

balance

SUMMER ISSUE 2021

life, community, style.

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Cryptocurrency

is the gold rush of the digital age – but it's still a gamble

Cryptocurrency fever has ignited a digital gold rush.

More people than ever are excited about digital currency, and they're diving into the crypto space for all sorts of reasons. Excitement, speculation, and the desire to be part of a new technology are just some of the reasons for the frenzy around cryptocurrency.

And it's not just the little guys who want to stake their claims in the crypto space.

Publicly traded companies see digital currency as a way to hedge against inflation. That's why some own billions in cryptocurrency, according to Bloomberg.

All of this has given digital currency strong staying power.

But it doesn't change the risks or make this new asset class any less volatile. And it doesn't mean it's right for you. Cryptocurrency is still highly speculative.

Without any intrinsic value, digital currency is incredibly vulnerable

to huge price swings. That means a sudden boom — or bust — could take any investor for a wild ride.

Before jumping in, think about your objectives and your reasons for wanting to invest in cryptocurrency.

Are you afraid of missing out? Are you prepared to withstand some big swings? Are you willing to lose it all?

These are just some of the questions you need to ask yourself to figure out if cryptocurrency truly makes sense for you.

The bottom line? Cryptocurrency's growing popularity and flashy headlines play to our emotions. The excitement and promises of big gains can push us to dive in before we really know the risks we're taking on.

If you understand the basics, though, you can resist the temptation that comes with crypto fever, and you can set more realistic expectations when it comes to digital currency. You'll also be setting yourself up to make better, more rational decisions in the face of any new "hot" financial trend.

What Is Cryptocurrency?

It's digital or virtual currency created by encoding strings of data (crypto) into units of currency. The feds define it as "a medium of exchange that operates like a currency in some environments but does not have all the attributes of real currency."

That means that, unlike the U.S. dollar, cryptocurrencies are not issued by the government. They aren't regulated by any central authority, and they don't have a physical form. They are digital, decentralized, and encrypted.

Think of them like virtual tokens or "credits" that you can only use in certain places — and that you can't necessarily cash out when you want to.



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In one of my first college classes, the professor said, "Welcome! Most of you will not succeed in this industry. In fact, all of you may fail."

I was a theater major. It was a harsh reality that we were faced with if we chose to continue that journey.

For this issue of Balance, we talked to four local actors about what 2020 meant for them and what their hopes are for theater and their careers in 2021 and beyond.

I have so much admiration for them, not just because they are immensely talented and I love what they do, but because in an industry where you start out knowing you might not make it, they succeeded. And furthermore, when theaters all over the world went dark, they never gave up on their passion for the stage.

These actors have an incredible amount of determination, dedication, and positivity, and I can't wait to see them light up the theaters this year.

Other things I'm looking forward to, after putting this issue together, are a trip to Havre de Grace, attempting a DIY patio project, and taking a break from screen time (preferably with a refreshing summer drink in hand). We hope you enjoy our summer issue of Balance.

Thank you so much for reading!

Lindsey McCallum

Lindsey McCallum | Editor-in-Chief | LMcCallum@lnpnews.com



Portrait by Andrew Albright



ON THE COVER

Photo by Quinn Staley

After a year away from the stage, Fulton Theatre actors Randy Jeter, Andrew Kindig, Katie Sina Kindig and Randall Frizado are looking forward to returning to the lights – and audiences returning to the seats.

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WARM WEATHER, cool drinks

At home or at a bar;
with or without alcohol –
check out the top trends
for summer drinks

By Mickayla Miller | Photography by Quinn Staley & Vinny Tennis

It's warm in Lancaster County, which means it's the optimal time to adorn yourself with a wide-brimmed hat, shorts and your favorite sandals. And with the pandemic restrictions being lifted, most restaurants and bars are open for indoor and outdoor dining.

That means now is the time to catch up on all the fun summer drinks you may have missed out on last summer.

Here are three drink trends to check out in Lancaster County this summer while you're soaking up the sun and remembering how to be social.

SELTZERS

In 2019, hard seltzer catapulted its way into mainstream alcohol trends – and into beer coolers all over the country – as the drink turned into a cultural phenomenon.

The gluten-free, low-calorie beverage appeals to those with special dietary needs, and is available in many flavors not seen in typical beer selections. Restaurants, bars and brewpubs across Lancaster County have added hard seltzers to their drink lineup over the last two years.

Some local breweries have even started to make their own seltzers, including Iron Hill Brewery in Lancaster, which recently launched their Rivet hard seltzer line.

Currently, Iron Hill features mango and black cherry seltzers in-house, and it also sells a variety pack at select retailers that includes black cherry, mango, orange creamsicle and limoncello.

Black Forest Brewery in Ephrata recently debuted its hard seltzer, which can be served plain or with a variety

of different flavors, including cherry, mango, blueberry, passion fruit and watermelon. Flavors can be mixed and matched to make custom drinks.

NON-ALCOHOLIC COCKTAILS

One of the biggest summer drink trends may not involve alcohol at all: several restaurants in Lancaster County are offering cocktails, but the booze is optional.

Commonwealth Kitchen and Café in downtown Lancaster is offering “temperance cocktails,” or cocktails that are ready-made without alcohol.

The restaurant is BYOB, and the menu includes booze pairings, but the drinks are designed to be tasty options for those who love brunch but don't drink, said Michael Sirianni, director of operations.

Options include a take on the Bloody Mary – they call it the Common Mary – and a watermelon mint mojito, rum optional.

Luca, an award-winning restaurant in downtown Lancaster, offers a consistent menu of non-alcoholic cocktails, including a straight-edge negroni with a nonalcoholic aperitif, juniper tea, orange peel and demerara syrup.

Other nonalcoholic drinks include a lemon-basil spritzer and a Ferborista made with amaro.

DIFFERENT WAYS TO IMBIBE

Some local restaurants and bars resorted to to-go cocktails – often in serving sizes meant to provide several

drinks – after pandemic-related shutdowns made it impossible for people to go out and drink. Though restaurants have now reopened for indoor and outdoor dining, many are still offering takeout options for booze.

Horse Inn, in downtown Lancaster, has a vast array of take-home and multi-serving cocktails. Classics like the Old Fashioned and Manhattan cocktails can be taken home and enjoyed from three-serving bottles.

Black Gryphon, in Elizabethtown, makes artisan, high-end cocktails, though its best-selling crowler cocktails are the classic gin and tonic and vodka tonic cocktails, said owner Tony Morgan.

Customers also have the option of purchasing a to-go cocktail in a specialty branded flask.

Annie Bailey's Public House in downtown Lancaster has rotating cocktails on tap, including a Bee's Knees drink, a Paloma and a few margarita options.

And this summer, refreshing alcoholic drinks aren't just limited to fancy cocktails, wines and beers.

Manheim-based Artifice Ales and Mead has a beer-based chocolate milkshake, made with the brewery's Cunning Irish stout. This sweet summer drink is also available at downtown Lancaster's Meduseld Meadery.



Want to make your own cocktail with an unconventional twist? This take on the Moscow Mule – a cooling summer classic – uses mead for a new flavor twist:

THE MEAD MULE

INGREDIENTS:

- 4 oz. Meduseld Meadery's Sweet Root (ginger and maple mead)
- 2 oz. Vodka (or gin, if you prefer)
- .5 oz. fresh squeezed lime juice

DIRECTIONS:

Shake the ingredients with ice, then pour over ice and serve with a slice of lime.



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UPMC Provides New Doula Program to Support Women of Color

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SHAREE LIVINGSTON, DO

Every woman desires and deserves support during her pregnancy and beyond. For some, however, especially Black and Brown women, it isn't always accessible. Unfortunately, the consequences can be fatal.

In an effort to reverse this trend and ensure that the physical and psychological health of women and their newborns are equitable, one UPMC doctor is making a difference. Sharee Livingston, DO, Obstetrics and Gynecology Services, UPMC Lititz, is the co-founder of the UPMC-sponsored Diversifying Doulas Initiative (DDI). "I started the initiative after witnessing too much morbidity among women of color. Statistically, they are three to four times more likely to die in childbirth," she says. "Research shows by having a doula, women are less likely to have a C-section, experience post-partum depression, and

more likely to breastfeed four weeks post-partum."

Doulas are considered non-medical birth assistants and have been around for a very long time. Their role includes providing four essential services to the pregnant woman.

1. Advocacy
2. Physical Support
3. Emotional Support
4. Interpretation

Dr. Livingston is excited at the opportunity to work with legislators in building doulas into the Medicaid payment structure. "Women who are socially and economically challenged struggle to receive the critical health care they need. By initiating the doula program, we're helping to eliminate this health disparity. A marginalized population now has access to an option we know works and we're bringing doulas together," Dr. Livingston says.

Doctors often have a limited time in the office to care for their patients. According to Dr. Livingston, there needs to be a change in the care structure to include more caregivers for pregnant women. In doing so, not only do we extend the time devoted to patient visits, but we also increase awareness about the importance of every provider's skill set. Doctors, doulas, midwives and social workers collaborate with the same goal in mind – a healthy mom and baby. With the Diversifying Doulas Initiative, UPMC is making strides in two specific areas:

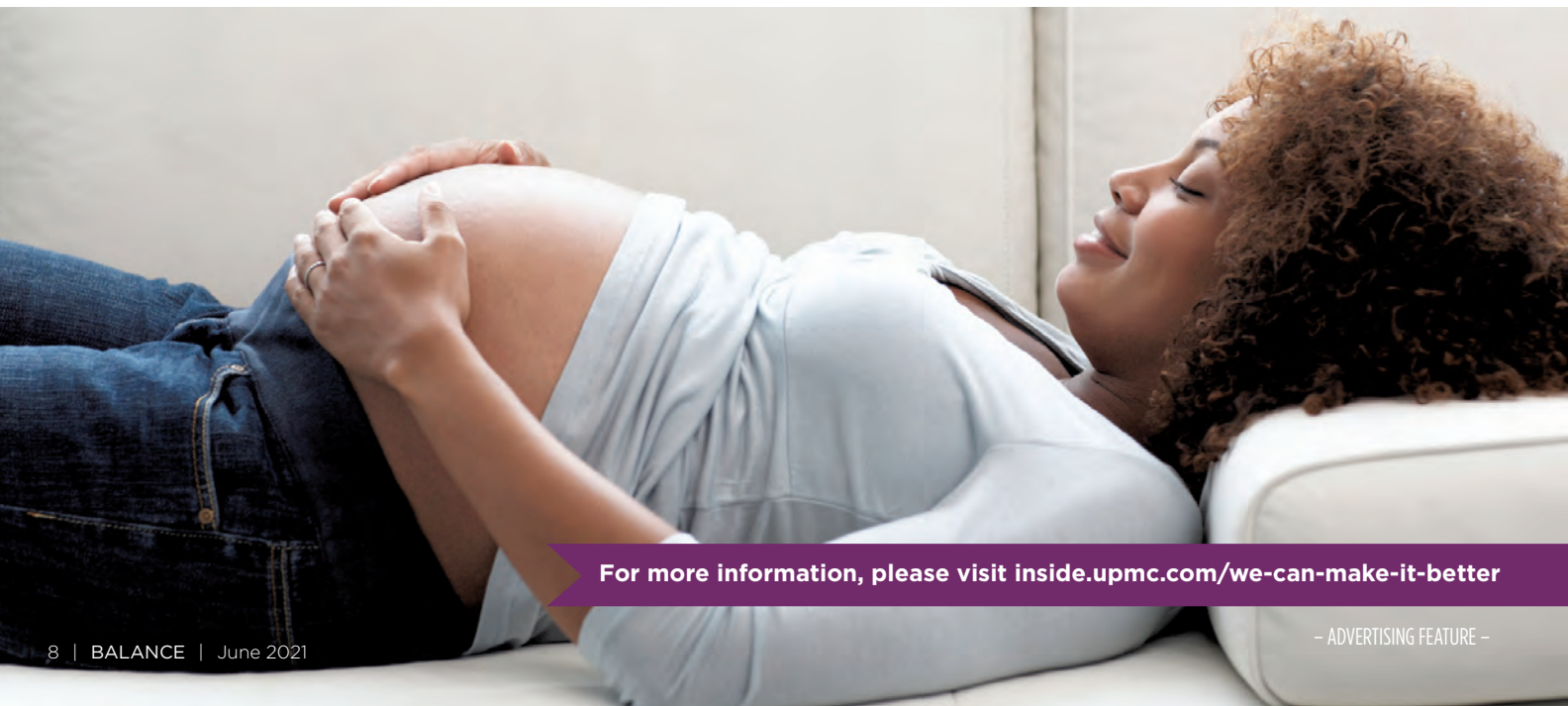
- Increasing Black and Brown doulas
- Providing free services to women of color

Dr. Livingston emphasizes that doulas are needed not just during the birthing process, but also post-partum. After the baby is born, women may suffer from depression, become diabetic or develop high blood pressure, which puts them at significant risk. In fact, 60% of the morbidity occurs in the post-partum period. Even more startling is the fact it's preventable.

Certified doulas understand their role. Once the need for medical care presents itself, they step back and allow other team members to provide the care in which they specialize. The collaborative effort among the multidisciplinary team providing women's services at UPMC benefits everyone in the short and long term. The DDI pathway is modeled after national organizations such as DONA® International and the National Black Doulas Association®. Candidates enter the program and receive didactic training for 16 weeks. During this time, the future doulas meet weekly and are taught by certified doulas. Once they complete their 16 weeks, they are considered certified and receive childbirth and lactation education.

UPMC is the first large-scale health care organization to financially support the DDI, bestowing grants that allow for doula training and free doula services. To date, UPMC Lititz has taught 36 women of color to become doulas and provided care to more than 60 women in Lancaster.

"We have so much interest from the Black and Brown community in Lancaster and we've only just begun. My dream is for every pregnant woman to have a doula – especially women of color," says Dr. Livingston.



For more information, please visit inside.upmc.com/we-can-make-it-better

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- Injuries to the spinal cord
- Nerve-related pain (such as severe diabetic neuropathy and cancer-related neuropathy from radiation, surgery or chemotherapy)
- Peripheral vascular disease
- Complex regional pain syndrome
- Pain after an amputation
- Visceral abdominal pain and perineal pain

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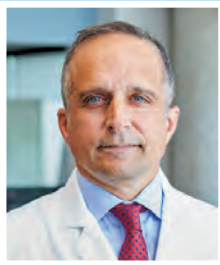
The International Neuromodulation Society describes Neuromodulation as: "...technology that acts directly upon nerves. It is the alteration—or modulation—of nerve activity by delivering electrical or pharmaceutical agents directly to a target area. Neuromodulation devices and treatments are life changing. Neuromodulation works by either actively stimulating nerves to produce a natural biological response or by applying targeted pharmaceutical agents in tiny doses directly to the site of action."

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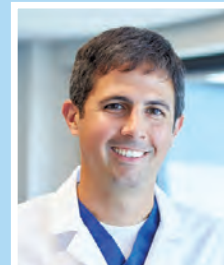
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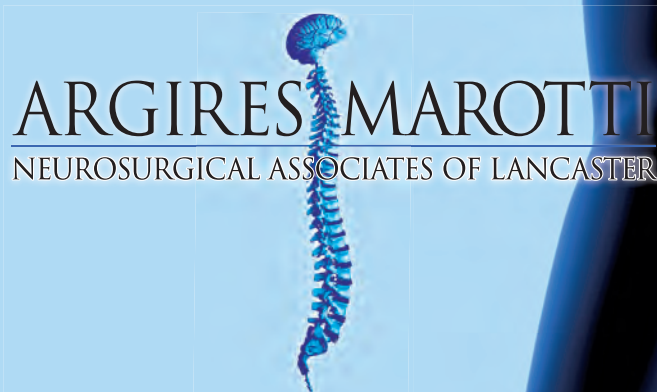
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— Dr. Faust



— Dr. Arturo James

What do orthodontists do?

Orthodontists are puzzle experts who are deeply skilled in understanding the complex ways that teeth and facial bones grow together to help you smile, speak, chew and even breathe. After dental school, orthodontists take a further two to three years of schooling to master the physics of the face. Orthodontics is a profession that requires a mathematical mindset and an engineer's facility with designing and building devices to solve a problem.

Dr. Serban Nicolaescu and Dr. Shawn Faust are part of the orthodontics team at Smilebuilderz. What makes them smile? Dr. Faust is the son of an orthodontist and is busy raising his own 3-year-old son to become a third-generation orthodontist. Dr. Nicolaescu has three children, ages 10 months, 4 and 6. As parents, both doctors are eager to share

their knowledge of orthodontics with other parents.

Surprising orthodontic facts every parent should know

Orthodontics has come a long way since the days when parents may have had braces themselves. One major change, says Dr. Faust, is that tooth extraction is much less common than it used to be. Sometimes extraction may still be necessary if a patient's mouth is severely crowded, Dr. Faust says, but the use of palate expanders has greatly reduced the need to pull teeth. Palate expanders make the upper jaw wider, thus creating more room for the teeth.

Another significant development in modern orthodontics, Dr. Faust says, is that the entire process is much less cumbersome than it used

to be. Gone are the days of smelly, uncomfortable molds clamped into the patient's mouth, a procedure that was especially vexing to young children. The orthodontics team at Smilebuilderz uses the latest in digital scanning technology to create a model of the patients' mouth entirely without contact or stress.

Dr. Nicolaescu says that parents should also know that Invisalign (a transparent teeth aligner) is now an appropriate treatment for adolescents who have mild to moderate crowding. If your teen is put off by how braces look, ask if Invisalign is an option. Invisalign has the advantage of requiring fewer visits to the office, easier oral hygiene and fewer dietary restrictions. This flexibility makes Invisalign more compatible with playing sports, which can be a concern for many teens.

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— Dr. Serban Nicolaescu

Can children avoid braces?

Can parents do anything to help their children avoid braces? Maybe. Dr. Nicolaescu says that one important way parents can help their children avoid braces is by discouraging thumb sucking, especially as the child leaves babyhood. Thumb sucking can distort growing jaws, potentially pulling teeth out of alignment and interfering with proper bite.

Interestingly, the orthodontists at Smilebuilderz can actually help your child give up thumb sucking by providing a custom-fitted thumb-sucking appliance. Dr. Nicolaescu says that a thumb-sucking appliance sits inside the mouth and makes thumb sucking uncomfortable. The appliance can be removable or fixed, and gently discourages thumb sucking every time the child attempts it. This provides the added advantage of removing conflict over thumb sucking from the parent-child relationship.

Dr. Faust says that another factor in avoiding braces is keeping up with regular dental hygiene appointments throughout childhood. Regular cleanings ensure that the child does not develop small problems that later become large problems that might impact the growth and development of the teeth and jaw.

According to Dr. Nicolaescu, many parents don't realize that an initial orthodontic screening should be performed at age 7, before all of the baby teeth have fallen out. Why so young? Catching orthodontic problems when children are young can shorten treatment time, reduce expense and provide better outcomes.

Why orthodontics at Smilebuilderz is different

Dr. Nicolaescu says that one word defines the difference at Smilebuilderz: teamwork. The orthodontists at Smilebuilderz can collaborate with fellow team members from every area of dental expertise, including oral surgeons, periodontists, pediatric dentists, anesthetists, endodontists and general dentists. This collaborative, all-under-one-roof approach is unique in Lancaster County and ensures comprehensive orthodontic treatment.



Why is this such a big deal for patients? Dr. Faust says that having all the specialties in one place saves patients time, money and hassle. Patients can schedule an appointment with a specialist in the same visit as their general cleaning. Consulting with multiple specialists about a dental problem is as easy as walking across the hall. Sharing records and information is instantaneous. This synergistic, inclusive approach to dentistry is sure to bring a smile to the face of every Smilebuilderz patient.



An aerial photograph of a golf course and surrounding landscape. The image shows rolling green hills, a golf course with various holes and sand traps, and a small town or village in the background. The sky is clear and blue. The text 'MEET -YOUR- MEAT' is overlaid in large, white, serif capital letters. The word 'MEAT' is at the bottom, 'MEET' is at the top, and '-YOUR-' is in the middle. The text is centered horizontally and spans most of the width of the image.

MEET -YOUR- MEAT

BY SALLY REYNOLDS | ILLUSTRATIONS BY BAILEY WATRO | PHOTO BY QUINN STALEY

When did it get so hard to decide what to eat?

Do you eat meat? How about fish or chicken or eggs? Have you tried keto, intermittent fasting, gluten free, dairy free, sugar free? What IS healthy eating anyway? Do some internet research and you'll find countless contradictory claims regarding a healthy diet. And if you want to eat in a way that is healthy for the planet too, there are even more conflicting claims and choices.

How then, to decide what's for dinner? For my family it means moderation in all things and buying local wherever possible.

One of the best things about living in Lancaster is our proximity to local farms. Not just for bountiful produce, but also for locally raised meat. If you are interested in supporting local farms and eating healthfully, consider buying beef directly from the farmer.

SUPPORTING LOCAL BUSINESSES

Buying direct from the farm provides the farmer with much-needed financial support and provides the buyer with full transparency into the source of the food. When it comes to meat, transparency into how the animals are raised is important to many consumers.

However, Pennsylvania regulations specify that you cannot actually buy meat from the farmer –instead, you must buy a share of the live animal, typically a quarter of the steer. Separately, you buy the services of a local butcher to create the cuts that you want from your share of the animal. This means that you are supporting two local businesses, both farmer and butcher, and cutting out middlemen. This also means that you are

not giving your money to the handful of massive national companies who do the butchering for supermarket meat.

FARMING FOR HEALTH

Shad Sahm of Daniel's Farm to Table believes that "you are what you eat." This means that Daniel's Farm to Table uses "regenerative farming techniques" informed by his Christian faith.

Regenerative farming means "tapping into what God has created in how you use animals in a cycle so that they complement each other." The cattle at Daniel's Farm to Table are 100 percent grass fed and they share the land with complementary animals such as chickens. Chickens tear up the cow patties to get to fly larvae and thus distribute the nutrients in the manure. Plus, chickens add their own high-nitrogen excrement to the land, forming a perfect circle of regeneration. Shad says that this type of farming results in a low carbon footprint because there is no need for fertilizing machinery.

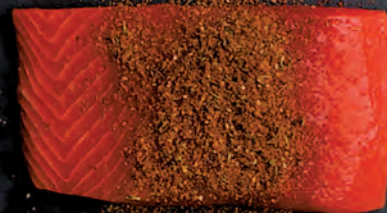
Shad says that it's hard to do regenerative farming in Lancaster because of the high price of land, but he believes strongly in the benefit of regenerative farming for the health of the land, the animals and the people who consume the animals.

CHOICES, CHOICES

Once you've decided to buy a quarter steer, you have some choices to make such as which breed of cattle. Most beef farmers in Lancaster raise Black Angus, a breed known for excellent steaks. However, Daniel's Farm to Table raises American White Parks, which are a heritage breed originating from white sacrificial cattle brought to England by the Romans. Another unusual breed,

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the Japanese Wagyu – famed for its extensive marbling – is raised by the Umble family at Glen-Valley Farms just over the border in Chester County.

You'll also need to decide if you want 100 percent grass-fed or if you prefer the flavor of corn-finished beef. The cattle at Charles Family Farm spend their time out to pasture but also have access to corn. Farmer Curtis Charles says that the cattle decide what they want to eat, and they generally choose both corn and grass. Charles is a proponent of offering corn because it increases the marbling in beef and develops a flavor that many people prefer.

WHAT DO YOU GET?

The final weight of the quarter of beef you take home will be roughly 100 to 125 pounds. If this sounds like a lot, corral a friend to split your beef quarter with you. Plan for 40 to 60 percent ground beef, with the rest split between steaks and roasts. You'll work with your butcher to determine how you want it cut.

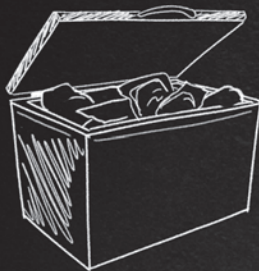
Options for different cuts include chip steaks, beef cubes, short ribs, briskets, beef sticks, hot dogs and hamburger patties. You can also opt for specialty items such as tongue, heart, and liver. Farmer Seth Hershey, of Hershey's Lancaster Beef, offers choice and prime beef that is corn-finished and dry-aged. Dry aging for 10 to 14 days tenderizes the beef and creates better tasting steaks.

WHAT'S THE COST?

On average, expect to spend from \$5 to \$7 per pound for the mix of different cuts. Specialty products like Wagyu will cost more. If you currently buy exclusively ground beef at Costco then you won't be saving money. But if you currently buy different cuts of organic beef from Wegman's or Whole Foods your costs will at least remain comparable – and you may even see some savings.

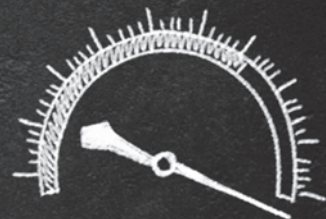
Tips

FOR FIRST-TIME BUYERS OF BEEF QUARTERS:



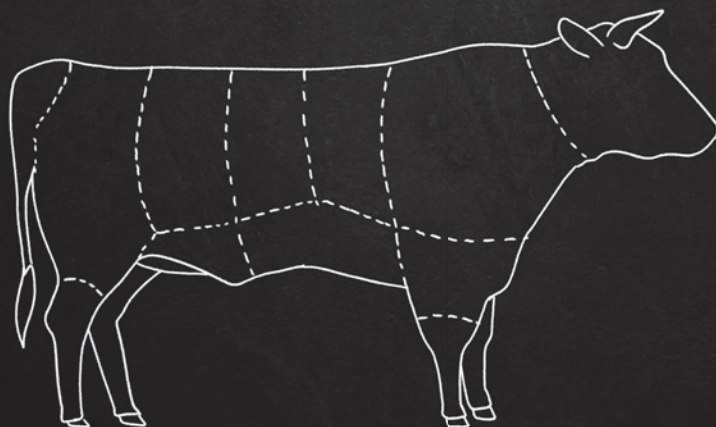
You'll need 4 to 5 cubic feet of freezer space for a beef quarter – either a chest or upright freezer. Upright freezers are more convenient when it comes to organizing and finding your different cuts.

A freezer thermometer with an alarm is a good idea because it protects your investment in case the freezer stops working or the power goes out.



Vacuum-sealed packages are best and ensure that the beef will remain safely frozen for a year or more.

Talk to your farmer about his farming practices and about how to cook unusual cuts of meat. Farmers enjoy the relationship with their buyers as much as you'll enjoy the relationship with your farmer.



Are You Too Busy?

Start Doing These 5 Things to Increase Focus & Balance

One of the most precious commodities we have is time, and yet it often seems like we don't manage it well. We say we're too busy, too stressed, or there's too much on our plate. I constantly hear this from clients and even catch myself saying it, but in reality, it's an excuse. It's an easy cover up to subconsciously or consciously make a choice of one thing over another.

**"Life is 10% what happens to you
and 90% how you react to it."**

Charles Swindoll

Life is about **how we choose to respond**. We need to begin identifying what the underlying issues are that we're making excuses for. Is it that we manage our time poorly? Are we unable to say no? Is everything a high priority? Do we not know what takes priority? Are we unable to ask for help? We can change our approach to busyness and stress by **reframing our thoughts and changing how we respond**.

Here are 5 things we can do to **manage our mindset, take care of ourselves, and improve our responses to our environment**:

#1 - Identify Your Purpose



What gets you out of bed in the morning? It could be your family, building a business, or helping others — whatever it is, we must keep it top of mind and align everything we do with our purpose. Often we run into situations where either everything is top priority or nothing is, but both can be very detrimental. By identifying our purpose, we can reassess each situation by asking ourselves "Should we be doing this?" or "Should we lower the priority it deserves?"

#2 - Understand Your Value



Our time is precious, valuable, and NOT free. People must earn our time, but we must first recognize that ourselves. Write down a few affirmations to remind yourself of the value that you bring and that people need to earn it. When we keep our purpose top of mind and understand our value, it shifts our mindset and allows us to make better choices with how we respond.

#3 - Journal Regularly



None of this is easy. It's a daily effort to effectively manage all that we do and all that we are. The single biggest tool for me is journaling. Take time each day to reflect on the good and bad and your emotional responses to situations. Use it to reinforce your purpose as well as your value.

#4 - Carve Out "Me Time"



Whether we like it or not, we need to be intentional with setting aside time for 'us' and for what is important to us. Block time on your calendar for family, exercise, meditating, and more. If we don't take the time to decompress (even for just 5 minutes), how will we be able to perform effectively at work or while doing other tasks?

#5 - Ask for a Mentor



It's time to put our pride aside and understand that we don't have to do this alone. Ask for a mentor or find an accountability group to regularly talk and interact with. By sharing with others what we're feeling and experiencing, we realize we are not alone, and there is strength in numbers.

These are just a few things we can do to take care of us and manage our time more effectively. Focusing on us is not selfish—it's necessary. We need to stay physically, mentally, and emotionally nourished to make choices that align with our purpose and value.





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Wellness and prevention are an important part of human medicine, and they've come to the forefront of animal health as well.

Today, the promise of proactive care is common in veterinary practices, but the delivery is not always equal. Many practices market pricey one-size-fits-all vaccine and diagnostic packages. They may sound good, but they often do not address your pet's individual needs or your particular situation.

Furdunkin is different.

They've not only reimagined pet care in Lancaster County – with a mobile service and an urgent care and surgical center at 1090 N. Charlotte St., Suite 102 – they've reimagined pet wellness, too.

Personalized care

Furdunkin's mobile service allows them to observe the owner-pet relationship at home so they can better advise pet parents on how to create an ideal environment in which their pets can thrive.

"We have been able to observe these pets in their natural environments to identify behavioral patterns and stressors that create unnecessary tension on the pet and the entire family," says Kristy Bledsoe, who co-founded Furdunkin with partner Jennifer Hufnagle in 2019.

Individualized diagnostics

Furdunkin's medical team has developed a set of breed, lifestyle and behavioral metrics that help them pinpoint the best course of action from a health, behavior, nutrition and activity perspective.

"There are core recommendations that we make based on the age of a cat or dog and the diseases circulating in our area, but no two pets or owners are exactly alike," Bledsoe says. "A 10-year-old Lab living with his elderly owner in a condo requires different guidance and support than a 16-week-old Yorkie living with a young family with toddlers in the city."

Wearable technology

Furdunkin is testing the use of wearable technology to not only monitor chronic diseases but also proactively monitor subtle changes in things like activity and heart rate that could be early signs of disease. Wearables also monitor anxiety levels to help determine the best course of action for behavior modification and training.

"By looking at pets and their parents as an intertwined relationship, we are helping extend the lifespan of these pets, improving the quality of their health across their lifetimes, and setting pet parents up for success across each of their pet's life stages," Bledsoe says.



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Sun VS screen

How to protect your skin against harmful light – whether it comes from the sun or your phone

BY ALEXANDRA HENRY | ILLUSTRATION BY BAILEY WATRO

We all know the sun's rays can be hard on your skin. And it's not just scorching sunburns. In the long term, sunlight can prematurely age the skin, which can lead to wrinkles, pigmentation changes and in some cases, even cancer.

In a similar way, the emergence of the digital age — and the time we spend navigating our way through it — could also have a detrimental effect on our skin's appearance, as well as our vision and sleep patterns.

So what is it about the digital age that is aging us so quickly?

Skin care experts, beauty editors and medical professionals all point to blue light, or “high-energy visible light,” as the culprit.

And our technology-driven lifestyle is likely to blame for our extensive exposure, since the most common source of blue light is screens — phones, computers, tablets and televisions.

While the research on blue light and the effect it has on us is relatively new, early

studies indicate that exposure to blue light can cause negative reactions in our skin. These reactions, called oxidative stress, can lead to premature aging — the same thing that happens to our skin when we spend time in the sun.

In an interview with Harper's Bazaar, Miami-based dermatologist Loretta Ciraldo explains, “The topic of blue light protection is very new. For many people, blue light causes more redness, swelling, and hyperpigmentation than UVA.” According to Ciraldo, this is the reason

many dermatologists are now focused on protecting skin from blue light damage.

One clear way to do that is to reduce the amount of time we spend in front of screens. A simple plan, but nearly impossible for most of us, especially for those with computer-centric jobs.

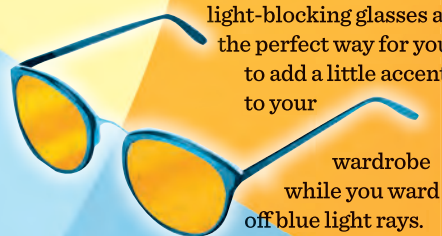
If ditching screens isn't a realistic strategy for you, here are some other tactics you can try to help lessen the effects of blue light:

Add blue light filter screens for computers. Whether you use a desktop computer, a laptop, a tablet or a smartphone, the odds are good you will be able to find a filter that will stop blue light before it even leaves the screen. In fact, a number of manufacturers have developed products that combine the need to protect your device from drops and scratches with the need to protect your skin and eyes from blue light.

Wear blue light-blocking glasses. Blue light-blocking glasses are the perfect way for you to add a little accent to your wardrobe while you ward off blue light rays. For people without

a prescription, blue light blocking glasses are similar to reading glasses in that they can be found at drug stores and other retailers. For those with prescription specs, many lens manufacturers now offer blue-light filter coating that can be added to your lenses similar to anti-reflective coating.

Try blue-light skin care. We know that the oxidative stress caused by blue light exposes our skin to free radicals, which can damage collagen and elastin and lead to premature aging. Antioxidants fight back at free radicals and stop them from wreaking this havoc. This is why antioxidant-rich ingredients like green tea, vitamin C, ferulic acid, blue algae and pomegranate are common ingredients in blue-light skincare products.



Take frequent breaks from your screen “Blue light has been reported to contribute to eyestrain as well as

cataracts, glaucoma and other eye diseases,” says Shari Marchbein, a board-certified dermatologist and clinical assistant professor of dermatology at New York University School of Medicine, in a recent interview with Allure Magazine. To help alleviate digital eyestrain from all that screen time, keep at least 12 inches between you and your screen and follow the 20-20-20 rule: take a 20-second break to view something 20 feet away every 20 minutes.

Use sunscreen. Sunscreen should be part of your daily routine, whether you're spending the day at the beach or on the couch. “Any sunscreen that contains zinc oxide or titanium dioxide can help in blocking blue light,” says NYC board-certified dermatologist Ellen Marmur in an interview with Harper's Bazaar. Iron oxide can also help with reducing blue light sensitivity.

Prioritize sleep. While light of any kind before bedtime can suppress melatonin production, research suggests that blue light does so more powerfully. In fact, in some studies, blue light suppressed melatonin for twice as long as other UV light and shifted circadian rhythms by twice as much. Sleep deprivation can cause changes to our skin, including dullness, swelling and dark under-eye circles. Not only will limiting your screen time before bed reduce your exposure to blue light, it will also help to improve your sleep – and keep you looking and feeling your best.



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A GUIDE TO BETTER SLEEP

When we were children, we slept like babies. After a day of running and playing, it was easy to fall asleep exhausted and wake up refreshed and ready to do it again. But as we get older the natural and inevitable act of sleeping can become a frustrating challenge. Why is this the case?

One factor in poor sleep patterns is blue light. If you read our article on page 20 of this issue of *Balance*, you'll know that blue light can damage your skin, strain your eyes and negatively affect your ability to sleep. Blue light suppresses your body's melatonin production and thus makes it harder to achieve a deep, relaxing sleep.

Blue light is a natural component of the full light spectrum of sunlight and it helps keep us alert and functional during the day. Light therapy can treat depression because the blue light wavelength elevates mood and boosts energy. But too much blue light at night can overstimulate receptors in our eyes, which then communicate to our brains that it's party time, not sleep time.

If you have trouble sleeping, follow our blue-light reduction steps and see if some of these simple changes can make a difference in your ability to get to sleep.

Step 1: Do a blue light audit

Make a list of the light sources you encounter in the hour or two before bed and determine which ones are emitting blue light. Common household sources of blue light include fluorescent lights, LED lights, smartphones, TVs, computer screens, tablets, e-readers and video games.

Step 2: Decide which blue light sources you can avoid before bed

Can you turn off the TV at night? End your gaming an hour early? Switch from an e-reader to a printed book? Stop taking your phone to bed? All of these steps will reduce your exposure to blue light in the critical hour or two before you try to fall asleep.

Step 3: Decide which blue light sources you can replace

Incandescent bulbs emit very little blue light. They are much closer to the full light spectrum of sunlight, which includes plenty of red light. Research shows that red light is much less likely to disrupt circadian rhythms, especially if the light intensity is soft rather than glaring bright. Replace fluorescent and LED bulbs with soft-light incandescent bulbs in your bedroom and in other rooms where you spend time before bed.

Step 4: Make sure you get the right light at the right time

While reducing blue light in the bedroom is important, it's also important to get plenty of sunlight during the day. Exposure to sunlight will reinforce your natural circadian rhythms. Living conditions have changed profoundly since prehistoric times, and the introduction of artificial light has been a huge disrupter of our natural waking and sleeping rhythms. By getting plenty of sunlight during the day, and ensuring your bedroom is quiet and dark at night, you'll be reminding your brain that nighttime is sleep time.

Step 5: Consult a sleep expert

If the steps above don't make enough of a difference, consider



consulting a local sleep expert. One place to start is Gardener's Mattresses & More. The team at Gardener's has been helping people get a better night's sleep for over 30 years, and they've been voted a Readers' Choice Favorite for the past 11 years. In fact, one of the owners of Gardener's, Jeff Giagnocavo, has written the "Sleep Better Book" to share tips on how to get a better night's sleep.

While blue light reduction should help you improve your sleep, it may not be enough. A mattress that is too hard or too soft can cause discomfort that leaves you tossing and turning. A painful hip or back may require special accommodation. Or you may need elevation at night to calm restless legs.

There are so many different types of mattresses that it can be hard to know which one is right for your particular sleep issue. Should you choose memory foam, natural latex, inner spring or a hybrid? Should you choose an adjustable mattress base that can elevate at the head or at the feet? How about a split model that you and your sleep partner can adjust differently on each side of the bed? Gardner's offers all of these sleep solutions, and you can even test them, with no commitment, in their Dream Room.

The good night's sleep you need may be as simple as finding the mattress of your dreams.



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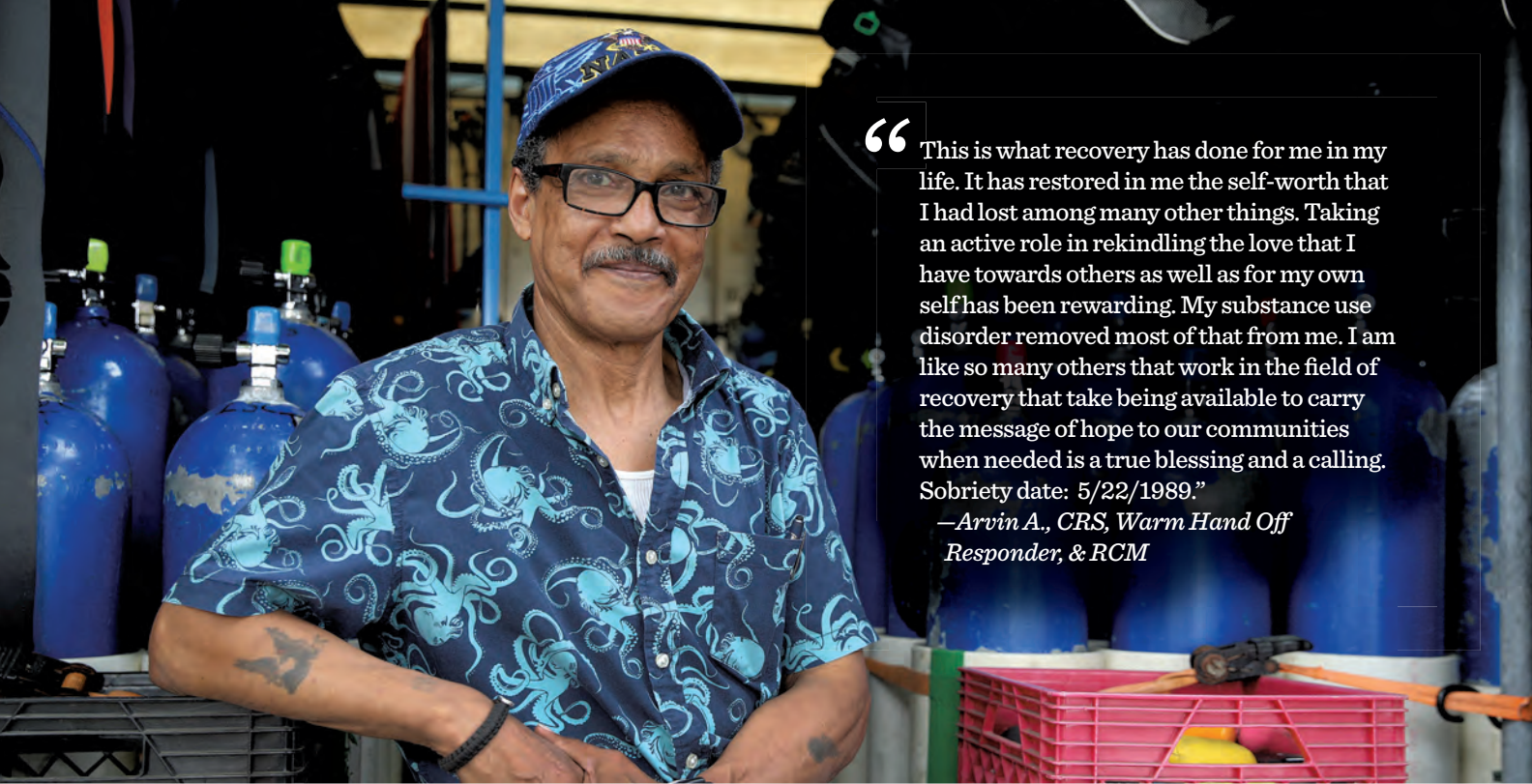
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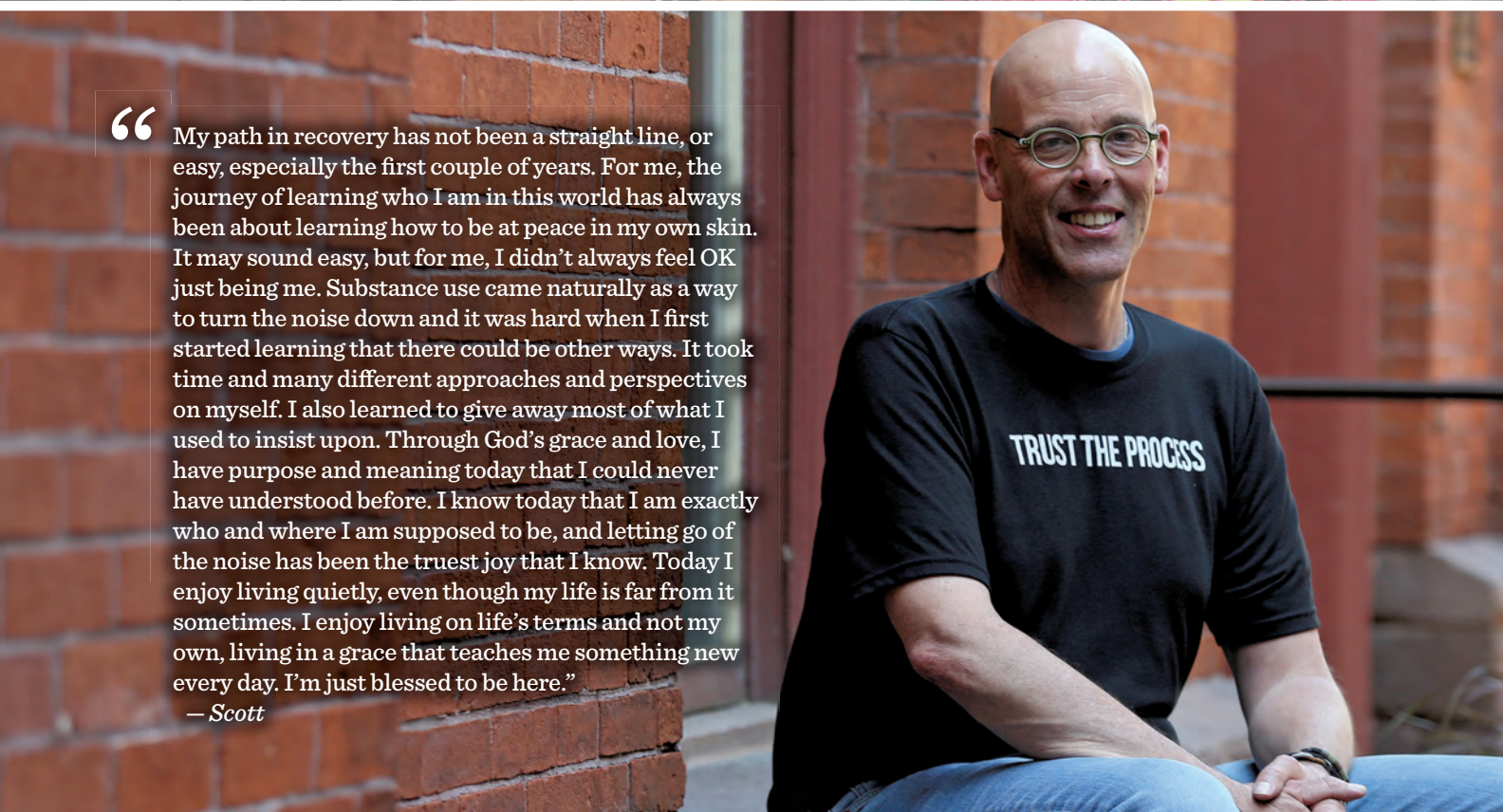
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“This is what recovery has done for me in my life. It has restored in me the self-worth that I had lost among many other things. Taking an active role in rekindling the love that I have towards others as well as for my own self has been rewarding. My substance use disorder removed most of that from me. I am like so many others that work in the field of recovery that take being available to carry the message of hope to our communities when needed is a true blessing and a calling. Sobriety date: 5/22/1989.”

—Arvin A., CRS, Warm Hand Off Responder, & RCM



“My path in recovery has not been a straight line, or easy, especially the first couple of years. For me, the journey of learning who I am in this world has always been about learning how to be at peace in my own skin. It may sound easy, but for me, I didn’t always feel OK just being me. Substance use came naturally as a way to turn the noise down and it was hard when I first started learning that there could be other ways. It took time and many different approaches and perspectives on myself. I also learned to give away most of what I used to insist upon. Through God’s grace and love, I have purpose and meaning today that I could never have understood before. I know today that I am exactly who and where I am supposed to be, and letting go of the noise has been the truest joy that I know. Today I enjoy living quietly, even though my life is far from it sometimes. I enjoy living on life’s terms and not my own, living in a grace that teaches me something new every day. I’m just blessed to be here.”

—Scott

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.

“What recovery means to me is having healthy long-lasting relationships with my friends and family. Gaining back the love and fun I used to share with them before addiction. It now means that I can be the best mother I want to be for my son. I saw too many people I’ve known pass away or be sent to prison because of addiction and I told myself, almost four years ago, that I didn’t want to put my family through that pain. So I stopped and got sober. Experiencing life sober with fewer struggles definitely makes living this life worth all the hard work. I just tell myself every second of every day that I don’t want to live that other life again so I keep staying strong and keep moving forward.”

—Braedan



“For me, the meaning of recovery changes and grows all the time. 14 years ago it was an impossible dream; something I’d given up as hopeless. Then I got a real chance. Every day from then on I was given newer and greater opportunities. I met teachers. I did (and continue to do) the work to embrace and give back the gifts that have been given to me. Recovery grew from a dream into a greater reality; from a threshold to a foundation for a life of purpose, service, peace and success. Today, my Recovery doesn’t just belong to me. I owe it to the people who have helped me, and I hope I can share it with the people who still need help. What I do today I do to make recovery possible for others, from making just a little bit of time for a midnight phone call to founding and fighting for innovative programs across the county and the commonwealth.”

—Chris



To find treatment and recovery support services, visit Compass Mark at compassmark.org/find-help. Check out the Lancaster County Recovery Alliance at lancastercountyrecovery.com for community events and recovery resources.

Join us for Recovery Day Lancaster/Recovery Rocks on September 11, 2021 to celebrate recovery in Lancaster County.

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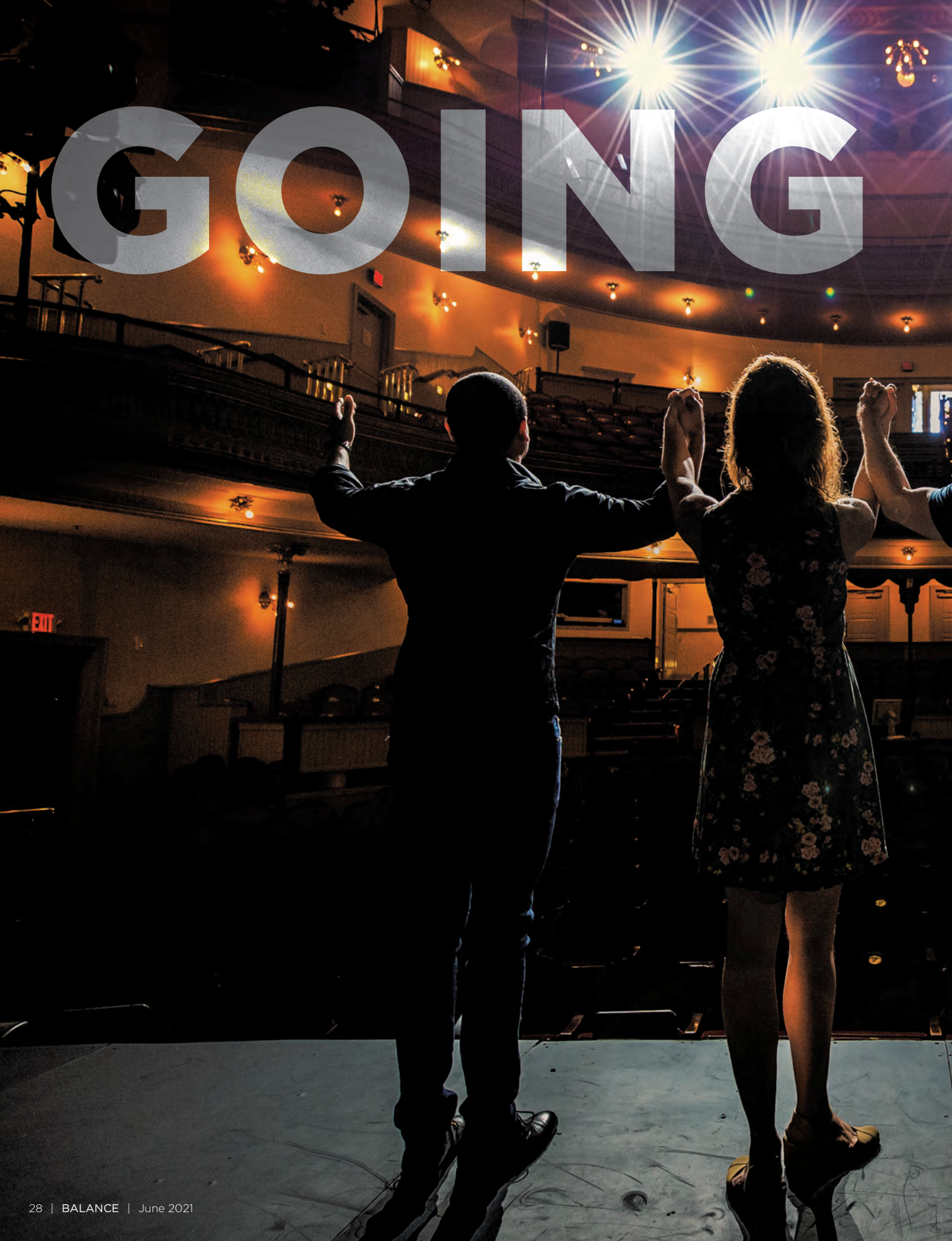


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GOING

A man and a woman are seen from behind, dancing in the center of a theater stage. The man is wearing a dark suit, and the woman is wearing a dark dress with a light floral pattern. They are holding hands and have their arms raised. The theater is dimly lit, with warm stage lights illuminating the couple. In the background, there are rows of empty seats and a balcony. Bright spotlights are visible at the top of the frame, creating a starburst effect. The word "GOING" is overlaid in large, white, sans-serif capital letters across the top half of the image.



DARK

*How Fulton Theatre actors spent their pandemic year
away from the stage lights*

By Mary Ellen Wright
Photography By Quinn Staley

In March of 2020, many professional actors were performing in shows and had gigs booked for months in advance. All that ended around March 15, when live theater was brought to a crashing halt by the COVID-19 pandemic.

With theaters across Lancaster County reopening and the Fulton Theatre in Lancaster city having announced its new season, actors are taking stock of the ways in which they got through the pandemic and looking forward to what the coming months will bring.

We asked four professional actors who live in Lancaster County and work regularly at the Fulton to share their experiences.



RANDY JETER

Randy Jeter, a singer and musical theater actor who has performed with a few different local theaters, had months of work booked before the pandemic hit.

“I was one of the lucky ones,” Jeter says. “Ever since I graduated from the Manhattan School of Music, I knew what I wanted to do ... and I was lucky enough to keep steady work until the pandemic happened.”

Last spring, he and his photographer wife, Abigail, did some landscaping at their home. Then, “I decided to go into the studio (in Harrisburg) and make a Christmas album.” “Randy Jeter: A Christmas Album” is currently an EP with four songs, but he looks to expand it to a full album for release by this fall.

He performed on some streamed concert videos with the Ephesus Ensemble, a Harlem, New York-based group he began singing with in college. In September, he performed in “Brave & Beautiful” with Prima Theatre, an outdoor show featuring music made famous by female artists such as Carole King and

Sara Bareilles. Over the holidays, he was one of the performers in a Christmas concert recorded before a small, invited audience at the Fulton for its streaming platform.

In between those gigs, he went to work delivering packages for Amazon. But now he has quit that job because, he says, “all of a sudden, I’m booked for the whole year” as a performer.

He was set to perform earlier this month in a Rodgers & Hammerstein revue at the Gretna Theatre. At the Fulton, he appears as the narrator in a streaming version of Igor Stravinsky’s “A Soldier’s Tale” with the Lancaster Symphony Orchestra, and will be part of the Fulton’s upcoming “Let’s Celebrate Together” concert this summer. And he’ll end the year as part of the cast of the American Music Theatre’s Christmas show.

“It was a big, big shock,” Jeter says of the theater shutdown, recalling how he’d pretend he was getting ready for a show in order to keep his singing voice in shape. “Luckily, I could tough it out,” he says. “I have a pretty thick skin. I knew there was light at the end of the tunnel.”



ANDREW KINDIG & KATIE SINA KINDIG

Andrew Kindig and Katie Sina

Kindig became friends through doing theater at the Fulton, later dating and then marrying in 2012. They have two children, Alice, 6, and Charlie, 4.

"We both were in the middle of a final dress rehearsal for 'Snow White' at the Fulton" in March 2020. Katie says, "and we found out we would not open the following day." Their babysitter woke their children and brought them to the theater so they could see their parents' show before it shut down.

"I think there's been a real roller coaster of emotions," Katie says. "It was like a mourning process. ... One of my friends said it's really difficult to realize that ... we've literally been deemed 'nonessential.' Through history, the arts always prevailed in times of tragedy, so incredible things will be learned from this, but it was definitely a lot of adjustment."

"We both had opportunities in shows for the summer, and as those dates rolled around where that show wasn't going to happen, it would all of a sudden get heavy in here," Andy says.

"But, honestly, we were able to really be with our kids," Katie says, "and, on a positive note, watch the seasons evolve because it was just the four of us, doing everything in nature." The couple could be there for the kids' bedtimes, which they can't always when they're working in theater.

Very early in the pandemic, the couple's church, First Presbyterian of Lancaster, offered Andy a full-time job as director of digital production, coordinating the presentation of services that had gone online. Katie continued to work for the church part time in the children's ministry and taught at the Fulton's online summer camps. She also taught dance at a local dance school, along with choreographing Lancaster Mennonite School's spring showcase.

The Kindigs performed in some streamed concerts with the Fulton, and hosted a fundraiser for the Lancaster Conservancy. Katie has been cast in the role of Helen Bechtel, the mother in the Fulton Theatre's production of "Fun Home," the first mainstage musical of the 2021-22 season.

"As auditions come around, we'll get

back into the swing of things," Andy says.

When they return to acting on the Fulton stage, Katie says, "I think it's going to be that rush of that collaborative energy" she has missed.

"It's going to be emotional," Andy says. "Elation filled with a little bit of tears for what we've lost, mixed with some hope for the future."

RANDALL FRIZADO

Randall Frizado, who has performed, produced and directed in the area, was also in the cast of the Fulton's "Snow White" when the pandemic closed it.



Frizado had also begun marketing his Imagination Station through the Dutch Apple Dinner Theatre — "a series of 30-minute interactive musicals that go into elementary schools to teach kids about bullying, cyber awareness" and other topics, he says. And he was set to direct the summer theater camps at Gretna Theatre in Mount Gretna.

Though he and his wife, Gretchen, married in a civil ceremony, they've had to push back their wedding date four times — to October of this year.

Frizado says he started out the pandemic playing video games, reading and writing

and helping his 12-year-old triplets, Cooper, Zachary and Madelyn, with their school work. Then, he turned the Sunday night Frizado's Downtown Cabaret he has hosted at Josephine's restaurant in Lancaster into a funny online Facebook conversation with some of his theater friends.

"Then, I was sitting on my hands, so I started delivering food ... for Instacart and then for DoorDash," Frizado says. "I actually found it quite peaceful."

He produced TV commercials and photo shoots with TC Productions of Lancaster, and was part of the cast for the Fulton's fundraising telethon last year. He now

creates on-board experiences, such as escape rooms and trivia nights, for the Strasburg Rail Road as the director of creative content. He was preparing to direct the sold-out theater camps at Gretna Theatre earlier this month. He plans eventually to relaunch the Imagination Station.

"The work is going to come back," Frizado says. "I'm going to be back on stage as soon as I can possibly get my behind up there. I have this hole, this part of me that's missing, and I can't fill it, no matter what I do, until the curtain comes up and I can perform again."

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

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Outdoor DIY:

Stylize Your Patio for Under \$100

BY KATINA KAUFFMAN
PHOTOGRAPHY BY QUINN STALEY

Summer weather has finally arrived, and that means the patio has emerged from its winter hibernation, once again reclaiming its rightful place as the go-to spot for summer lounging, dining and entertaining guests.

But after months of neglect and minimal use, your patio might be in need of a quick makeover. If you're not ready to spend thousands of dollars on a full patio revamp, one of the most cost-effective methods for sprucing up your outdoor space is through simple accessorizing. Not only are the accessories you need less expensive than you'd think, but the finishing touches – those elements that add the most charm and character to your space – can be done yourself. Here are three easy DIY projects you can do this weekend that will help transform your patio into an outdoor oasis – for less than \$100 each.

DIY Planter

Supply List

- Drop cloth, old newspapers, or cardboard
- Spray paint (\$5 per can)
- Plastic planter or any container that you want to transform.



Step 1 Gather Containers

Now's the time to dig out those old plastic planters sitting in the back of your shed or take a trip to your local thrift shop. You don't need to exclusively look for plastic planters; any container that's large enough to become a planter will work. The key is choosing simple containers with minimal details so that you can easily disguise their original use with spray paint.

Step 2 Choose Your Colors

There are hundreds of spray paint finishes, textures and colors to choose from. If you're not sure what colors to pick, try selecting a few that coordinate with your patio furniture and décor.

Step 3 Spray paint your pots

This is the fun part! You can make each pot different or opt to give them all a similar look. Since my planters vary in size and style, I spray-painted them with the same look to give the impression that they're a matching set.

Fill your planters with potting soil and begin adding flowers. For an extra bold look, choose flowers that are the complementary color to your planters. For color help, try Googling "Designer Color Wheel" and look at images to determine your perfect complementary color scheme.

Step 4 Add Plants

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DIY Leaf Bird Bath

Supply List

- Large plastic trash bag
- Large plant leaf (elephant ear or hosta)
- Concrete
- Concrete mixing bucket
- Sand
- Spray Paint (optional)

Step 1 Prep Your Space

Lay a large plastic bag on top of your work surface. Your birdbath will be built on top of this bag so make sure that your work surface in an area where you don't mind making a mess, like a garage or shed.

Pour a leaf-sized portion of sand on the middle of your plastic bag and add water so that your sand sticks together. This sand mound will be the mold for your birdbath's shape and depth. Arrange your sand into the shape of your leaf and continue adding sand until your mold is 2 to 3 inches tall in the center, tapering out to the edges.

Step 2 Build the Mold

Lay your leaf face down on top of the sand mold so that your leaf edges cover the sand. Evaluate the shape and depth of your mold. Make any final adjustments to the depth and shape of your sand before moving on to the next step.

Step 4 Let It Dry

Mix your concrete with water. Your mixture should be wet, but not runny. Your concrete mixture should be dense enough to hold its shape when applied to the top of your leaf. Begin adding concrete to your leaf, starting in the middle and working your way out to the edges until your leaf is covered with about a 3/4-inch layer of concrete.

Allow your concrete mold to dry uncovered. Dry times vary, read your concrete instructions for details.

Step 3 Arrange Your Leaf

Step 5 Add Finishing Touches

When your concrete is dry, gently grab your birdbath mold from each edge and flip it over. The leaf that you used will be attached to the inside of your birdbath. You can allow the leaf to deteriorate on its own or remove it by gently scrubbing with a soft toothbrush.

Paint your birdbath or leave it as is, then find a home for your new yard accessory! You can sit your birdbath on the ground, under a downspout, on a stack of rocks or on a birdbath base.

DIY Umbrella Plant Stand

Supply List

- Large planter
- Medium bucket (approx. half the size of your planter)
- Quick-setting concrete
- 2-foot section of PVC (slightly larger than your umbrella pole)
- Spray paint (color match your umbrella pole)
- Duct tape
- Rocks

Step 1 Prepare Your PVC

Cut your PVC pipe to approximately 6 inches taller than your large planter. Your section of PVC needs to be tall enough to give your umbrella pole stability. Next, use duct tape to cover one end of your PVC pipe. Your duct-taped end will be hidden inside the planter. Spray paint your entire PVC pipe to match the color of your umbrella pole.

Step 3 Constructing the Planter

Place your large planter in the spot on your patio where you plan on keeping your finished project. When the concrete in your bucket is dry, lift the concrete-filled bucket and place it in the middle of your large planter. Stabilize the center bucket by adding rocks in between the planter and bucket.

Step 2 Make the Concrete Base

Mix your concrete according to package instructions. Then, hold your PVC pipe – duct tape side down – in the middle of the medium-sized bucket. Pour the concrete into the bucket around the PVC pipe. Continue holding the PVC pipe in the middle of the concrete-filled bucket until you can let go without any movement.

Step 4 Finishing Touches

Fill your planter with soil and begin adding your favorite flowers and plants.

Your planter umbrella stand is ready for its big reveal. Slide your umbrella pole into the PVC pipe, sit back, relax and enjoy your beautiful new patio accessory!

Power Washing Professionals



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

Solar Panels

Solar panels are an investment you will want to protect through regular maintenance, either quarterly or yearly depending on where you live. If not maintained through regular power washing, you will experience a drop in efficiency of up to 25% due to buildup of dust, grime, bird droppings, algae, or mildew. Atkins solar panel cleaning professionals use a pure water system to remove dirt and grime from your solar panels to leave behind clean, spot-free glass, which restores their efficiency.

Brick & Masonry Waterproofing

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

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

- ADVERTISING FEATURE -

Clean Siding Increases Curb Appeal

Patios & Walkways

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

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

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

Roofing & Gutters

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

Whether your home's roof is constructed with asphalt shingles, cedar shakes, tiles, slate roof shingles, metal, EPDM, or flat-style rubber roofing, Atkins is the roof cleaning company that can provide regular maintenance cleaning.

Decks and Fencing

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

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

Siding

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

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



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*Find your
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Havre de Grace

BY MARY ELLEN WRIGHT
PHOTOS BY ANDREW ALBRIGHT

Where can you walk along both a river and a bay; explore the history of subjects as diverse as duck hunting, canal boats and the War of 1812; plunge your fork into a tender crab cake; and confront a colorful wall of vintage Pyrex cookware?

It's all just over an hour south of Lancaster in the small city of Havre de Grace, Maryland.

The top attraction that inspires my frequent day trips to Havre de Grace — or HdG, as the locals abbreviate it — is the water. This is the city where the Susquehanna River ends its 444-mile journey from upstate New York by flowing into the Chesapeake Bay, and Havre de Grace's three-quarter-mile wooden boardwalk promenade that leads along those waters offers a relaxing,

scenic and stress-relieving stroll (with plenty of benches for water-gazing).

Along the wooden boardwalk are historic placards that encourage walkers to look out over the water and imagine the events of May 3, 1813, during the War of 1812. That's when British naval forces attacked the city with rockets and came ashore to burn dozens of the town's buildings. The HdG visitor center has a narrated diorama that offers an overview of the attack.

Dining and downtown

A variety of local eateries offer lots of menu choices in HdG. The Tidewater Grille, 300 Franklin St., and MacGregor's Restaurant, 331 St. John St., offer American menus with patio and deck dining overlooking the water.

A guide at one of the local museums directed me to The Bayou, a decades-old restaurant at 927 Pulaski Highway (Route 40). I really enjoyed my broiled crab cake, which was lightly crispy on the outside and filled with sweet, juicy lump crab meat on the inside, and my tasty side of stewed tomatoes.

Before leaving town, be sure to treat yourself to some delicious homemade ice cream at a charming parlor called Bomboy's, 329 Market St.

The downtown HdG business district, with streets such as St. John and Washington Streets and Pennington Avenue, are filled with interesting eateries, gift and antique shops and art galleries. Antique malls in town include the Seneca Cannery, 201 St. John St., located in a former tomato cannery built in 1871.



If you love mid-century modern accoutrements, be sure to visit the JoRetro vintage store at 137 N. Washington St. It's filled with clothes, books, record albums, telephones, globes and other bric-a-brac from the middle of the 20th century. Most impressive is its wall of colorful vintage Pyrex cookware and bakeware sets that will make collectors and fans go weak in the knees.

Other attractions

Fans of architectural history can grab a pamphlet at the visitor center describing many 19th-century homes, churches and other buildings along the Lafayette Trail in HdG's historic district. *(continued)*

The Marquis de Lafayette, the



Revolutionary War hero who passed through town in 1874, is credited with suggesting the city's name by remarking on its similarity to the port of Le Havre, France.

Take a detour from your walk on the promenade to check out three interesting museums in town. The Decoy Museum captures the history of duck hunting in HdG's Susquehanna Flats, and is chock-a-block with colorful, wooden decoys carved by local artisans over generations.

The Maritime Museum charts the history of the area's waterways, but also of the Conestoga Indians (who also made Lancaster County their home) and of the Underground Railroad in Maryland.

And the Susquehanna Museum at the Lock House, 817 Conestogo St., has lovely walking grounds, and traces the history of the canal boats and lock system of the Susquehanna & Tidewater Canal — the remnants of which you can see along the river in

Wrightsville.

Families love to check out the 1827 Concord Point Lighthouse and the Keeper's Dwelling across Concord Street, both of which are open to visitors on weekends May through October.

Havre de Grace has its performance venues as well, offering live music and stand-up comedy: The State Theater, 325 St. John St., and the Cultural Center at the Opera House, at 121 N. Union Ave.

If you'd like a side of woods with your bay waters, visit Susquehanna State Park, off Route 161 before you get to the downtown area. The park has lovely hiking trails and spots to fish, along with a campground and picnic area. A series of historic buildings in the park includes the Steppingstone Farm Museum, which families can tour on the weekends to see antique farm equipment and demonstrations of farm life by volunteers.

Based on recommendations from friends, I'll eventually sample the Creole-inspired Sunday brunch at Creole de Graw restaurant on North Union Street, and check out the beers at Hopkins Farm Brewery on Rider Lane and the vintages at the Mount Felix Winery on Level Road, both off Route 155 on the way into town. I'd love to experience the Havre de Haunts ghost tours in the fall, and the warm-weather weekend festivals that will take me back along the water views that make Havre de Grace my happy place.

A list for the future

Every time I leave Havre de Grace, I put something else on my list to check out on my next day



Visitor Information

Visitor center: Pick up a town map at 450 Pennington Ave.

Parking: There's plenty of free 30-minute to three-hour parking throughout the city's downtown. To access the Promenade, park free in the lot of the marina next to Millard Tydings Park off South Washington Street, where there are public restrooms and the Promenade Grille for a quick meal. Or, you can enter the boardwalk from the other end, parking along Concord Street near the lighthouse.

Information and events: explorehavredegrace.com

Susquehanna State Park: lanc.news/SusquehannaStateParkMD



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Are you prepared for the long road ahead in retirement?

Costanzo Wealth Management can help you figure it out.

Pete Costanzo grew up in Netcong, New Jersey, in a crowded house filled with love in a predominantly Italian-American community where everyone was like family.

To this day, Netcong continues a century-old tradition known as the Feast of St. Cesario - an annual community celebration that begins with a Mass and parade in the morning and continues into the night with a carnival and fireworks.

While Pete has called Lancaster County home for the past 24 years, he still has that same sense of family and community as a husband, father of three sons, and executive vice president with Janney Montgomery Scott.

Growing up, Pete had two career ambitions: professional baseball player or financial advisor.

"I was enamored with the fast pace of the stock market," he says. "The ticker on the bottom of the TV screen always fascinated me."

While he's maintained his love of baseball as a Little League coach to his sons, he's turned his passion for the financial world into a lifelong career. After earning a bachelor's degree in economics from Albright College, Pete began his career with Janney in 1997, building a client base by making cold calls from a phone book.

Today, 95% of his practice comes through

referrals from clients who appreciate the relationships he builds and his years of navigating ever-changing markets.

Costanzo Wealth Management offers comprehensive financial planning for high-net-worth households, and Pete treats every client with the personal touch and sense of family he learned growing up.

"We are very relationship-based. We get to know every client, their situation, their goals and needs and risk tolerance," he says. "We're the first phone call when something good happens or a crisis. I take pride in almost being part of the family."

Clients rely on Costanzo Wealth Management through every stage of life, from managing investments and funding education to retirement and estate planning to ensure that family wealth stays on track for current and future generations. Pete holds designations as a Certified Financial Planner, Accredited Asset Management Specialist, Accredited Wealth Management Advisor and Chartered Retirement Planning Counselor.

His team also includes account executive Laura Pontz and registered private client associate Laura (LJ) Jacobs.

"We have three sets of eyeballs overseeing

and looking out for clients," Pete says. "We are always here and always accessible."

In addition to the individual attention they give each of their clients, Pete and his team also host events to bring the whole client family together, including a wine dinner every September, a day at the Lancaster Barnstormers and a golf outing. They are also planning an upcoming cooking class.

In the community, Pete is active as a baseball coach, having passed on his love of the game to his sons, ages 12, 8 and 5. He also serves on the Manheim Township Baseball and Softball Association board of directors, the board of Aaron's Acres and as vice president of the Lancaster Italian Cultural Society - a nod to his heritage and the close-knit upbringing of his childhood.

Looking back, Pete can say that those dreams of his youth have come true, even more so because he combines the fast pace of wealth management with deep and meaningful client relationships.

"I'm 100% doing what I wanted to do," he says. "It's probably better than I could have imagined. You get to know families. You get to know their kids and grandkids. I feel like I'm talking to my friends on the phone all day long."

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When you buy toys or other purchases at any of the Mennonite Central Committee Thrift Stores, you provide specialized care & education for children with disabilities in places like Ukraine. Edik plays with clay figures at an MCC supported education center for students with autism and other special needs.

MCC photo by
Matthew Sawatsky

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BreatheEASY

For years, a diagnosis of obstructive sleep apnea meant one thing: a lifetime of nights tethered to a forced air machine (CPAP). Now, many sleep apnea sufferers are learning that a trip to a specially trained dentist may be just what the doctor orders.

Dr. Matt Patterson, who focuses exclusively on dental sleep medicine and is founder of Lancaster Snoring and Sleep Center, offers an alternative: an oral appliance that is less cumbersome, easier to clean and equally effective.

Sleep apnea affects nearly 22 million Americans. People tend to equate the condition with overweight, middle-aged men, but it can affect anyone at any age. Because it interrupts breathing, sleep apnea can have consequences far beyond snoring or a poor night's rest. Left untreated, it can lead to teeth grinding, head and neck pain, excessive daytime sleepiness, high blood pressure, stroke, heart attack, diabetes and numerous other serious health issues. While apnea can occur if the brain fails to send a signal for the chest to expand, the most common cause is an obstruction at the top of the throat due to throat muscles weakening with age, weight gain that constricts the airway, or the tongue and soft palate dropping back and closing the airway.

When any of these conditions occur, there is no way for air to get in, even as the chest tries to inflate. **The telltale signs are disruptive snoring, cessation of breathing for ten seconds or longer, gasping or choking.**

Machines such as continuous positive air pressure (CPAP) devices, effectively treat sleep apnea by forcing air down the throat and into the lungs. But they're not for everyone, including Dr. Patterson.

"I used one for about two years and I hated it, but I used it because I knew I had to," he says. People struggle to wear the mask, especially if they are claustrophobic. Other complaints include difficulty breathing,

swallowing air, skin marks and rashes, and noise.

"Probably the most common complaint is air leaking out," he says. "And if you don't clean them, the hoses become just a factory for bacteria and infection."

Some simply can't stand wearing the apparatus while they sleep, so they don't.

"Many people don't comply – they take them off," he says. "It's really not doing you any good if you're not wearing it."

As a dentist, Dr. Patterson sought a more practical solution and literally took matters into his own hands. After reading about the effectiveness of oral appliances in treating sleep apnea, he headed to one of the leading institutes in the country for advanced dental training and learned how to make them.

"I made one for myself and I never looked back," he says. "It was just a world of difference." So much so that he left general practice and opened the Lancaster Snoring and Sleep Center to bring other sleep apnea sufferers the same relief. His practice is one of only two in the area focused solely on dental sleep medicine and recognized by the American Academy of Dental Sleep Medicine. The function of the oral appliance is to open the airway by gently supporting the jaw in a forward position.

Appliances are typically made from an acrylic polymer, often with a 3D printer. About the size of an athletic mouthguard, they fit similarly over the upper and lower teeth. In fact, patients who have previously used athletic mouthguards will notice little difference. Much like other orthodontic appliances, they come with a key that can gradually adjust the appliance, typically by a fraction of a millimeter at a time.

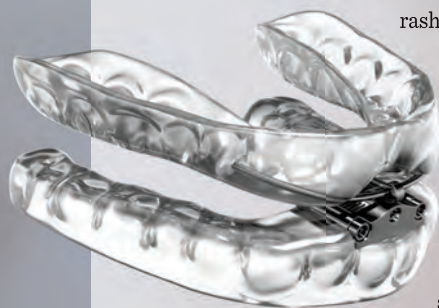
While Dr. Patterson treats obstructive sleep apnea, he does not diagnose the condition. Before treating a patient, he requires a sleep study by a licensed sleep physician confirming the diagnosis.

The process of fitting someone for an oral appliance begins with a comprehensive exam and a scan of the patient's jaw and teeth to get precise measurements. The scan is sent to a dental lab, which manufactures the appliance to the design and specifications he provides.

"It has to be custom fitted to your own jaw," Dr. Patterson says. "The jaw movement you perform to open the area, it has to be done gradually, it has to be done very, very carefully and precisely and tailored to each individual."

In addition to greater comfort, the device is easier to clean and far more convenient for traveling, since it is small and does not require electricity or a long battery life. Because they are Class II Durable Medical Equipment, **insurance and Medicare often cover custom appliances for those who can't tolerate a forced air machine.** Of course, for Dr. Patterson and the hundreds of patients he's treated, the most important benefit is that it works.

"A lot of sleep physicians are still of the mind that the oral appliances aren't as effective as forced air," he says. "But for mild to moderate sleep apnea and disruptive snoring, they are every bit as effective, and compliance is far better."



*“It was just a world
of difference.”*

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● Investments with **impact**

A client recently came to Shane Landis with some money to invest and a request: He wanted to make an impact by investing to support environmental causes that were important to him, like renewable energy.

“He just was really excited about the opportunity to use his money in that

way,” says Landis, a financial consultant in the Ephrata office of Everence Financial®.

Such requests are nothing new for Landis. Everence clients often focus on more than simply accumulating wealth. Along with planning for their

own future, they want to invest intentionally, with meaning, purpose and generosity. They want their investing, like all other aspects of their lives, to honor their personal values and priorities.

One way that Everence helps clients do that is through impact investments: these investments have the goal of making a positive difference in the world while providing a financial return for clients. Investment managers screen companies based on environmental, social and governance criteria. They also engage in shareholder advocacy – using their ownership stake in companies to influence how these companies operate—and invest in targeted community development investments.

“Clients feel passionate about certain causes, and we are able to manage investments in ways that align with their personal values and issues that are important to them, if they wish,” Landis says.

Stella Tai, manager for stewardship investing impact and analysis for Everence, says impact investing has grown exponentially over

the last decade. Data from USSIF: The Forum for Sustainable and Responsible Investment shows that of the \$51 trillion in assets under management in the U.S. at the end of 2019, \$17 trillion were in impact investing, a growth of 42% from the previous year. She expects that trend to continue.

How can you work with Everence to make an impact with your investing?

There are several ways:

A socially responsible portfolio

Like Landis’ environmentally conscious client, individuals can more closely align their personal values and convictions with their investing by choosing socially responsible portfolios. For example, Everence offers a portfolio with a green priority that emphasizes limited fossil fuel exposure, environmental solutions and renewable energy. They also offer a portfolio that prioritizes traditional biblical values, allowing clients to invest confidently in companies aligned with their faith convictions. That means screening out companies tied to abortion, pornography, gambling or alcohol, Landis says.

Clients can choose from fully screened socially responsible or partially screened socially responsible portfolios or opt for traditional portfolios. Each client has the ability to balance their financial and stewardship goals.

Targeted community development investments

“Community investing is one way to do impact investing that is more focused on a specific social or environmental issue,” Tai says.

Individuals or organizations concerned with a particular geographic area or cause might invest in a community development financial institution (CDFI) that serves that area.

A client might even invest in their own local credit union, like Everence Federal Credit Union, that has strong values and will keep money in their community and support local business, she says.

Shareholder advocacy

When you invest in mutual funds, you become part owner of a company. Entrusting your investments to SRI portfolios with Everence means you have an opportunity to encourage companies that are operating in a way that aligns with your values.

SRI mutual funds employ shareholder advocacy professionals who file shareholder resolutions seeking change in areas such as environmental stewardship, diversity or treatment of employees.

“When such concerns rise to the surface, it’s important to have very active engagement with those companies,” Tai says.

Recently, Everence SRI portfolio clients supported a coalition that prompted a Midwestern power company to reduce its carbon footprint by agreeing to transfer a half-million customers to 100% renewable energy by 2028.

Impact investing is possible at any stage of life, Landis says, whether you’re a 25-year-old opening your first investment account or a retiree looking to be a good steward of the money you’ve worked hard to earn.

Landis says the most important part of his job is getting to know his clients – who they are, what they do and what’s important to them.

“We’re not here to impose on them the way we think they should be investing their money,” Landis says. “We work with a variety of people from different backgrounds who have different positions and beliefs, and we want to be able to serve them all well.”

The biggest benefit of impact investing is that it allows clients to pursue both a positive financial return and a positive environmental or social return.

“You’re not giving up your money,” Landis says. “You can plan for retirement. You can save and you can invest for the future while also making an impact through investing. It’s something you can do to make the world a better place.”



Shane Landis



Stella Tai



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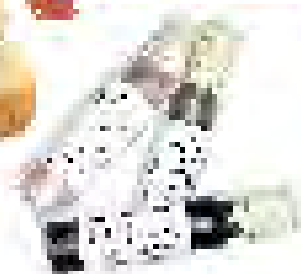
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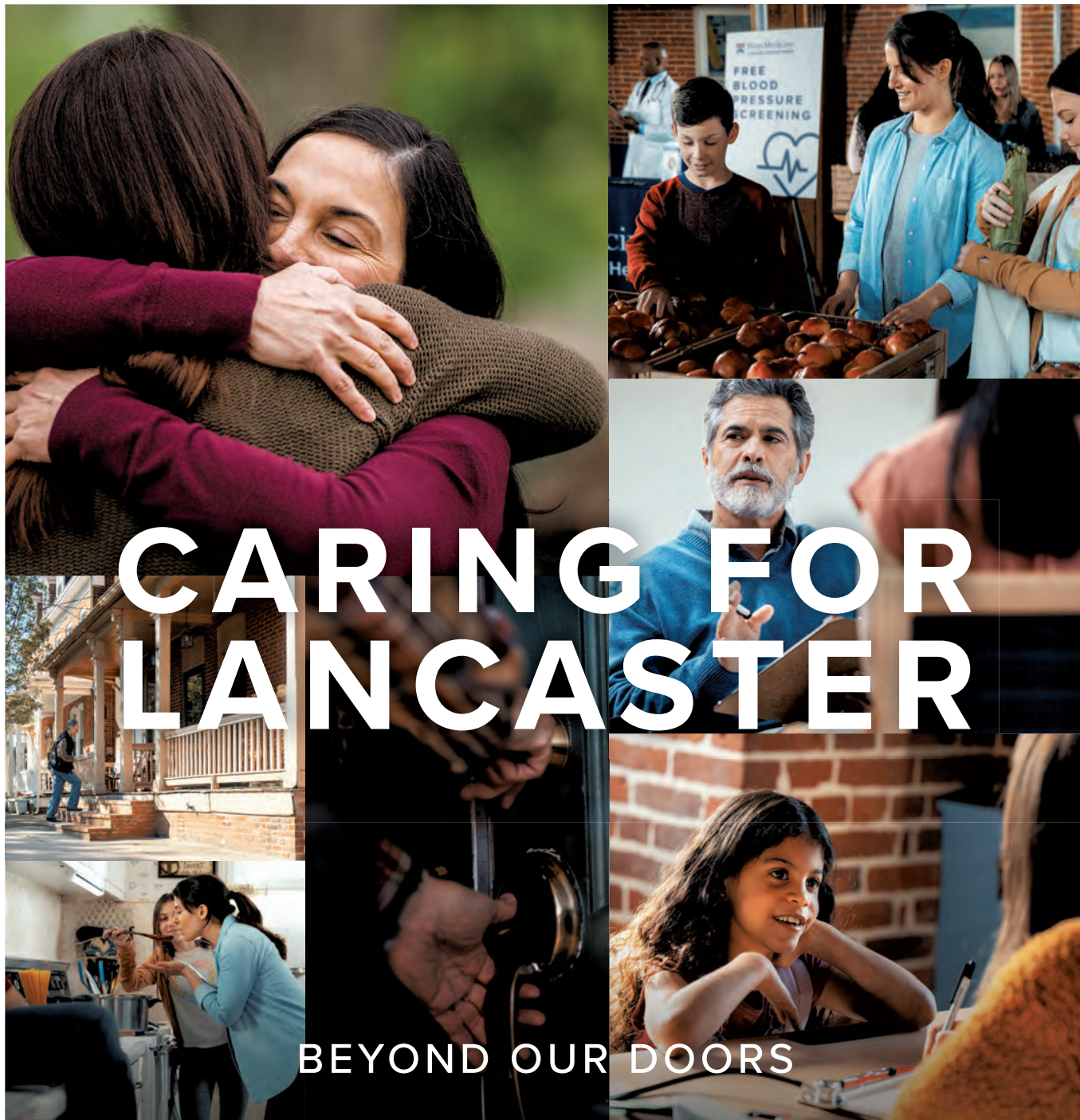
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As Lancaster's most trusted health system for generations, we never stop working to deliver care far beyond our doors by teaming with equally dedicated partners to improve lives, here in the place we call home.

Learn more about our community initiatives at CaringForLancaster.org



Penn Medicine
Lancaster General Health