ Recovery means freedom to me. For so long I believed that I would be held hostage my entire life by my disease. I learned that I had to change everything to get better. It took me a few tries and lots of pain but eventually on December 17, 2017 I surrendered. I am no longer a prisoner.

— Jennifer



“ I have had the opportunity and second chance to a new life. Recovery has allowed me to build a foundation, seek internal peace, and build support to navigate life in a whole new perspective. It has been a journey and a life changing experience for the better. I have been gifted the chance to mend relationships and to create healthy ones. It allows me the opportunity to help others and diminish the outlook and stigma on addiction. I can show up as a mother today for my two beautiful daughters. I have been blessed with a chance to transform myself through the program. Today my life is full of purpose and has meaning. I am super grateful for the mercy I was granted time again and for the people who never gave up or lost faith.

— Kier



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.



“About 4 years ago I realized my life had to change or I wouldn't be around much longer. I moved to Lancaster on a day's notice off a suggestion from someone who wanted to help me. With no idea of what could happen or what to expect - it ended up being exactly what I needed, to let go. Recovery to me is seeing the world with new eyes and a clear mind, being able to accept the good days with the bad days. It means dealing with the consequences of my actions and not running away from my problems. It means I am able to mend relationships with my friends and family, build trust back, and be honest. I used to question myself a lot, wondering if I was doing recovery “correctly” or if there was something I was doing wrong. There isn't a right or a wrong way. Everyone is on their own path and exactly where they should be in their own journey. There is no finish line to this part of my life and I have to work on it everyday, but I wouldn't have it any other way.

— Aimee



“Not everyone gets a chance to live an intentional life. Simply said, some of us just drift, content with the breeze given. Recovery is an opportunity to live an intentional and meaningful life. The beauty of that gift is it allows you to examine what is truly important to you and go forth with confidence that you're living a life that makes you happy, and hopefully makes the world a better place. Recovery is an ever growing and expanding view of self discovery through selflessness. It's in the journey of helping others that we find who we are, and what we're capable of achieving. There's a lot I won't do for myself. There's nothing I won't do for my friends or family. It turns out getting sober was on that list. I believe that deep down we're all fighters. Over time, we are told to pick our battles and save our energy and eventually we stop fighting altogether. For me, recovery is a renewal of my fighting spirit. I often use the metaphor of being on a pirate ship to describe life with the guys in my recovery house and I am honored and blessed to go to battle with some of the bravest, craziest, oddest assortment of people you can squeeze under one roof. Calm seas or crazy storms, we persevere - and we let the sails out and allow the breeze to help. We are the navigators of our destiny. And if you need a ride, just hop aboard - there's always room for one more.

— Jonathan



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.

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your holidays

By Mike Andrelczyk | Illustrations by Bailey Watro

Two local professionals offer practical tips on getting started early for a stress-free holiday season

The holidays are always stressful. And with the COVID-19 pandemic, virtual schooling, remote working and a presidential election, the lead-up to this holiday season has the potential to be even more hectic than usual.

That's why making a plan – whether you're preparing for guests or just straightening up the house before the holidays – is essential to successfully pulling off a stress-free season.

With that in mind, we spoke with Mara Clements of MoreSPACE Professional Organizing and Kelly Daughtry of Kelly's Kleaning to learn some tips on how to declutter, store decorations and design a guest space from an extra room.

Making a list

A good way to get started on any big project and avoid unnecessary stress is to make a list of what needs to get done. This list can include tasks such as making room for decorations, preparing a guest room, planning meals and shopping for any items you might need.

"If you're prepared, you will have less stress and you will enjoy the holiday even more," Daughtry says.

Breaking it down

Getting organized for the holidays can seem overwhelming, but Daughtry and Clements agree that honing in on the specifics is one way to make an

organizing project more manageable.

"It's hard for most of us to look at a big project and not get overwhelmed," says Daughtry, who started her cleaning business in 2000 and recently expanded to add organization services. "But the key is breaking it down into smaller pieces and just doing one piece at a time. It's much less stressful."

Any decent article on the finer points of organization would be sure to mention Marie Kondo, the recently crowned queen of organization, and Clements agrees that Kondo's organization philosophy is a good method to follow.

"I'm a big fan of taking one room – or drawer or cabinet – at a time if you're prone to getting overwhelmed," says

Clements, who has been a professional organizer since 2008. "Marie Kondo suggests one category at a time. Books, papers, clothes, etc. But that could almost be too much if you have a short timeline. If you're not sure how or where to start, I would consider hiring a professional to jumpstart your process. It's nice to have an outsider's view to help you wrap your mind around the ins and outs of decluttering, organizing and styling your home."

Declutter before you decorate

Decorating your space is one of the most enjoyable aspects of the holiday

season. Unfortunately, putting out seasonal decorations can often lead to a lot of chaotic clutter in your home, so before you decorate you should take some time to free up some space.

"The way you do that is you ask yourself 'Am I going to use this in the next two or three months?' and if the answer is 'I don't really need it,' then that gets put in a storage container or that gets put aside," Daughtry says. "Be practical. You don't want to put your coffee maker or your can opener away, but maybe some knick-knacks and decorative stuff because you're going to want to put out some holiday decorations. Use the rule: if I'm not going to use this from now until New Year's then it doesn't need to be out and can go in a storage container."

Storing your stuff

It's easy to accumulate a lot of holiday decorations over the years, so coming up with good ways to store and access your stuff is imperative to avoiding holiday clutter.

"Decide how much room you're willing to set aside for your decor. A large bin? Five large bins? A whole closet? Then stick to your boundary. This will force you to keep only the things you truly use and love,"



Clements recommends. “I find that using clear, stackable, plastic bins with labels works really well.”

Daughtry seconds that idea.

“Boxes and bins, especially clear plastic bins, are really good for keeping things organized,” Daughtry says. “And keep things organized in categories – like Christmas tree decorations – and put them in a clear plastic bin and always label it, even though it’s clear. And keep it in a place where it’s not underneath 50 pounds of other stuff, where you can get to it.”

Making room for guests

Obviously, with a global pandemic, this holiday season will be unusual. Things may be different and it’s important to acknowledge that you just have to do the best you can.

For many people, gatherings might be a little more intimate this year, but if you are having guests, you’ll need to make room for them. Chances are, if you’re lucky enough to work from home or if you have kids who are attending school virtually, you’ve converted any extra space into offices or makeshift classrooms, but that space can also be used for guests.

“If you’ve had to convert an extra room into an office, maybe it won’t be quite as perfect of a guest room as you would’ve had but just make sure that the room is bright and cheerful and clean for your guests,” Daughtry says. “If there’s a desk in the corner that you’re using for your child’s schooling or whatever, it’s ok, your guests will understand.”

Daughtry says that keeping the room stocked with clean, fresh linens is a must and adds that including a basket with soaps, lotions and hand sanitizers is a good touch – especially this holiday season.

Practicing your newly acquired decluttering skills can come in handy when making space for guests, too.

“Empty at least a few drawers and half the closet for their things,” Clements says. “Keep surfaces cleared off. Have a luggage rack or chair for them if there’s space. Add touches of comfort like pillow shams, toiletries, and fresh towels. Think ‘bed and breakfast.’”

Clean home, clean mind

Having a clean living space is essential for your physical and mental well-being.

After you’ve decluttered your space, make some time for a deep cleaning before you decorate.

“A good cleaning is a good idea,” Daughtry says. “Especially where guests are going to be, such as the bathroom that they are going to use, your living room, your kitchen and your dining

room. Just giving a really good cleaning and disinfecting, especially where people’s hands touch. You’re going to have to keep up with that, obviously, but that’s a really important thing to do.”

Holidays are always hectic, with shopping, baking and balancing your time. This year may feel even more stressful, but coming up with a plan early will help you actually enjoy your much-needed rest during the holidays.

“Being organized just decreases stress. And it also keeps you physically healthier,” Daughtry says. “If your home is organized it creates a calming effect. You’re not bombarded with all this stuff.”

Clements agrees.

“You feel lighter,” Clements says. “You can think more clearly, you’re less stressed, less overwhelmed, more inspired, more creative, more open and you spend less.”

For more information:

Kelly Daughtry maintains a blog with helpful tips called The Cleaning Spot on her website kellys-kleaning.com. Mara Clements offers tips on her website morespaceorganizing.com.



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“HOME isn't a place,
it's a *feeling*”
- Cecelia Ahern

*Y*our home should be your happy place, but it could be killing your mood instead.

Do you feel contented, safe and relaxed in your home? Do you sleep well in your bedroom? Do you love spending time in your kitchen? Do you have a favorite room to unwind after a long day?

If the answer is no, the problem could be as simple as your home design. Research shows that good interior design is a proven way to promote good mental health. Home design can affect everything from productivity and efficiency to intimacy and happiness.

Everything in your home triggers an emotional response. Fortunately, these easy design tips can improve your mood, increase your focus and reduce anxiety.

GET RID OF CLUTTER

Clutter is the enemy of serenity. Go through your all of your possessions and

gift, donate or dispose of anything that you don't use, don't like or don't have room for in your home. If you haven't used it in a year, you don't need it. If it doesn't give you joy, don't keep it. Find ways to store what remains out of sight. Keep small appliances that you don't use every day off the countertop. Store old newspapers and magazines in a handsome basket. Clean counters and floors will increase your feelings of control and reduce anxiety.

RETHINK YOUR LAYOUT

If a room isn't working for you, think about the layout. Can you get into and out of the room easily? Do you have to walk around items often? Does the room feel calm and serene or overstuffed and messy? The problem may be “too much stuff,” or you may just need to rearrange your furniture. Try a new layout. You may be surprised at how spacious it feels.

LET IN MORE LIGHT

More sunlight lifts the mood, so uncover your windows. Replace curtains with sheers. Keep blinds raised during the day. Remove outdoor awnings. Curtains can add emotional and physical warmth in the winter, but consider storing them away in spring and summer. For naturally dark rooms, try mirrors, reflective surfaces, and small items made from cut crystal or hammered brass to amplify any sunlight and provide the illusion of more light.

ADD PLANTS & FLOWERS

Houseplants and fresh flowers have many physical and mental health benefits. If you don't have a green thumb, look online for easy-care plants that will thrive in rooms with different light levels. With just a little effort, you can create pockets of greenery in your home that will help you breathe easier, physically and psychologically.



USE THE ELEMENTS

Natural elements like wood, stone, metal, water, wind and fire are surefire ways to bring calm to any space. You can find small decorative items in almost any home store that will get you started. Worried about real fire? Try candles with flickering, artificial flames. Not ready for an indoor fountain? Bring the feel of water into a room with mirrors or glass. A jar of river stones is another attractive addition. Start small and get creative.

EVALUATE COLOR

Colors have mood-altering effects, from passionate reds and soothing greens to luxurious purples and serene blues. Are the colors in your home making you feel calm and relaxed or nervous and anxious? Even a small color purge or update will greatly improve the overall feel of a space.

INDULGE IN ART

Bare walls can be depressing. If your walls feel empty, get a few prints that lift your mood. Art is subjective, so find a look that speaks to you and makes you happy. Add other decorative items, too — maybe a small sculpture on an empty hall table or a pretty box on your bathroom vanity. Art doesn't have to be big or expensive to bring you joy. Find items that speak to you.

Simple changes in interior design can make a big difference in your mood. If you need help rethinking your home's design, Heritage Design Interiors can help create a home that makes you happy.

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Must-Have ACCESSORIES FOR FALL 2020

(and yes, you can wear these at home!)



By Katina Kauffman | Photography by Quinn Staley

Now that fall is officially here, we've seen some major accessory trends emerge on the runway to look out for this season. Since most of us are spending more time at home and have fewer social events on the calendar, it makes sense to focus on accessories that we can enjoy wearing at home as well as on the go. Designers recognize that being at home doesn't mean you have to sacrifice your need for self-expression. This fall is all about bold jewelry, bright outerwear and colorful leather. Here's a look at some trending fall items that will instantly elevate your look this season.

Gem Jewelry

Massive gem earrings, necklaces and bracelets have been spotted all over the runway this season. Usually, big pieces come with big price tags. But luckily for us, designers opting to use costume jewelry instead of the real deal make this season's jewelry trend accessible and affordable. Pastel pinks and emerald greens are among the most popular gem colors we've seen this fall. If you're someone who believes that too much is just enough, take this bold look a step further by pairing gems and pearls together like designer Prabal Gurung.

Wear It at Home

Need to quickly pull yourself together for a conference call? The drama of a statement earring can easily fool your coworkers into thinking that your robe is a wrap dress.



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Capes

A well-known but often misunderstood accessory, the cape is a sleeveless cloak that can be worn as either a coat or a sweater. This year, designers like Michael Kors, Marc Jacobs and Miu Miu agree that now is the perfect time for this cozy yet oh-so-chic accessory to make its comeback, and we couldn't be more thrilled. There are a few color themes that are standing out this year, particularly subdued beiges and vibrant oranges. If you're going for a casual look, choose a pull-over cape with less structure and fewer embellishments. For a more polished look, add interest and definition to your cape by choosing a fabric that is bright in color and sturdy in texture.

Wear It at Home

The cape is your golden opportunity to essentially wear a fashion-forward blanket around your house for the foreseeable future. Don't squander it.



The Necklace Bag

When it comes to handbags, do you prefer a small crossbody instead of a large, heavy tote? If so, this season's necklace bag might be the next item to land on your fall shopping list. Fashion houses such as Givenchy, Prada and Lacoste are combining colorful leathers with geometric shapes to create a pouch that's functional in use and whimsical in style. Necklace bags hang from a thin strap or chain and are ideal for holding one or two small items, like hand sanitizer, lip gloss, or a credit card.

Wear It at Home

Use your necklace bag to carry around small items that you use throughout the day, like eye drops, lip gloss, hair ties...maybe even a small snack! It's the perfect lightweight accessory for walks through the park or around the neighborhood.

Headbands

Whether metallic, jeweled, colorful, or chunky, headbands have become increasingly top-of-mind this season. With so many designers reviving this forgotten accessory for use in their fall lines, you'll be able to find the perfect match to complement your personal style. The key to nailing this trend is choosing a headband that is lavish and thick enough to make it attention-grabbing. Your headband should be the focus of your ensemble, and we can't stress enough: the bolder, the better!

Wear It at Home

Have months of quarantine nearly destroyed your beauty regimen and wreaked havoc on your hair? Slap one of these crown-like headbands on to take attention away from split ends or roots and you'll immediately feel like a queen.



Silk Scarves

If you packed away those silk neck scarves you wore in the '50s, '60s and '70s, now is the time to pull them out of storage! This fall, the fashion industry has a fresh take on the Bourgeois style: leaning heavily into classic pieces like tweed, blazers, tailored trousers, knee-length pleated skirts and, of course, the silk neck scarf. These scarves pair easily with a variety of styles, so no matter what your wardrobe, you can still be on trend this season. If you're unsure where to begin, try pairing a patterned neck scarf with a white button-down top. This is a can't-go-wrong combination that creates a splash of color that stands out against the crisp, white fabric of your shirt.

Wear It at Home

Silk neck scarves are another example of how one accessory can instantly take your look from sloppy to refined. Wear your silk scarf at home this fall for warmth and you'll already be prepared for those impromptu zoom calls from the office.

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BOULDER FIELDS & OTHER HIDDEN GEMS

BY KEVIN STAIRIKER

A clock tower overlooks Broadway and Susquehanna streets, an intersection that serves as the gateway to a district of fun shops and restaurants.

When considering whether to take a day trip from Lancaster to Jim Thorpe, the question is not simply if you should.

No, the question is – do you take the highway, or do you take the back roads? It's a question that you could fairly ask of any destination, but for Jim Thorpe, a contained city surrounded by dozens of small towns and large mountains, part of the appeal is the journey itself.

Named for the barrel-chested Native American athlete who won two gold medals at the 1912 Olympics, Jim Thorpe consists of 15 square miles, with the downtown area snaking up and down West Broadway.

It's a day-tripper's dream to be able to walk in and around old buildings including the Mauch Chunk Opera

House and the Old Jail Museum, as well as eateries and knick-knack shops, all on the same winding road.

Jim Thorpe's Broadway has it all, from what you might consider "standard" shops to quirky, one-of-a-kind locations. For instance, there are coffee shops and bed and breakfasts galore, but there's also the High Priestess Metaphysical Shop, catering to all your incense, oil and bulk herb needs. Not interested in magicks? That's fine, Trappe Alley Book Store and collectibles shop Stars and Stripes Forever are mere yards away from each other, perfect for whiling away some time looking at trinkets.

However, the quicker-stepped among us could feasibly walk up the winding West Broadway in two to three hours at most, even while making plenty of

stops - and then what? Walk back down the street? No, for a single day's journey into Jim Thorpe, you're going to want to go beyond the town limits for great views and luscious scenery.

The extended map of Carbon County is rich with different sized county and state parks, each one offering the potential for hours of enjoyment. For example, Mauch Chunk Lake Park offers kayak rentals, as well as trails and opportunities to feed some very charming ducks. As a county park near a sea of state parks, it's often not terribly crowded. Beltzville State Park, a nearly 3,000-acre area in nearby Lehighton, is perfect for when you want to experience a day at a beach, but not lose that little part of your soul that withers away each time you cross the New Jersey state line. *CONTINUED*

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As these photos show, a trip to the Jim Thorpe area can be whatever you make of it - shopping, historical sightseeing or a host of outdoor options.

Prior to making my trip, I asked various friends with Thorpe experience what I should see, and nearly all of them recommended a place called the Boulder Field. With a name like the Boulder Field, there can be no surprises as to what you're going to see when you get there. What was a surprise, however, was getting there. Even taking the side roads, my GPS told me that it would be a 40-minute drive from the town of Jim Thorpe. Not knowing my GPS to be a liar, I shrugged and began the rock trek.

It turns out that it only takes 20 minutes to reach Hickory Run State Park, where the Boulder Field is located. It takes an additional 20 minutes of increasingly smaller and more ramshackle roads to get there. What began as a wide-open paved road turned into a more contained gravel path, which eventually turned into a dirt

road so narrow that a patient groundhog on the side of the road lifted back onto its hind legs to avoid meeting the underside of my tires. I looked in my rearview mirror in time to see the groundhog scoot away after I passed, clearly not the first time it had seen humans in its home turf. Darwin would be proud.

Arriving at the Boulder Field, it struck me instantly that it's less a field of boulders and more a colossal ocean of boulders. Rocks cover the ground nearly as far as the eye can see, and the further you walk out, the more peaceful it feels. Though there were a few families and unruly teens, it's possible to achieve a very centered state of mind far enough out on the rocks.

After walking out far enough to where it was almost silent, I sat on a rock and closed my eyes for a few seconds. No sooner

was I feeling thankful for the calm before a dragonfly landed on my head, perhaps thinking I was also a boulder. As soon as my mini-meditation session ended, I hopped back to the start, happy to have been one with the boulders, even for a little while.

There's no ironclad list of essentials for Jim Thorpe because you simply can't hit everything in one day. However, you can prioritize a certain feeling, and for me, that was seeing the mountains and landscapes from as many different points of view as I could manage.

That's why if you're planning on visiting Jim Thorpe, regardless of if you're spending the day outdoors or visiting shops, take the back roads. You'll experience more than TripAdvisor or GoogleMaps could ever help you plan for.

A wide angle look at Boulder Field, which is roughly 40 minutes from downtown Jim Thorpe, but well worth a side trip.

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Life/Work

By Alexandra Henry | Photography by Vinny Tennis

The team of dentists at Smilebuilderz and its founder, Dr. Anthony Skiadas, take their commitment to the community seriously.

At the heart of this commitment are the values upon which the practice operates: integrity, compassion, service, and value of innovation.

This commitment to patient care and the practice's core values are why Dr. Seungjoo Park and Dr. Jung Chun decided to join the Smilebuilderz team.

"I think, in general, doctors get into medicine because they want to help others, but sometimes we can lose that," says Park. "One thing that really attracted me to Smilebuilderz was Dr. Skiadas and the core values he has for the practice. They allow us to focus on ethical treatment for our patients and putting our patients first."

The focus on patient care at Smilebuilderz is the kind of clinical atmosphere that doctors dream about. Park and Chun both recognized the unique opportunity and jumped at the chance to join the practice, moving to the area from Philadelphia in 2013.

Still, if there's one reason more compelling than professional ideology to prompt a move from the buzz of Philly to idyllic Lancaster County, it's love.

Park and Chun were both born in South Korea and spent time at high school in Seoul before moving to the United States, where both earned undergraduate degrees before eventually making their way to Temple University's dental school.

It was there that they met and began dating.

Asked why they decided to get into dentistry, Park and Chun agree it was the best way to utilize their skills while helping others.

"I was interested in science and math and I also really liked repairing small electronics when I was young," says Chun. "I thought about other healthcare fields, but in dentistry I'm able to use my interest in science and math as well as maximize my hand skills."

"I had a desire to have a professional knowledge and to serve people," says Park. "I really enjoy how dentistry improves my patients' lives."

In 2012, during Park's last year at dental school, the couple travelled back to South Korea during Spring Break to be married.

A year later, they moved to Lancaster County, joined Smilebuilderz, and have been working together ever since.

More recently, the couple also welcomed a daughter, Lily, 5, and a son, Skylar, 2, and have had to navigate the delicate balance between work and family like so many other working parents.

Both Park and Chun feel the leadership team at Smilebuilderz understands the value of a healthy work and life balance for each employee.

"Smilebuilderz offered me a part time position -- which had never happened in the practice before -- when I had kids, so we were able to manage and raise our kids and bring back the balance between healthy work and life," says Park.

The company's commitment to healthy work

and life balance also empowers its employees to branch out and give back in real ways to the community through volunteerism.

For Park and Chun, education is the key to uplifting our community.

The doctors support the 8th Community Church and the Eighth Street Peace Makers, which focus on education by providing after-school programming and summer camp opportunities for youth in the North Philadelphia neighborhood they serve.

They also make a monthly donation to support families and children in Tanzania through the Karatu Mission Center and volunteer at Ephrata Food Bank. Park will also be working with the Water Street Rescue Mission dental clinic now that it has reopened in the wake of COVID-19.

At the close of 2019, the leadership, management and staff at Smilebuilderz acknowledged the couple's hard work and community leadership by presenting the company's Dentist of the Year award to Chun, and the Community Outreach award to Park.

COVID-19 has presented unique challenges to every business in Lancaster County and around the world, but the doctors at Smilebuilderz have remained committed to providing safe and quality care to their patients throughout the pandemic.

"From this hard time, we can learn appreciation," says Park. "Appreciation of air we breathe, water we drink, family and friends. As a company, Smilebuilderz appreciates the trust patients place in them and understands that without patients, there is no Smilebuilderz."





CONGRATULATIONS!

Dr. Steven Falowski MD has been newly elected to the board of directors of the International Neuromodulation Society (INS).

Dr. Steven Falowski MD has been newly elected to the board of directors of the International Neuromodulation Society (INS). This is the largest society in the world for neuromodulation which includes spinal cord stimulation and deep brain stimulation.

Dr. Falowski has worked for many years advancing through the leadership track of the North American Neuromodulation Society (NANS), which is its largest chapter. He has now been recognized by physicians and colleagues around the world through his nomination and approval.

Dr. Falowski has worked in creating education platforms through these societies for physicians for the proper implantation of these devices and care of patients. He implemented and directed the largest courses in the world for these therapies, as well as contributed yearly to the guidelines that govern its practices by physicians across the globe. A board of director position only opens up once every three years on the INS, and is largely reserved for those outside the US. It is a great honor to be awarded this by his international peers. He will work in the capacity of continuing education for physicians, writing guidelines for proper implementation, and standing as a liaison between the United States Physicians of NANS and the international society. For more information, visit argiresmarotti.com.



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WITH YOUR HOME AGAIN

BY HOPE BROCIOS

More and more homeowners are adding value to their properties by creating fun, practical, and inviting outdoor spaces. Porches, patios, fire pits, flower gardens, and children's playsets all draw people outside. When you're thinking about these outdoor spaces, don't forget about your home's exterior as part of your design plans. It might not be the first thing you think about, but no matter what modification you'll be making to your outdoor space, your home's exterior will serve as the backdrop. So, the colors, textures, and materials of your roof, gutters, siding, and doors should not just be there to protect your home, but should look amazing and bump your curb appeal.

Here are a few of those exterior features you should keep in mind, and how the pros at Greenawalt can help you build the home exterior of your dreams to make you fall in love with your home again – from the outside-in.

ROOFING

GUTTERS

SIDING

DOORS

ROOFING

Having a properly installed roof of quality materials and an outstanding warranty from a reputable company guarantees your home will weather the elements year round, and for decades to come.

Greenawalt is that company. With the most popular brand of shingles they carry, CertainTeed's Landmark® line, you get a high-quality, heavy product backed by both a manufacturer's warranty and a craftsmanship warranty with Greenawalt's installation. The Landmark® line also comes in a variety of colorful combinations from greys, light browns, blues or greens...just about any color! Since your roof is such a large portion of the exterior, selecting the right style and color is key to maximizing your home's curb appeal and complementing your outdoor spaces.

GUTTERS

If your gutters and downspouts aren't performing correctly, rainwater will run off the roof and pool near the foundation, potentially damaging the structural integrity of your home. A properly installed gutter will divert water flow away from the home, and will help keep it from entering windows, crawl spaces, or basements where it can cause mold and rot damage.

Greenawalt offers a variety of quality gutter systems that have a wide color palette to complement the look of your home and its other exterior features. Their aluminum gutters are durable, rust-free, and can even be customized to add a fun design element to what we may initially think of as a boring exterior feature.

SIDING

Siding's job is to shed water, protect the walls and in some cases insulate your home. Because of the many types and wide variety of colors and styles, siding plays a key role in the aesthetic appeal of your home. One of Greenawalt's most popular sidings, CertainTeed's MainStreet™ line, comes in a variety of colors to coordinate with your roof, gutters, and doors, as well as the style of your home, the neighborhood, your landscaping style, and more.

DOORS

Doors provide access to the outdoors and protect your home from the elements. They also play a role in the energy efficiency of your home and affect the aesthetic appearance and curb appeal of your home.

Greenawalt carries several brands, including Harvey and Paradigm, and will help you review all of the options and styles available to make the best choice for your home. Whether you are looking for glass options or hoping to create a bold entry with a pop of color, Greenawalt has all the styles and colors to help you make an impactful statement.

WHAT'S NEXT?

One of the most intimidating things about selecting all of these exterior features – roofing, gutters, siding, and doors – is that it can be hard to visualize the finished project. You'll want to consider how all the exterior feature's colors and textures will look together as an overall design instead of selecting each feature individually. Luckily, Greenawalt's retail salespeople can help! They will see your project through from design concept to completion. One way they do this is by using CertainTeed's ColorView®. They will take a photo of your home, upload it, and you can begin designing your dream home exterior. Before committing to colors and textures, you get to see what the finished project looks like – giving you peace of mind that you have made the right choices before the project begins.

Another reason Greenawalt is the right company for the job is their status as a CertainTeed 5-star SELECT ShingleMaster™ - placing them in the top 1% of their profession who has met the most stringent credentialing requirements in the roofing industry. They are specially trained and certified to install CertainTeed's high-quality products.

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