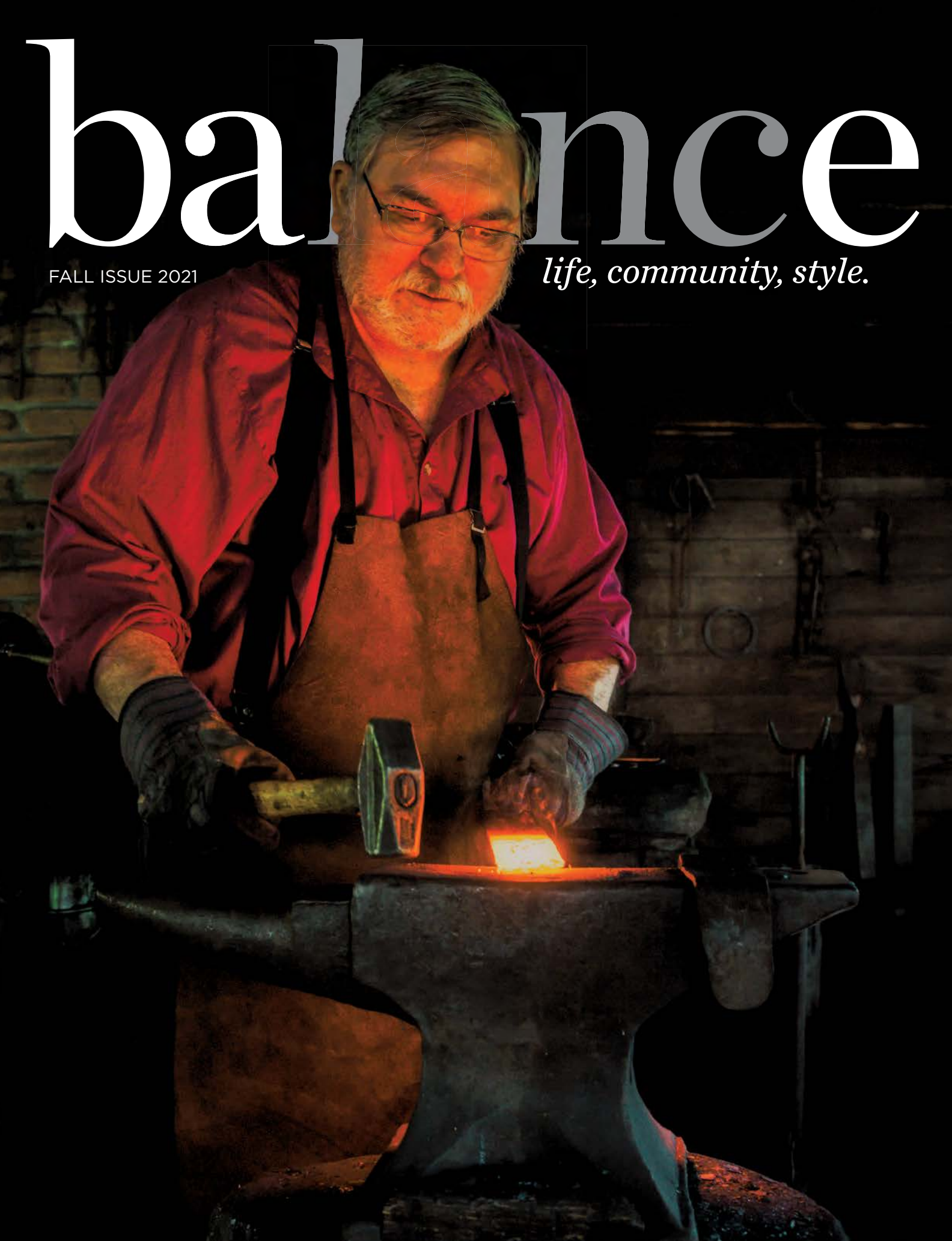


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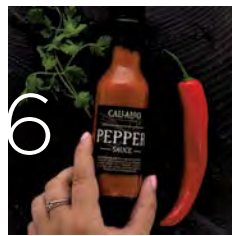
FALL ISSUE 2021

life, community, style.



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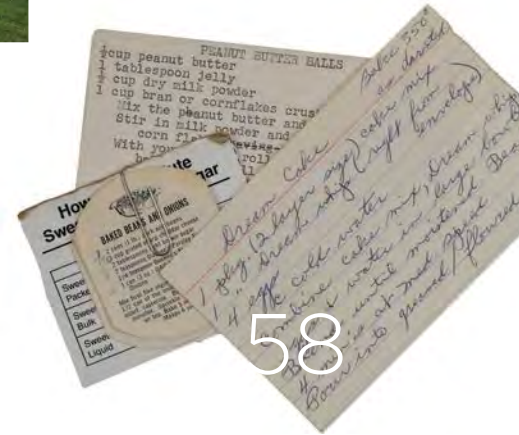
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For the second year in a row, Regal Wealth Advisors was the winner of the LNP|LancasterOnline Readers' Choice Award for favorite financial planner. And in 2021, we also won the top award for small business advisory services and second place in the insurance agency category. We are extremely grateful to receive these recognitions because they come from those whom we strive to serve.

To everyone who made these awards possible, thank you so much for your tremendous support!



Michael Zimmerman,
M.Sc. IAR
President & Founder

Our client relationships are based on three factors: integrity, trust and performance.

It all starts with integrity, which is rooted in deep interest in our clients and a passion for helping them achieve their long-term financial goals. Integrity then becomes the foundation for a trust-based relationship.

We earn our clients' trust by our commitment to always put their needs and priorities first, and by consistently staying connected with them. Finally, integrity and trust enable us to develop a close relationship that drives optimal performance.

Long-term investment returns, while crucial, are only

one piece of our performance objectives. For us, performance also includes developing an effective, goal-based, long-term plan so we can be sure that all our investment and planning decisions fit with our clients' needs.

Integrity, trust and performance. We believe these three crucial elements are what our clients expect and deserve. And this year's Readers' Choice Awards indicate our clients feel the same way. If you would like to learn more about what makes us different, and why so many others believe strongly in us, please give us a call.



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BALANCE MAGAZINE

The Balance team works very hard to brainstorm fresh story ideas for every issue. When we started putting this fall issue together, almost every idea took a turn toward the past. We took a dive into the return of vinyl records, the art of historic crafts, the rebirth of wallpaper, and homemade Halloween costumes through the years.

Toward the end of the magazine you will see a holiday recipe feature. We decided to carry our vintage theme into the recipes as well and leaned into classic dishes from the '50s, '60s and '70s, when times felt a little more simple.

There is something comforting about revisiting the past — even if it is just through an old cookie recipe or reusing my homemade butterfly costume from 1990 for my daughter in 2021.

We hope you enjoy our fresh take on some old classics. Thank you for reading!

Let us know what you think of this issue — and if there's a topic you'd like to see covered in a future issue of Balance, we're always open to suggestions and love hearing from you.

Lindsey McCallum

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



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ON THE COVER

Portrait by Andrew Albright

Mike Seachrist works the forge as a blacksmith at Landis Valley Village & Farm Museum.

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FEEL THE BURN

A sampling of Lancaster County's hot sauces

BY KEVIN STAIKER | PHOTOS BY VINNY TENNIS

It's been said for generations that the good people of Lancaster have a plain palate, to match the Plain people for which the county is known. However, in recent years, entrepreneurs in Lancaster, York and other nearby areas have been bucking against that notion with that most trying of food concepts, the hot sauce.

Recently, I set myself on a quest to seek out these sauces and see, in an area known for local food, just how good (and hot!) the local sauces are. Disclaimer time – I liked all of these sauces, so this is not a list of “bad” or “good” or “why did they take the effort to bottle this?” Instead, they’ve been assigned a purely subjective number to designate hotness. There’s that word – “subjective” – meaning, “what might be right for you, may not be right for some.” Taste at your own peril, and don’t forget to shake that bottle first!



6



1 | Long's Not So Hot Sauce

Long's – they don't just make horseradish! For folks who frequent Lancaster Central Market, the Long's stand has been a perennial fixture. Along with a variety of other sauces, Long's makes Not So Hot Sauce, a sauce for even the most timid of palates. Described as a “hot sauce for the rest of us,” this simple, three-ingredient sauce is exactly that – if you can't handle even the sight of a bright red pepper, this is the sauce for you. Be warned that it is somewhat watery, so if you're pouring it on food, prepare for a small puddle on your plate.

HOTNESS LEVEL: 1 OUT OF 5 🔥

2 | Old Grumpy Mark's Curse of Dracula Hot Sauce

For those among us who know the joy of a Roburrito's lunch, you're already very familiar with Old Grumpy Mark's. With an array of hot sauces perfect for giant piles of food, Old Grumpy Mark's seemingly has a sauce for every situation. Picking from the lineup somewhat randomly, I ended up with Curse of Dracula, which as its name suggests, is one for the true garlic heads. Unlike some of the company's other offerings, such as Cuban Missile Crisis and Black Label, Curse of Dracula brings a level of heat that doesn't necessarily align with the label's proclamation of an “8 out of 11” hotness. What it does have is delicious flavor, sure to spice up anything you might dare to wrap up in a flour tortilla.

HOTNESS LEVEL: 2 OUT OF 5 🔥🔥

3 | Doug Benne's Gourmet Smokejumper Hot Sauce

With so many hot sauces out there, one easy way to stand apart is to add an ingredient or two that accentuates the heat and the flavor in a unique way. With Smokejumper, the taste profile includes an array of sweet flavors, including molasses, pineapple, honey and brown sugar. Of course, the sweet flavors are there to prop up the hotness, which is certainly present. Keep this one in mind the next time you have a friend over who tends to proclaim, “Oh, this isn't that hot at all” on the first taste – and then watch their reaction as the heat accumulates.

HOTNESS LEVEL: 3 OUT OF 5 🔥🔥🔥

4 | Christina Maser Pantry Jim's Red Hot Sauce

Perhaps the best thing about a locally made sauce is knowing that most, if not all the ingredients came from the same swath of land as you did. For over 30 years, Christina Maser has been doing just that – collecting great pieces of Lancaster and distilling them into a bottle. One of the three hot sauces that Maser offers, Jim's Red is the hottest of the bunch and goes well with chips and tacos. It's a sharp flavor, and much like Long's, the apple cider vinegar is partly the star of the show here.

HOTNESS LEVEL: 3 OUT OF 5 🔥🔥🔥

5 | Torchbearer Sauces Habanero Evil Hot Sauce

As the great documentarian Les Blank once said, garlic is as good as ten mothers. Torchbearer Sauces understands this, as evidenced by the spotlight on garlic in a number of its sauces, including Habanero Evil. With over 20 sauces available, it was difficult to pick just one to try, but I'm glad that I went with Habanero Evil because it has the makings of that dream of dreams, an "everyday" sauce that works on just about anything. I put it on chips, chicken and pizza, for example.

HOTNESS LEVEL: 4 OUT OF 5 🔥🔥🔥🔥

6 | Callaloo Trinidadian Kitchen Pepper Sauce

When a restaurant goes to the lengths of bottling up its sauce for sale, you know they mean business. Since my first visit in 2018, no trip to Callaloo has gone without lightly dousing this sauce on buss-up-shut curry beef or the jerk chicken bowl. By far the thickest of all the sauces in this ad-hoc taste test, it also was the quickest to make beads of sweat coat my forehead. After placing an unfortunately large glob on a chip and eating it, I found myself staring at the bottle, hearing the Cranberries' "Linger" echo in my brain. It's unassuming, tasty and really hot – spiceheads, be sure to seek this one out.

HOTNESS LEVEL: 5 OUT OF 5 🔥🔥🔥🔥🔥



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MEDICARE SIMPLIFIED

If you're approaching 65, you're probably thinking about Medicare, and you may be feeling overwhelmed.

Fortunately, Everence Financial offers educational webinars and trusted experts who will help you navigate the process and make Medicare an easy step.

Understanding some common Medicare misconceptions can help:

MYTH: There's no rush to choose a Medicare plan. I can enroll at any time.

FACT: There are only three times that you can enroll in Medicare: when you turn 65, when your employer's coverage ends, and during the annual enrollment period from January through March. Postponing your initial enrollment until the annual enrollment period means your coverage won't start until July 1. It typically carries penalties, too. Either way, it could be a costly mistake.

Although you can enroll in Medicare up to three months before you turn 65, it's best to start your research about six months in advance.

MYTH: Medicare Advantage offers all the coverage of Original Medicare, plus extra benefits, at lower premiums. It must be the best choice.

FACT: While low premiums may hold appeal now, they shouldn't be your only consideration. Original Medicare includes Part A, which covers hospital costs, and Part B, which covers outpatient costs like doctor visits. Part D, which is an additional option, provides coverage for prescriptions.

While Original Medicare covers many expenses, it doesn't cover copayments, deductibles or extra benefits like dental or vision. Those who opt for Original Medicare will often choose a supplemental plan to offset some of those out-of-pocket costs.

Medicare Advantage plans are an alternative to Original Medicare offered through private insurance companies. They include the same coverage as Parts A and B, often with dental, vision and prescription drug benefits included. Unlike Medicare Supplement plans, they frequently have low premiums.

While Medicare Advantage may seem like an obvious choice at first glance, consider that those lower premiums generally come with higher out-of-pocket expenses. Medicare Supplement plans, on the other hand, have higher monthly premiums but lower out-of-pocket expenses. If you're relatively healthy now, you may find the lower premiums more appealing, but high out-of-pocket expenses could end up costing you far more should you develop health issues in the future.

MYTH: I will have the same providers and the same coverage whether I choose Medicare Advantage or a Medicare Supplement plan.

FACT: Medicare Supplement plans allow you to see any doctor or provider in the U.S. who accepts Medicare, without a referral or preapproval. Medicare Advantage plans offer a network of providers, hospitals and rehabilitation facilities and often require pre-certification for certain procedures. If you opt for a Medicare Advantage plan, make sure your preferred providers are part of the plan's network and review what the plan covers beyond your local region. Costs often increase for out-of-network providers.

Medicare Advantage plans may also change from year to year, so it's important to review your benefits coverage and provider network annually.

MYTH: I have a trusted friend who is happy with their Medicare plan, so it's a good idea for me to choose the same plan.

FACT: Medicare is not a one-size-fits-all program. What's good for your best friend could be bad for you.



Pictured above is Bill Parson with Ellie Keller, part of the Everence Medicare specialist team.

It's important to base Medicare decisions on your unique situation, rather than what works for others. For instance, if you plan to continue working past 65, it may make more sense to postpone Medicare if coverage and costs are better under your employer's plan. However, smaller companies can require you to take Medicare as your primary coverage, even if you continue working. If you have a health savings account (HSA), you'll need to consider that as well.

As a Medicare specialist and Certified Senior Advisor (CSA)[®] with Everence Financial, Bill Parson has been helping people make important health care decisions for nearly three decades. He can help you explore your options and make the decision that's right for you.

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BY ALEX HENRY
PHOTOGRAPHY BY VINNY TENNIS

A Helping Hand

If you ask Janessa Cline what the best thing she's taken from her involvement with Good Samaritan housing organization is, you might be surprised by her answer.

It's not the emergency housing she received, though it changed the course of her life.

It's not the counseling and assistance that helped her find permanent housing, though it gave her a chance at a life she thought she couldn't have.

And it's not the job they gave her, though the income has helped her provide for her family.

"They helped me see who I really am," says Cline.

The mission of Good Samaritan Services is to provide emergency shelters, residential housing and housing support services to individuals and families experiencing homelessness in Lancaster and Chester counties with facilities in Ephrata, Coatesville, Phoenixville and Lancaster.

Cline will tell you that the Good Sam program offers so much more than simply a place to stay.

Like so many other women, Cline came to Good Sam in need of emergency shelter in September of 2019.

"When I came into the Good Samaritan Services program, it was the lowest point of my life. I was 9 months pregnant, I'd been sober

for about a year and in an abusive relationship with a man who was arrested for assault on me," says Cline.

Within days of his arrest, she was homeless and without a network of support from family or friends.

"I was ashamed of the situation I'd put myself in. My caseworker and the support staff at the shelter made me feel loved and valued, even though I couldn't see it," added Cline.

The Good Sam emergency shelter for women in Ephrata has 9 bedrooms, some rooms are for mothers with children, some are for single women. There is a similar facility for men in Phoenixville, Chester County. Each participant joins a sixty-day program that is designed to help them get ready to move out of the shelter and into affordable housing.

The participants meet with their caseworker regularly during their stay at the shelter. The caseworker assists them in searching for jobs, applying for food and medical assistance, finding transportation and saving money for a security deposit on a home of their own.

As part of their residential housing program, Good Sam provides references for people coming out of the emergency shelter. They also have a network of area real estate and rental agencies that can help to place participants ready to leave the shelter in affordable housing.



Good Sam also offers housing support services that focus on financial stability by offering counseling on personal development, household budgeting and utilities.

For Cline, timing was everything in the last few years.

“I believe it was God showing me the way,” says Cline.

When she completed her time in the emergency shelter, a House Manager position became available at the shelter. It was an opportunity to live and work in the place that had helped her to find her feet while helping other women in that position.

In October of 2020, Cline moved into an apartment of her own. A two-bedroom place, large enough for both her and her son, who is now 2 years old.

Today, Cline is still employed by Good Samaritan Services, but in a different role. She is a Program Coordinator and Shelter Resource Coordinator.

“I work 3 jobs to make ends meet, but this is the most rewarding one.” says Cline.

Her job at Good Sam allows her to show the same love and kindness to women that were shown to her when she came to the shelter years before.

“I completely believe in this program. I found healing and peace here. They walked beside me until I could walk on my own.”

**RECOGNIZING MEMBERS OF OUR
COMMUNITY WHO ARE IN NEED**

REACTING WITH COMPASSION

RESPONDING WITH GENEROSITY



GOODSAMSERVICES.ORG

BY HOPE BROCIUS

Your roof, siding, and gutters all have an important job to do. They are your first line of defense against the elements and critical to the overall integrity of your home. However, the weather is your home's most powerful nemesis. From snowstorms to high winds to hail, storms can be incredibly damaging to the exterior of your home.

What weather events cause the most storm damage to your home exterior?

HAILSTORMS

Hailstorms usually leave behind evidence of their wrath. We have all seen broken windows, dented car hoods, cracked siding, mashed plants and even some missing roofing shingles.

However, there could be some more subtle signs when it comes to your roof.

Regardless of the roofing material you use, hail can create small fractures in the shingle and weaken the roof as a whole. Over time, this can lead to larger cracks and tears. In addition, depending on the size of the hail and the intensity of the storm, sections of your roof could have been weakened during the madness. Think about it. Your roof just got pummeled over and over again by ice balls.

How can you catch this before it turns into a problem? Make sure that whatever roofing material you have chosen for your home is strong and durable and always call for a professional assessment following a hailstorm. Assessments are free and will give you peace of mind.

WINDSTORMS

When your roof goes through a windstorm or high winds in general, it can loosen the tiny granules on shingles that help keep water out. These granules can wash into gutters, causing them to clog, back up or overflow. In addition, your roof could straight up be missing some shingles. Missing shingles most definitely leaves your roof vulnerable to the elements.

High winds can also lift and loosen siding panels, disrupting the tongue-and-groove system that makes them watertight. It can also remove sections of siding completely, also leaving your home vulnerable to the elements.

Debris – such as seeds, branches and leaves – blown around in windstorms can hit your siding, leaving cracks. It can also land in gutters, causing them to clog or overflow, causing poor water drainage.

What should you do? Inspect your home and if you see any areas of concern contact a local expert for a more in-depth assessment of damages.

**HOW STORMS CAN DAMAGE
YOUR HOME EXTERIOR**



RAINSTORMS AND THUNDERSTORMS

This one seems pretty obvious but needs to be included. Rain is water, and water is wet. Your roof is regularly exposed to these kinds of conditions and after a while, it can certainly take its toll—especially if any other weather event like wind or hail is mixed in there.

What's our advice? Again, check out your home's exterior after any major storm. Have you noticed any mold or fungus inside your home or on your roof? Are your heating and cooling costs really high? This could be a sign of damage that requires immediate attention.

SNOWSTORMS

The most common issue when dealing with snowy roofs are ice dams. An ice dam is a ridge of ice that forms at the edge of a roof and prevents melting snow (water) from draining off the roof. The water that backs up behind the dam can leak into a home and cause damage to walls, ceilings, insulation and other areas.

What can you do? Make sure that your roof has proper ventilation and an ice and water barrier is installed along all eaves of your roof. This is a waterproof underlayment membrane developed to protect vulnerable areas on a roof from ice and water damage.

THE BOTTOM LINE

Weather and storms take a damaging toll on your roof, gutters and siding. Stay on top of potential storms and severe weather in your area by keeping an eye on local meteorology reports or using resources such as The National Weather Service. But most importantly, make sure that you're getting your home's exterior inspected after major storms and get the necessary replacements done as soon as possible.

Unsure if your home sustained damage from a storm? Let Greenawalt help! Schedule your free assessment with one of our Storm Damage experts.

What to Do If You Suspect Storm Damage

✓ STEP 1: BEFORE YOU FILE A CLAIM

If you think your roof or property has been damaged by a storm, contact a reputable company, like Greenawalt, to come out and provide a free assessment.

✓ STEP 2: MEET WITH YOUR CONTRACTOR

Schedule the assessment before a claim is filed. The damage may not be as great as you think. If it is less than, or close to, your insurance deductible, filing a claim may not be in your best interest.

✓ STEP 3: FILE YOUR INSURANCE CLAIM

If the contractor's findings warrant filing a claim, do so now. Your insurance company will most likely schedule an adjuster to inspect your home to approve and process your claim.

✓ STEP 4: MEET WITH YOUR ADJUSTER

Insurance adjusters have a home inspection checklist they will follow when determining the damage done to your home. Schedule a time when your contractor can also attend this inspection. Greenawalt's storm team members can be your advocates during the insurance inspection.

✓ STEP 5: CLAIM APPROVAL

Once your claim is approved, go over the details of the insurance coverage. The representative at Greenawalt can help you understand everything the insurance company is covering, and make sure they are including both Code and Manufacturer required items to get your home back to its pre-storm condition

✓ STEP 6: TIME FOR YOUR PROJECT TO BEGIN

When you have received the answers to your questions, sign the contract with Greenawalt and get your replacement work scheduled.

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(NOT YOUR) Grandma's Wallpaper

THE REVIVAL THAT IS RE-ESTABLISHING WALLPAPER'S RELEVANCE IN INTERIOR DESIGN

BY KATINA KAUFFMAN | PHOTOS BY VINNY TENNIS & QUINN STALEY

For the longest time, any mention of “wallpaper” conjured images of cracking seams, yellowing corners, and dated florals. However, with the help of some celebrity designers and a little reinvention, wallpaper has made its way back into the limelight. Today’s trend offers home décor enthusiasts a wider variety of styles, better price points and easier application. As a result, everyone from college students to retirees is experimenting with this classic decorating technique to liven up their spaces. If you haven’t considered wallpaper since the 1960s or you’re new to this concept altogether, now is the time to give it a go. Here’s everything you need to know about using wallpaper and choosing the perfect print for your space.

CHOOSING A PRINT

From impressionistic murals and abstract line drawings to maximalist prints and funky florals, there’s no shortage of wallpaper options to choose from. Try to keep an open mind as you flip through samples and consider patterns that fall outside your comfort zone. Having a color scheme in mind can be helpful as you browse. Think about whether or not you want your selection to complement or contrast your space. A contrasting wallpaper will bring drama and excitement to a room, while a complementary print can help a confused space feel more cohesive. Ready to find the perfect look for your home? Check out these wallpaper prints provided by AK Interiors to inspire your next project!

1. **CORK & WOOD**
Philip Jefferies - Yacht Club
(natural & textured)
2. **GRASS WALLPAPER**
Stout - Piedmont
3. **PAPER WEAVE**
Anna French - Vero, Metallic Gold
4. **BOTANICAL**
Scalamandre - Shantung Garden
5. **THIBAUT**
Turini Dots
6. **THIBAUT**
Pattern T
7. **GRASSCLOTH**
Thibaut - Provincial Weave, Spring Garden
8. **THIBAUT**
Tanzania, Black on Cream





WHAT'S YOUR APPLICATION TYPE?

Consider which application style best suits your needs by evaluating your current living situation and long-term desires for your space. Are you a homeowner with full control over your interior decisions, or are you a renter who will need to strip the walls at the end of your lease? Are you someone who tires quickly of the same look, or are you confident your style choices will keep you content for years to come? Allow this line of questioning to guide your decision-making as you evaluate which of these three wallpaper application methods makes the most sense for you:

DRY-BACK WALLPAPER

Ideal for homeowners, this style requires the use of a separate adhesive and is perfect for people who are looking for a permanent, long-term look with high durability.

PRE-PASTED WALLPAPER

Ideal for homeowners or renters, this paper is lined on the back with an adhesive that is

activated by water. Pre-pasted wallpaper is removable with water.

PEEL & STICK WALLPAPER

Ideal for renters or people who aren't ready to commit to a long-term look, this type of paper is, functionally speaking, a giant sticker that can be easily applied or removed with relatively minimal effort.

MODERN USES FOR AN OLD-FASHIONED TREND

KITCHEN

In the kitchen, you could apply wallpaper to your backsplash as an alternative to the standard tile. This has become a popular option for homeowners because it's affordable and easy. There are countless patterns that replicate the look of textured stone or tile if you prefer a more traditional look. Alternatively, you could make your backsplash stand out as the focal point by going with something bolder and whimsical, like a bright yellow lemon print.

STAIR RISERS

The vertical backing of your steps, also known as a stair riser, is an ideal location to add a print with some pizzazz. Not only will wallpaper give your overall space a more sophisticated look, it will also hide the patina of scuffs and scratches that have developed over time. Ready to give it a go in your own home? Consider choosing a print with a tight pattern so that the entire design is visible within the small coverage area of a stair riser.

CABINETS & BOOKCASES

Have you been debating over what color to paint your built-in cabinets? Wallpaper could be the answer you've been searching for. Adding a pattern or print to your cabinet backing and painting the shelves and surround a coordinating color can be a stunning combination. Options like textured grasscloth and woven patterns can add warmth and pair well with a sophisticated space. If you want to make your built-ins or cabinet a statement piece, non-traditional patterns and bold colors will give you the wow factor you're looking for.

CEILINGS

Strong arms required! There is no better conversation starter than a wallpapered ceiling. When choosing a pattern, consider the viewing perspective and ceiling height. For example, an animal-themed tiger pattern might be perfect for your safari-themed dining room. However, if you were to put that same animal print on your bedroom ceiling, you could find yourself stuck in a safari-themed nightmare.

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Til decor do us part

HOW COUPLES CAN DECORATE TOGETHER

Jon and Michelle Chronister moved into a new house this summer, but that doesn't mean they won't be keeping some of their favorite design elements from their previous home, many of them courtesy of interior designer Kathy Shenk.

One such feature they plan to reuse is a display wall of old golf clubs, a nod to Jon's passion for golf. Michelle is on board with

golf décor, and, for his part, Jon has learned to appreciate the floral pictures that she likes.

"The one thing Michelle and I do is we know what the other person may like and are willing to go outside our likes to incorporate what the other person may like," Jon says. "I would never hang a flower picture, but they look very good. My styles have changed to meet a little bit of what

Michelle likes and, again, that's Kathy pushing us a little."

As owner of the interior design studio Interior Fancies, Shenk says the challenge of helping couples create beautiful and functional spaces that reflect both their voices requires more than just design know-how. It takes a little psychology, too.

"It's really listening to both partners and being their advocate so both feel like

they've won in the end," she says. "I can say in all my years of working with couples they've all come to a good end result. There's compromise with both parties throughout the process, but that's what marriage is all about."

While Sherk doesn't have a five-step program for bringing instant harmony to a couple's design project, she's discovered a few important lessons over the years:

BE PRESENT

She recalls a couple who hired her several years ago to redo the first floor of their new home, including all new furniture. The husband traveled a lot, so the wife made all the furniture selections. When she presented them to him, he didn't like any of them. From then on, Sherk insisted he come to all the meetings. "It is important that both the husband and wife be part of the process," she says. "The house is a reflection of the two of them, and no one should take a backseat."

MAKE A LIST

Sherk advises couples to write down their wants and goals. What are your must-haves and what are you willing to do without? Consider your lifestyle and the function of a particular space. If you're redoing a kitchen, do you cook a lot or do you order out all the time? Do you entertain in the kitchen or is it strictly functional? Whoever is going to use the space the most should have the greatest say in its design, Sherk says.

KNOW WHAT YOU LIKE - AND WHAT YOU DON'T

Couples who are unfamiliar with the home industry often have no idea what terms like "transitional" mean, let alone whether they prefer a track arm, English arm or

sock arm sofa. Sherk has visual cues that can help couples give a thumbs-up or thumbs-down to things like sleek lines or metallic finishes.

"Sometimes the best answer is a no," Sherk says. "They are unsure of how to tell me what they do like, but they can tell me what they don't."

The Chronisters say, given an infinite number of choices, they would have trouble making a decision. They appreciate that Sherk narrows down their options while also pushing them a little outside their comfort zone.

Other clients agree. One couple enlisted Sherk for a major renovation of their main level that included removing walls and redesigning their kitchen and master suite.

"We were hesitant to redesign at the capacity we did, and Kathy saw opportunities we did not," they say. "In the end, the house turned out much better than what we would have accomplished. One of the reasons we use Kathy is to help move us in directions outside our normal comfort zone. We prefer the choices she makes."

MAKE THEM BOTH HAPPY

Not all couples are like the Chronisters, who say their tastes have grown more similar over their years of marriage.

Sherk says she spends a lot of time asking couples questions and reading their responses. It helps her to see who is the most vocal and visual, and who is the decision-maker. An important part of her job, she says, is listening to the person who is least vocal in a relationship and making sure their voice is heard. The home, after all, belongs to both.

"I want them both to enjoy it and feel like it's a reflection of who they are," she says.

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The Perfect Holiday Gift:

BETTER SLEEP

BY CAROLINE BEOHM

With the holiday season in full swing, it's time to start brainstorming all the best gift ideas for you and your partner. One of the greatest gifts to give? A peaceful night's sleep.

We've all been there—sleepless nights because of your sleep partner's snoring, tossing and turning, or an old mattress that is suited to their needs, not yours. Any good relationship is built on compromise, but the last thing you should do is compromise your beauty rest.

Many people struggle sharing a bed with their partner—and rightfully so! It's hard to find a mattress that can satisfy both people's needs and wants, and a new mattress is a big decision! That's why finally splurging on that new mattress is the perfect gift for this holiday season.

Less Snore, More Cuddle™ mattresses are sleep systems designed so you can adjust the side of your bed to your own desired “ooh and aah” sleep position, and your sleeping

partner can do the same—together. Less Snore, More Cuddle mattresses allow for the head and foot to be adjusted freely, while keeping the cuddle zone between you and your partner.

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Don't need a new mattress, but desire a better place to unwind and de-stress? Look no further than a brand new massage chair for your special someone this holiday season.





Massage chairs have been shown to have both physical and mental benefits from daily use. Research shows that massage reduces stress on physical and psychological levels by lowering heart rate, blood pressure, cortisol levels, and insulin levels. Serotonin and dopamine are released, helping the body overcome chronic or acute stress.

The use of massage chairs can also improve your mood, aid in sleep quality, improve cardiovascular health, and manage lower back pain. Taking a moment out of your day to sit in a massage chair can also lessen headaches, spark creativity, and improve circulation. After a busy holiday season, a massage chair can be just what your partner is looking for to unwind and relax when all the hustle and bustle dies down.

Whenever you're finally ready to make that big holiday purchase for your partner, come down to Gardner's Mattress & More to consult our local sleep experts. At Gardner's Mattresses & More, we've been helping people get a better night's sleep for over 30 years, and we've been voted a Readers's Choice Favorite for the past 12 years.



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Making History

Meet some of the
craftspeople who
bring the past to life
at Landis Valley

BY MARY ELLEN WRIGHT
PHOTOGRAPHY BY ANDREW ALBRIGHT

Landis Valley Village and Farm Museum may have started as a collection of tools and other artifacts related to the Pennsylvania German heritage of George and Henry Landis.

But it has grown into the living history site it is because of the people who work and volunteer at the museum.

As Landis Valley reawakens after its long shutdown because of the COVID-19 pandemic, it's the people demonstrating historical crafts and trades who breathe life into the Manheim Township site. They help visitors understand on a visceral level what life was like in a rural village in the 18th and 19th centuries.

Some are volunteers, some work for Landis Valley Associates — the educational programming organization at the site — and others are independent contractors.

We talked to four of those who do demonstrations and educational programs for visitors.

You may encounter them at Landis Valley's annual Harvest Days, a celebration of rural village life in the fall. It's set for Oct. 9 and 10. (See landisvalleymuseum.org for information).

Mike Seachrist

About 10 years ago, Mike Seachrist of Landisville approached Landis Valley's administration and asked whether he could learn to be an on-site blacksmith.

"I'm very grateful, in the very beginning, that I was allowed to come in and work alongside the blacksmiths to learn blacksmithing," Seachrist says.

"For me, being able to talk to people about the history of blacksmithing and the history of the iron ore here in Lancaster is a big part of it," he says. "The other part of it is I can demonstrate. I can hammer and produce things while people watch, and that's fun for me, too."

A retiree from BAE Systems in York, where he did design, drafting and engineering work, Seachrist functions as an independent contractor in Landis Valley's historic blacksmith building, which was moved to the site from Gettysburg.

Seachrist dons his leather apron, heats up the coal-fired forge to 1,300 to 1,500 degrees and keeps the fire going all day. Using low-carbon steel — it's too hard to get wrought iron like in the old days — he might fashion anything from a nail to a trivet.

"Heat is your friend," he says. "You have to get (the metal) up to that yellow-orange color so it will bend. ... It's hard work."

"I like studying history and reading about history," Seachrist, an alumnus of Conestoga Valley High School, says. "But I also like the craft of blacksmithing ... and how important it was during the Revolutionary War times and then ... in the Civil War, and just for people who were settling. They needed things that the blacksmith could make — utensils to cook with, chains used by farmers, hinges for their buildings, different kinds of tools."

When he's not blacksmithing, Seachrist, 67, enjoys spending time with his wife, Patti, and their two grown daughters, Keri and Beth, and also refurbishing a 1980 Jeep.

And he keeps in touch with his mentor. Seachrist says he goes once a week to the Brownstown blacksmith shop of Rod Spotts, one of the former Landis Valley blacksmiths who taught him the trade, "and we hammer together."

A woman with short, curly grey hair and glasses, wearing a white bonnet and a light-colored apron over a plaid dress, smiles while holding a large woven basket filled with raw flax. She is standing in front of a rustic wooden wall.

Deb Haldeman

"My grandfather loved history," Deb Haldeman says. "Every time I walked into his house he would quiz me on some type or time of history. Some kids might have been turned off by that, but I just ate it up."

About 15 years ago, having home-schooled her three children and taught English and history for a home-school group, Haldeman saw an ad in the paper for a job at Landis Valley.

"I always took my children to places like this," Haldeman says. "This just seemed like an ideal job."

She was hired by Landis Valley Associates to be a children's workshop leader, teaching hands-on activities to young visitors — from sewing to fire-starting to learning about life in a one-room schoolhouse.

She enjoys the variety of working in different buildings each day. About once a week, you'll find Haldeman in Landis Valley's Textile Barn, which is filled with spinning wheels, looms and other equipment.

She demonstrates how flax would have become thread to be sent to the local weaver to be made into cloth. She shows visitors how the fibers must be beaten into submission, put through a large metal comb and then twisted and spun into thread on a pedal-operated spinning wheel.

She says young visitors are shocked to find out that it took a quarter-acre of flax to make one garment, that each person's garment had to last them a year and that they wore the same clothes to bed as they did during the day.

Young visitors "have no concept that (in the 1700s) children worked from sunup to sundown, and only had a chance to play, with their parents' permission, on Sunday afternoon," Haldeman says.

Outside of Landis Valley, Haldeman loves to garden, read and do Scherenschnitte (creating art by intricately cutting paper), which she learned at Landis Valley.

Haldeman, 63, grew up in Manheim and still lives there with her husband, Larry. Her three children, Shelly, Andy and Dan, grew up going to Landis Valley camps, and now the Haldemans' grandchildren do, too.

A woman, Kathy Ledzinski, is the central figure. She is wearing a white bonnet and a white apron over a light-colored shirt. She is smiling and holding a large, golden-brown ring-shaped cake on a dark wooden plate. The background is dark and rustic, with some wooden structures visible. The lighting is warm, highlighting her face and the cake.

Kathy Ledzinski

A lifetime of being involved in Girl Scouts brought Kathy Ledzinski to Landis Valley as a volunteer about five years ago. Now, she demonstrates historical baking in a squirrel-tail oven at Landis Valley's 1700s log farmhouse, and hearth cooking in the museum's tavern building.

"My experience with campfire cooking was with Girl Scouts," Ledzinski says. She had been a Girl Scout leader for 25 years. She has volunteered for many years at the early-19th-century Foxfire House at Lancaster County's Girl Scout Camp Furnace Hills.

"At Foxfire House, we do a living history Pennsylvania German program for girls," Ledzinski says. She says she kept running into a fellow leader who also worked at Landis Valley, and who encouraged her to volunteer at the museum.

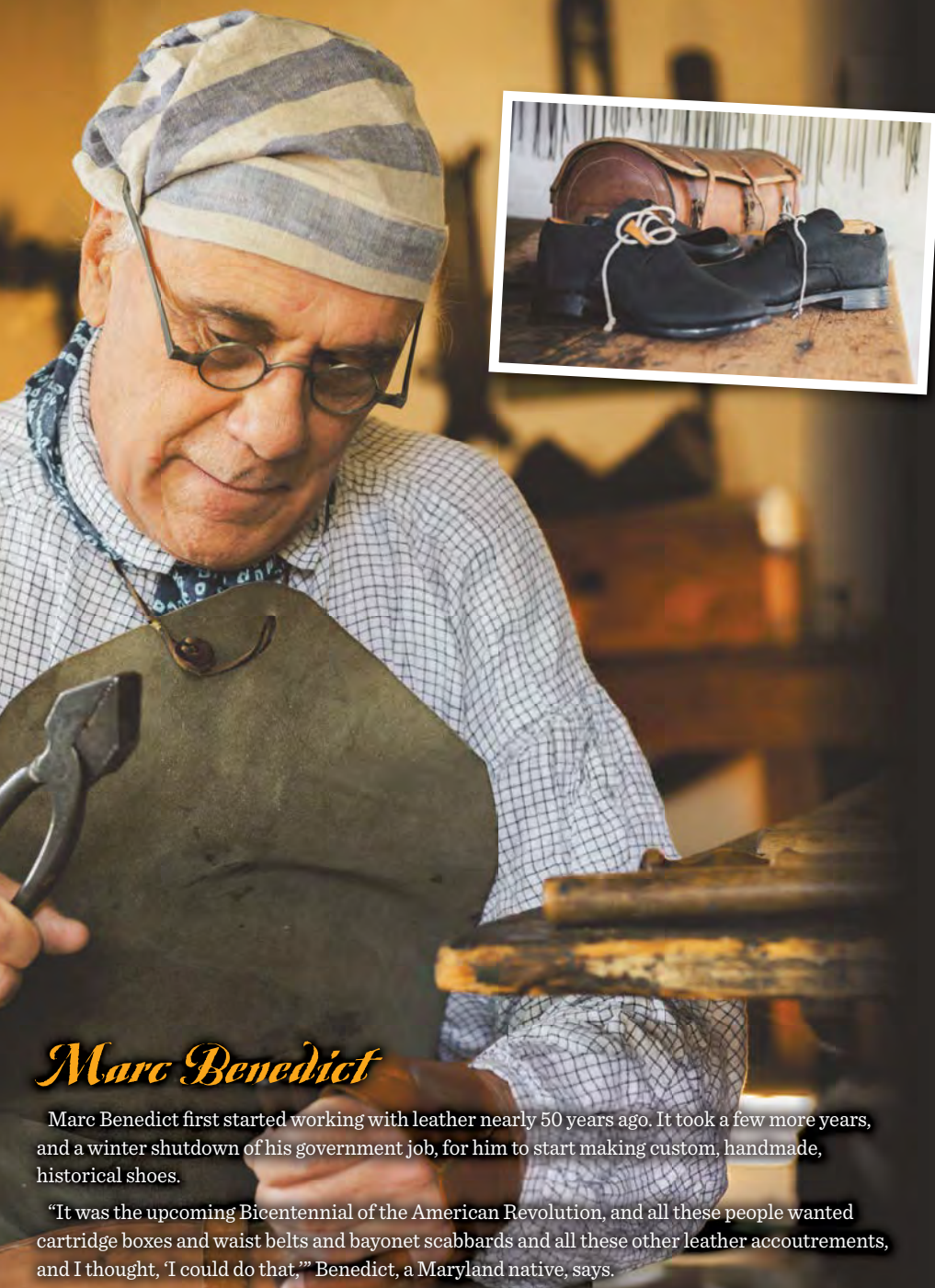
On any given day, Ledzinski might be making soup or baking a peach pie over the fire in the tavern's massive hearth, or baking bread or a bishop's cake in a squirrel-tail oven — an oven in which the flue curls around the dome of the oven like a tail — and explaining all of it to visitors.

Ledzinski, 69, of Neffsville, retired from Pequea Valley High School, where she was a math teacher. She enjoys reading and knitting, and makes blankets and scarves for organizations that distribute them to those in need.

Having grown up in Delaware County, Ledzinski worked as a costumed tour guide — during high school and college — at the former Man Full of Trouble Tavern historic site in Philadelphia. She came to Millersville University to get her teaching degree and never left the area.

Ledzinski says she's more interested in the colonial lifestyle and culture than the wars or the battles: "What did they wear, what did they eat, how did they cope with life?"

"I've always thought it would be fun to do this," Ledzinski says of volunteering at Landis Valley. "When we go to Williamsburg, my husband (Walt) has a hard time getting me out of the Palace Kitchen, or any of the kitchens. Now, I really am one of those ladies that I've always enjoyed watching. I'm really doing it."



Marc Benedict

Marc Benedict first started working with leather nearly 50 years ago. It took a few more years, and a winter shutdown of his government job, for him to start making custom, handmade, historical shoes.

"It was the upcoming Bicentennial of the American Revolution, and all these people wanted cartridge boxes and waist belts and bayonet scabbards and all these other leather accoutrements, and I thought, 'I could do that,'" Benedict, a Maryland native, says.

Around 1972, "I had apprenticed for a short time with a man whose goal, literally, was to put himself through college on his leather work," Benedict says. "He was very open with his patterns, his sources, his knowledge. Shoes didn't come into it until about 1985. ... I was a state employee at the time, and the governor declared a winter closure emergency. I'm stuck (at home) for who knows how many days; now would be a perfect time to try to make a shoe."

For the past 15 years, Benedict has demonstrated his leather work — making mostly shoes — a few days a month as an independent contractor in the leather worker's shop building at Landis Valley.

When he was taking on leather work as a hobby, Benedict, now 70, of Terre Hill, was also training to be a museum interpreter. He was among the first group of park rangers trained when Valley Forge became a national park. He also gave hundreds of tours of Independence Hall and other buildings in Philadelphia.

These days, he's semi-retired, making shoes for custom orders and explaining his craft at the museum. He says he's not interested in making a bunch of shoes of different sizes to sell at a craft fair. He makes one pair of shoes at a time, when someone learns about his skill by word of mouth, and is willing to wait for a handmade historical pair of shoes — perhaps with laces, perhaps with buckles.

"If I advertised, I'd be overwhelmed," he says. "This is just earning pocket money back from a hobby."

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Energy efficiency means you save on your utility bill, obviously, but it also means a more comfortable home on top of minimizing your environmental impact. Energystar.gov has compiled a list of the most energy efficient windows on the market, including 8 offerings from Marvin®, the industry-leader of energy saving technologies.



Home Improvement Projects Perfect For Fall

Beach vacations have come to an end, school's back in session (even if you may still be on the homeschooling or virtual track), and temps are cooling. As the seasons change renovations may not be top-of-mind, but for certain projects this is actually the best time of year to undergo

home improvements. And when you think about choosing the quickest ways to upgrade your home with the highest return, replacement windows are on the list. So, what makes fall a great time of year for new windows to be installed in your home?

1 Weather conditions are accommodating. Not only is it milder, meaning you won't expose the interior of your home to the extreme heats of summer, thunderstorms are much less likely in the fall than spring.

2 Thanksgiving, Christmas and New Year's celebrations. Are you planning one? New windows might be part of getting your home holiday ready by creating a comfortable space that you'll want to show off.

3 Of course a clean, beautiful new look and ease of opening/closing a replacement window is appealing, but energy efficiency is the motivation for many homeowners and winter can be a brutal time of year if your home is drafty. Tackling this upgrade during the fall can save you from another year of taping up old windows or avoiding certain rooms in your home because of brisk air that creeps inside.

4 Exterior contractors and whole-home remodeling companies are typically busiest in the spring and summer. With many still playing catch up from 2020's delays, this year's warm season was busier than ever for many professionals. As demand typically slows later in the year, you're likely to find more flexible scheduling and possibly even more favorable labor prices in the fall than during peak season.

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BY MARY LORSON VERGENES

Fulton veteran Kate Fahrner is not the only Alison on stage in The Fulton's production of *Fun Home*. She plays Adult Alison, alongside Abigail Isom as Medium Alison, and Lillian Philbrook as Young Alison.

"I really love the finale of this show, where all three Alisons sing together," Fahrner says. "After taking the audience through the journey of figuring things out from each Alison's perspective, and being apart in a way, the three Alison's all sing together in real joy. It's a release of emotions. It's a complicated joy."

Fun Home's journey to the main stage at Fulton was also a complicated joy. "After closing *Kinky Boots* and going dark for 18 months during the pandemic, *Fun Home* is the perfect show for the start of this season," Fahrner explains. "It's a smaller set and a cast of just nine people, so there is less financial risk if we have to shut down because of an outbreak. But these possibilities also presented us with an amazing opportunity," she emphasizes. "*Fun Home* is meant to expand our minds and our thoughts. It would have been too risky to start the season with such a ground-breaking show in another era. But not now."

Fahrner was in *Kinky Boots* at The Fulton when the pandemic hit. "But here I am, again," she laughs. "18 months later, I'm back at the place where I was when it all shut down. I'm lucky. The Fulton is one of my favorite places. Sometimes I look out into the audience and think, 'I can't believe this is finally happening.'"

"The cast and crew all keep talking about getting back to normal," Fahrner continues. "I don't think there is a back to normal anymore. But there is a back to now. We're creating a new, safe world. The cast and the crew get COVID tests at the end of every week. All of the cast over age 12 is vaccinated. And while we're able to perform without masks, everybody backstage has a mask on."

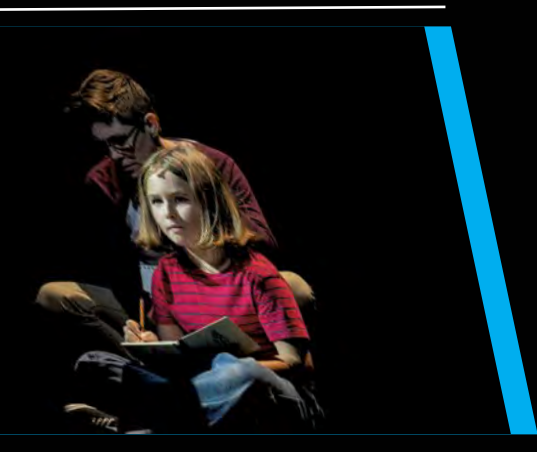
"Alison wants to write a book on her father, a closeted homosexual who committed suicide. She wants to understand why they were so similar yet so different." — Kate Fahrner



FUN HOME

IS FULL OF COMPLICATED JOY

— ADVERTISING FEATURE —



At its heart, *Fun Home* is an emotional musical that reminds the audience that although we're all different, in many ways, we are all the same. Fahrner says, "People think that because there is a gay protagonist, it will be shiny and sequined like *Kinky Boots*. But this musical isn't full of tap shoes and big dance numbers.

"Alison wants to write a book on her father, a closeted homosexual who committed suicide. She wants to understand why they were so similar yet so different," Fahrner continues. "As adults, at some point, we begin to see our parents as people, existing in their own circumstances, not just revolving around the children. And that shift in perspective changes everything. That's what *Fun Home* is about."

Fun Home is an autobiographical Broadway show based on a graphic novel by cartoonist and Pennsylvania native Alison Bechdel. The musical adaptation won many awards, including the 2015 Tony for Best Musical, and was a finalist for the 2014 Pulitzer Prize for Drama. "It's such a privilege to play Alison," Fahrner emphasizes. "It's an important role – a breakthrough role on Broadway. We all have hard family relationships that we have to work through. And we don't always get to do that in musical theatre where it's usually about singing and dancing and making people feel really happy. But it's just a dream to play Alison and to join everyone back at The Fulton and use our brains and have these amazing conversations and be able to dig in on this stuff. I have missed that for the last 18 months. And I just feel so lucky to be here, now, doing this play."

artsy, eclectic: **NEW HOPE, PA**

BY ANDREW & WENDY ALBRIGHT
PHOTOGRAPHY BY ANDREW ALBRIGHT

If you're looking for a mix of history and art, nature and nightlife, then the charming town of New Hope, PA should be on your bucket list.

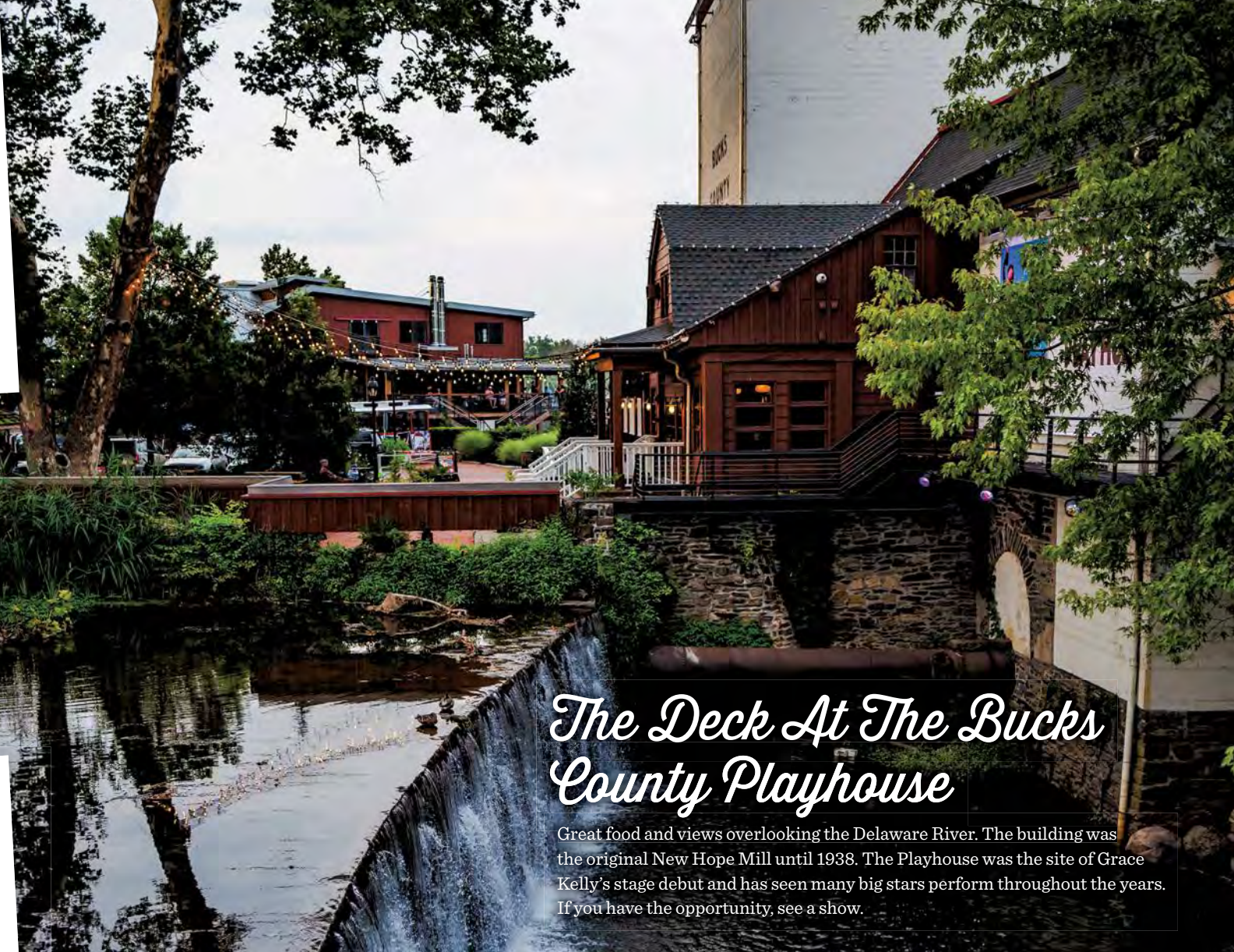
Originally known as Coryell's Ferry after the owner of the Delaware River ferry business based there, New Hope houses more than 200 years of American history and is just a two-hour drive from Lancaster.

The community of Coryell's Ferry grew up around a mill owned by Robert Heath, who bought the land from William Penn's brother-in-law. Coryell's Ferry had a notable role in the Revolutionary War - in June 1778, the Continental Army crossed the Delaware River there, and Gen. George Washington traveled through the town on four different occasions.

The current name of New Hope dates to 1790. The town sits along the banks of the Delaware River, but the Delaware Canal - which stretches 60 miles from Easton to Bristol - also runs through the heart of New Hope. You can walk, run, or bike along this unique waterway.

Eclectic shops, restaurants, museums, and entertainment venues are waiting for you. We visited on a sweltering Thursday in August and enjoyed every single minute. We'd love to go back and visit in October and stay overnight, as the town comes alive after dark. Here we feature some of the highlighted must-sees for a day trip (or an overnigher). Cheers!





The Deck At The Bucks County Playhouse

Great food and views overlooking the Delaware River. The building was the original New Hope Mill until 1938. The Playhouse was the site of Grace Kelly's stage debut and has seen many big stars perform throughout the years. If you have the opportunity, see a show.



Van Sandt Covered Bridge

This covered bridge was built in 1875 just south of New Hope, near Washington Crossing Historic Park. There are rumors that Van Sandt's bridge may be haunted. There are local stories of people who have been hung from the bridge, and a young woman purportedly killed her child and then herself at the site. Let's just say we'd only drive through this bridge during the daylight hours.

Bowman's Hill Tower

This 125-foot-tall stone tower is located in Washington Crossing Historic Park in Bucks County. The tower was built on Bowman's Hill, which is on the Upper Makefield Township side of the border with Solebury Township. The tower was closed for repairs when we visited, but a previous visit rewarded us with spectacular views of Bucks County.





Bowman's Hill Wildflower Preserve

Consisting of a 134-acre nature preserve and a small museum, this attraction is located south of downtown New Hope. It is open daily from 10 a.m. to 4 p.m., except for major holidays. Tickets are available for purchase directly at the gate without a reservation for \$9 per person. There wasn't much blooming while we visited, but there were still trails to be explored with old growth trees and plants to enjoy. Visit in the springtime for the best experience.



New Hope Ferry Market

Located on Main Street in an immaculately renovated building, Ferry Market is a great place for a variety of food and gift options from 12 vendors. We tried Sciascia Confections and had French macarons and chocolates. The reverse Oreo macaron was to die for. Unionville Vineyards offers wine pairings with the local food vendors located within the market.



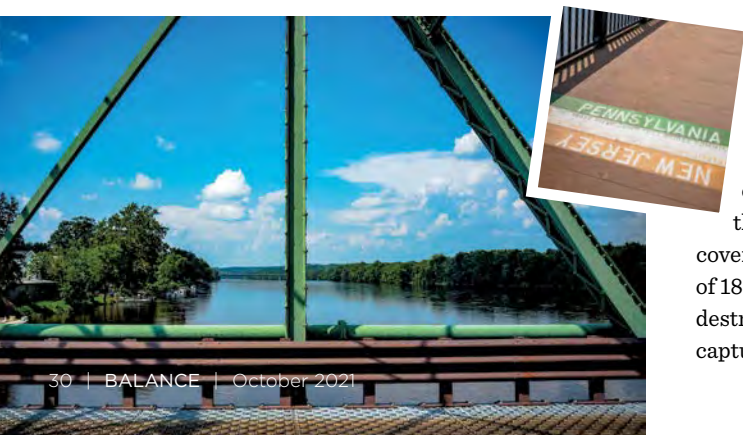
The Dubliner on the Delaware

The pub offers traditional Irish fare, American classics and a casual atmosphere. The bartender was friendly and we sat at a high-top listening to a local talk about the number of river rescues that happen on the Delaware adjacent to the town – so be safe if you plan to bring a boat. Food was delicious and we both had a pint of Guinness to wash it all down.



New Hope Railroad

The railroad, formerly known as the New Hope and Ivyland Railroad, is a shortline and heritage railroad. Today, the railroad operates both a 1925 Baldwin Steam locomotive and a historic diesel powered locomotive on a limited schedule, primarily on weekends. We didn't get a chance to ride the train on our visit, but it reminded us of the Strasburg Railroad.



New Hope-Lambertville Bridge

Constructed in 1904, the bridge connects New Hope to Lambertville, NJ. A pedestrian cantilevered walkway allows you to safely walk from one side to the other. At the halfway point, a designated marking shows the border between Pennsylvania and New Jersey. The original wooden covered bridge was built in 1814 and was severely damaged in the flood of 1841. A second wooden covered bridge was built in 1842 and was also destroyed in the flood of 1903. We trekked to the center of the bridge to capture the views and see the designated state marker.



Parry Mansion Museum

Built in 1784 by one of New Hope's founders, Benjamin Parry, the New Hope Historical Society's Parry Mansion has furnishings in 11 rooms reflecting 125 years of decorative change. Since they are open only on the weekends for tours, we couldn't enter the museum. But in October, they offer haunted history tours every Friday.



Logan Inn

The inn's owner and guests have reported sightings of spirits, with room number 6 being the most haunted. Women often report seeing a man standing behind them through the mirror in the bathroom. Built in 1722, the inn has almost 300 years of history – so there must be something hidden within its walls!



John & Peter's Place

A special dive bar with a heart. As the website says, "Making musical history since 1972". Musicians like blues rocker George Thorogood have been on stage here, as well as Norah Jones, Tiny Tim, and numerous others over the past 49 years. They offer live music seven days a week, 365 days a year. Have a pint, grab a bite to eat and look at the autographed history on display.



Love Saves the Day

A combination of vintage clothes, whimsical collections, modern styles and flea market finds. A treasure trove of unusual items – you just never know what you're going to find. Some of the items in the store might not be appropriate for younger viewers.

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Harold came to Furdunkin's veterinary clinic with a skin infection, a less-than-ideal home life and a caretaker who didn't have the will or the means to keep him. So, the staff found the purebred pit bull a new home with a loving family.

"Most people would have thrown that dog out. He wouldn't have gotten a chance. And now this dog is living its best life," says Kristy Bledsoe, co-owner of Furdunkin with her wife, Jennifer Hufnagle. "Those are the kinds of animals that end up at rescues. It's really just about finding the right fit with the right family."

There are millions of Harolds across the country in need of the right fit. October is Adopt a Shelter Dog Month, the perfect time to highlight the benefits of choosing a rescue animal and putting an end to puppy mills, Bledsoe says.

Many people mistakenly assume shelter dogs are broken animals with behavioral or genetic issues. Or they think a puppy

will be better for their children. However, most shelter animals are temperament tested and many are great with kids.

"Shelter animals give the best love out there," Bledsoe says. "They've been through more. Many have been abandoned or forfeited. They are eager to please. They just develop a special bond with those who adopt them, which is why they make such great pets."

They often make healthier pets, too, since many are mixed breeds that don't have the same risk of cancer and genetic disorders that come with breeding for a specific type of animal, she says. While there are reputable breeders, Lancaster County has many puppy mills that breed generations of animals with genetic issues, often in abusive environments where dogs spend their lives in 3-by-5 cages with the sole purpose of churning out one litter after another.



For those who have their heart set on a specific purebred dog, Bledsoe offers these tips to help ensure the breeder is reputable and not a puppy mill:

- **Ask the breeder to see the lineage for mother and father.**
- **Insist on your own inspection, and ask to see the animals' living conditions.**
- **Ask how many litters of puppies the female has had and how often she is bred.**
- **Ensure a licensed veterinarian has administered the age-appropriate vaccinations and given the puppy a thorough exam.**
- **Avoid puppy brokers – those online storefronts that typically get a cut of the sale for featuring a breeder on their website. They'll often have you make the purchase at a secondary location, so you never get to see the dog's actual living conditions.**

Even with the best of caution, puppy mill breeders will go out of their way to deceive buyers, Bledsoe says, offering one final tip: Skip the breeder and find that purebred pup at one of the many

breed-specific rescues across the country.

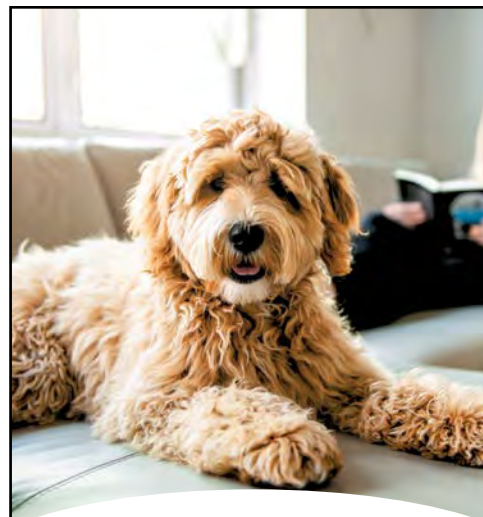
Stopping the abuse found at puppy mills has to be a collaborative effort, she says.

"Everybody plays a role in ending the puppy mill industry, from breeders to puppy mill brokers to the potential buyer of these pets to the veterinary industry," she says.

For its part, Furdunkin will not crop ears, dock tails, serve puppy mill breeders, do assisted reproductive therapy or offer any other services that would directly or indirectly aid the puppy mill industry. Instead, the practice works to find homes for dogs like Harold, while also aiding local rescues by offering hefty discounts and donating medicines. This month, Furdunkin will also launch Ridin' for Rescue, selling doggy ice cream and Nitro cold brew coffee from a custom vending bike known as the Icicle Tricycle.

Proceeds will benefit a variety of rescues, where future best friends are just waiting to be adopted, Bledsoe says.

"There are so many out there, the right fit is right around the corner."



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Don't have dental insurance?

Here's how you can get great dental care

BY SALLY REYNOLDS

For people who don't have dental insurance, the prospect of affording dental care can be daunting. Treatments to fix dental problems are expensive, which can mean that people avoid regular checkups because they don't want to know what problems might be lurking in their mouths.

And yet, forgoing dental care is not a good option. The pain caused by untreated cavities, abscesses, and gum disease can be debilitating. Severe mouth pain makes simple actions like speaking and eating into torment. Plus, regular dental checkups can catch dangerous issues, like mouth or tongue cancer, in the early stages when successful treatment is easier.

So how does someone without dental insurance afford regular dental care? Smilebuilderz has the answer through two programs: the Dental Discount Program (for individuals) and the Premium Dental Plan (for small businesses).

Smilebuilderz developed the Dental Discount Program because they found that many patients were challenged in finding access to excellent dental services at affordable prices. Such patients included families, seniors, and employees of small businesses. The Smilebuilderz Dental Discount Plan provided a simple and affordable solution to this problem.

Dental care for individuals and families

By paying a modest annual fee, patients are eligible for discounts ranging from 10% to 35 % on all dental services. There are no deductibles, no maximums, and no limitations. The membership prices range from \$99/year for an individual senior to \$159/year for a family.

This is a very different approach from traditional insurance. Why? Because traditional insurance is set up to benefit the insurer. Smilebuilderz' Dental Discount Program cuts out the insurance middleman and passes savings directly to the patient.

Patty Giron, Smilebuilderz' Patient Relations Specialist, says "I get a lot of calls from seniors who struggle to get care because they are no longer with an employer and Medicare can't be used everywhere." Giron says that Smilebuilderz has about 5,000 patients enrolled in the Dental Discount Program.

What does the Dental Discount Program include? Everything! That means exams, cleanings, x-rays, fillings, root canals, pediatric dentistry, orthodontics, and even cosmetic dentistry.



— Patty Giron

Dental care for small businesses

According to Cheryl Hendrickson of Detailing Technologies, insurance is an outrageous expense for small businesses, to the point of being unaffordable. For Detailing Technologies, Smilebuilderz' Premium Dental Plan has transformed dental care into a reasonable expense. The Premium Dental Plan includes free exams and free X-rays for employees, and a discount for any additional dental service. Hendrickson says that any employee who has used Smilebuilderz has been very thankful. "We've stuck with Smilebuilderz all these years because we feel they are the best. They have great workmanship and great service."

"We've stuck with Smilebuilderz all these years because we feel they are the best. They have great workmanship and great service."

— Cheryl Hendrickson



“The prices are really good and the discounts in the program help a lot. I’ve been able to get more regular cleanings than before having the program.”

— Harold Guzman



Harold Guzman, of Guzman Electric Services, has also been thrilled with Smilebuilderz’ Premium Dental Plan. Guzman says “The prices are really good and the discounts in the program help a lot. I’ve been able to get more regular cleanings than before having the program.” Plus, says Guzman “They have emergency dental service available six days a week, which is so helpful.”

Clearly, affordable dental care in Lancaster County was a problem that Smilebuilderz has solved. To find out more, give them a call at 717-481-7645, or visit them online at smilebuilderz.com. Your mouth will thank you!



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— ADVERTISING FEATURE —

Homemade

By Jed Reinert



HALLOWEEN



FROM THE '80S TO NOW, CHECK OUT THESE HANDCRAFTED COSTUMES

Ah, Halloween. Here at Team Balance, it's one of our favorite times of the year. There's crispness in the air, there's color in the leaves, there's pumpkin spice in the coffee – and, of course, there's trick-or-treating to be done.

The process of deciding on a costume and then showing it off to friends, family, neighbors and strangers – all with the reward of a big bag full of candy at the end of the night – is a tradition that unites the generations.

And while store-bought costumes are fine, there's something about a homemade costume that's extra special.

To celebrate the spooky season – and the DIY aesthetic – we looked through our personal photo albums and those of some friends to find homemade costumes from Halloweens past to share with you – and perhaps inspire you.

Happy Halloween!



KRYSTAL IS A LION, WITH A HAND-CUT PAPER MASK AND MANE. (LATE '80S)

spooky



HEIDI, GRETA AND ERICA ARE TWO PILGRIMS AND LITTLE RED RIDING HOOD. (1976)



KATIE IS WEARING A HOMEMADE WITCH COSTUME AND MAGGIE IS DRESSED AS A CHICKEN. (C. 1990)



CHRIS IS DRESSED AS MAC TONIGHT, THE McDONALD'S MASCOT OF THE '80S. THE PAPIER-MACHE HEAD IS PAIRED WITH A THRIFT-STORE SUIT. (1986)



JEFF IS DRACULA AND CHRIS AND KELLY ARE MUMMIES, WITH COSTUMES MADE FROM TORN-UP BED SHEETS. (EARLY '90S)



BRENT IS DRESSED AS A MIDDLE-AGED LADY, AND BRAD AND CARLA ARE CLOWNS. ALL COSTUMES WERE HANDMADE. (C. 1986)



TALLULAH IS A UNICORN, WITH BEDAZZLED BODY SUIT, FURRY LEGGINGS, A TULLE SKIRT AND TAIL (2017)



REESE IS A JELLYFISH, WITH A BRAIDED TULLE SKIRT AND DECORATED UMBRELLA, COMPLETE WITH LED LIGHTS. (2018)



KIRA IS DRESSED AS THE TOOTH FAIRY, TAKING A NIGHT OFF FROM HER DUTIES TO GO TRICK-OR-TREATING. (2011)



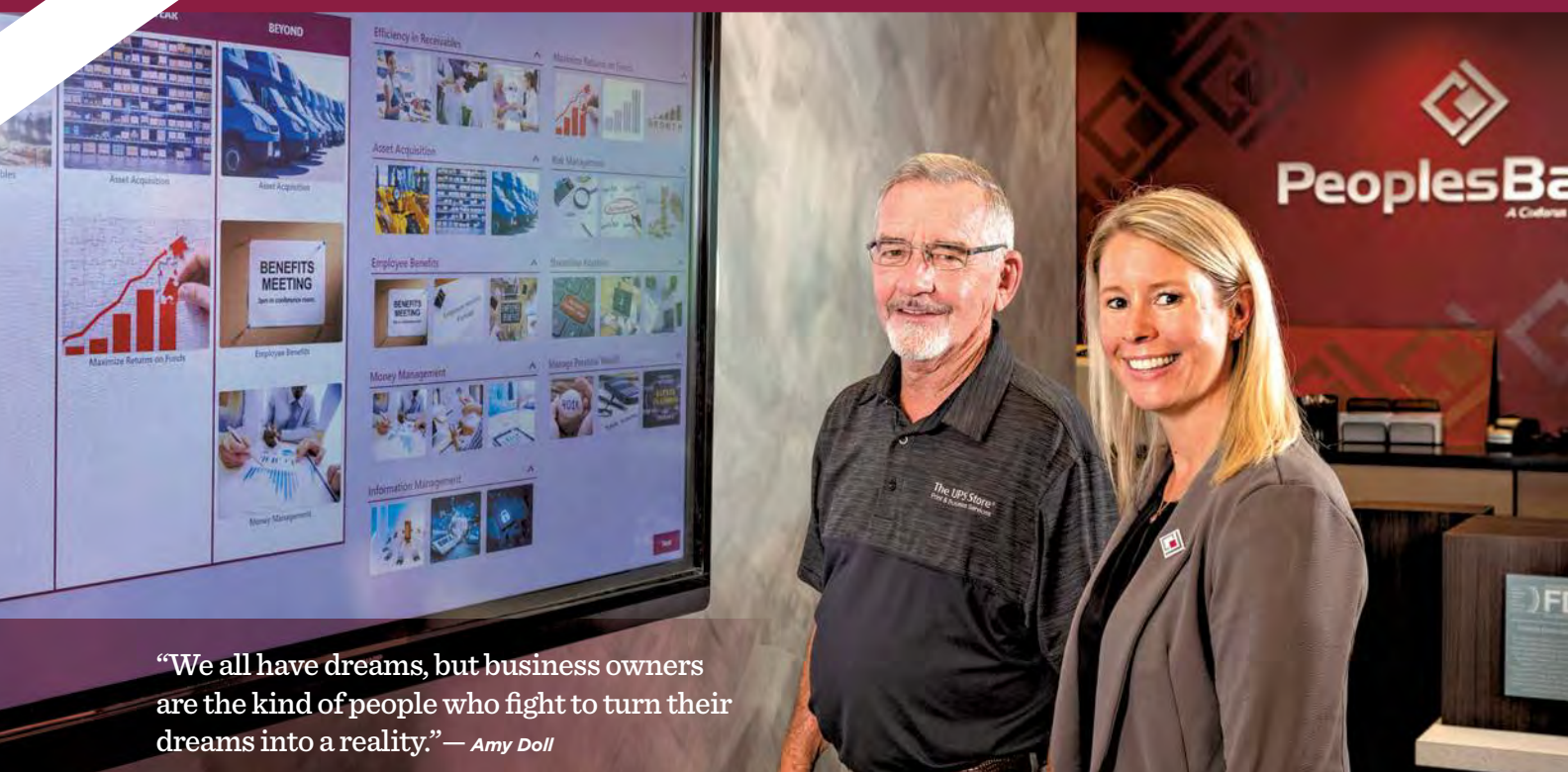
JASON IS DRESSED AS JAWS, WITH A FELT COSTUME WITH A MESH SCREEN INSIDE THE SHARK TEETH. (1985)

TRICK
or
TREAT



LINDSEY IS WEARING A KERMIT THE FROG COSTUME MADE OF FELT. (1988)

Turning Small Business Dreams into a Reality



“We all have dreams, but business owners are the kind of people who fight to turn their dreams into a reality.” — Amy Doll

Funding. Revenue. Expenses. There are countless terms a business owner tucks into their toolbox when they start their business — and so many of them have to do with money.

A healthy business has good cash flow, it can weather the ups and downs of accounts receivable, and it can project the months ahead to help make decisions.

But understanding all of that can be overwhelming for any business owner, whether they’ve opened their doors for the first time or they’re years into their journey.

“It’s important to us that we recognize the owners of businesses because we understand the passion, drive, and grit it takes to start and run a successful business,” says Amy Doll, SVP, Chief Commercial Banking and Lending Officer with PeoplesBank. “It’s not easy, but we are here to help them every step of the way.”

“We all have dreams, but business owners are the kind of people who fight to turn their dreams into a reality.”

Amy Doll, SVP, Chief Commercial Banking and Lending Officer

PeoplesBank believes that small businesses are the backbone of the community, and they are committed to helping them prosper. At PeoplesBank, your business is our business. We don’t just pay interest, we pay attention. We’ve been focused on supporting small businesses for over 155 years by building lifelong relationships and providing distinctive client experiences

“When small businesses thrive, they provide jobs, support families, and create opportunities for economic growth,” Doll says.

While PeoplesBank provides a range of services for businesses — term loans, lines of credit, merchant services, and more — they know that a successful business owner needs more than a brochure with a

list of services. They are excited to introduce the Vision Board Experience to their clients. In just a few minutes, the financial mentors at PeoplesBank will help define what is important to you.

“Entrepreneurs need a financial mentor, someone to be in their corner and help them navigate a brand-new world,” Doll says. “We all have dreams, but entrepreneurs are the kind of people who fight to turn their dream into a reality. And that’s our mission at PeoplesBank — to help our clients achieve their dreams and live confidently.”

Visit the PeoplesBank Financial Center at 2343 Oregon Pike or the Lancaster City Connections Center at 101 North Queen Street in Downtown Lancaster to complete your free Personal or Business Vision Board Experience today.





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CONESTOGA VIEW
MANDATED QUARTERLY
REPORTS, MEETINGS —
BUT FEW HAPPENED**

**PLAIN COMMUNITY IN
LANCASTER COUNTY
LARGELY ESCHEWING
COVID-19 VACCINE**

**WHO'S BEHIND
LANCASTER PATRIOT?
AN ALT-RIGHT
PODCASTER FROM TEXAS,
INVESTIGATION SHOWS**

***“Local journalism is
under assault.”***

— STEPHEN MEDVIC

WITF reporter Brett Sholtis spent the last year and a half shining a light on people with mental health issues and how their encounters with police and the judicial system often result in incarceration rather than necessary treatment.

That reporting included the story of a young woman with severe mental illness whose condition deteriorated as she sat in a Bucks County jail. As a result of the story, she was transferred to a state hospital.

That is just one example of how high-impact local journalism can help a community assess its problems and look at ways to solve them, says Scott Blanchard, senior editor of WITF news and StateImpact Pennsylvania, a collaborative reporting effort covering the state's energy economy.

"I think we know, and there have been studies that show us, how important it is to have strong, independent local journalism in communities," he says. "When that is present, civic participation increases, accountability of public officials and elected officials increases, and those are the kinds of things that are part of healthy communities."

Unfortunately, a growing number of communities across the United States are losing their source of independent local journalism. With the closing of some 1,800 newspapers since 2004, some two-thirds of American counties lack a local newspaper and many others have ghost newspapers that lack routine reporting on news such as local government meetings, leaving residents in the dark about proposed tax hikes or important policy issues.

The Lancaster County Local Journalism Fund, an initiative seeded with a \$500,000 contribution from the Steinman Foundation, is dedicated to ensuring Lancaster County does not suffer the same fate.

Begun last year in partnership with the Lancaster County Community Foundation, the fund has a mission of supporting, protecting and expanding independent local journalism by awarding grants to local organizations engaged in investigative and public interest journalism and media literacy.

The fund is administered by an independent board of managers composed of community leaders and journalists, says board member Susan Eckert, a former president of the United Way of Lancaster County.

The need to support local journalism is greater now than ever before, says board member Stephen Medvic, an F&M government professor who has taught a course on "Media and Politics" for the past quarter century.

"Local journalism is under assault," he says. "The kind of market pressures are such that we're really losing local journalism around the country, and it's a terrible loss."

"Lancaster is blessed to have LNP," says Bob Bee general manager of abc27. "There are counties all over the United States that don't have local journalists dedicated to serving that community, and that's just tragic."

Bee says numerous factors are challenging the health of local journalism, including the public's growing reliance on social media platforms, which often offer biased information without the rigorous fact-checking and regulations required of professional journalists, or the consequences for publishing falsehoods.

"It is important to help people recognize that there is something called fake news," Eckert says. "Outlets like social media have no journalistic standards to provide facts and accuracy. We really need to help people understand the difference between objective journalism and opinion."

A recent Pew Research study finds that Americans are far more trusting of their local news sources than of national news or social media. Add the fact that what happens in city, county and state government affects people's daily lives more than anything on the national level, Medvic says, and the health of local journalism becomes even more important.

"You have the big guys, the networks, the CNNs, but local journalism is what builds that local community," says Enelly Betancourt, a staff writer with LNP | LancasterOnline for 27 years and editor of LaVoz Lancaster, which focuses on the Hispanic community. "How else would people have conversations about affordable housing, or the rate of crime in the Lancaster County community or what's going on in our schools? A community that doesn't have that is a community that does not grow."

Sometimes that impact on our daily lives is very simple.

Through LaVoz, Betancourt has not only delivered the news, but also important information on basic topics such as housing and public health in a language most familiar to readers who are trying to adapt to a new life in a new country.

Sometimes, a simple call to a newspaper or TV station can have a big impact on just one life.

Kendra Nichols, an abc27 investigative reporter, recently reported on an area family whose above-ground pool collapsed, sending thousands of gallons of water into their basement. When their insurance company refused to cover the damage, they reached out to abc27 for help. After the station's investigation, the insurance company reversed its decision.

"Local journalists, on a day-to-day basis, help their local residents traverse the very complex waters of contracts and government, and that is a benefit," Bee says.

As much as the public benefits from local journalism, it can also play a role in enhancing it, Eckert says. The Local Journalism Fund board plans to create opportunities for people to share what they feel are important issues facing their communities. **The public can also donate to the Local Journalism Fund during this year's Extraordinary Give on Nov. 19 or by visiting lancfound.org/fund/localjournalism.**

Bee would add one more suggestion:

"Teach your children to read the paper, watch the news, learn about where they live every day," he says. "There's nothing more important for our democracy."

The fund is open to anyone involved in local journalism. To inquire about grant opportunities, email Lauren Frick at lfrick@steinmancommunications.com.



LancFound.org/fund/localjournalism



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Does your team need a... De-Motivational Speech?

We've all been to one: a motivational speech. Maybe it was by choice or maybe it was a required company meeting, but either way, most of us might venture to say they don't really work. It's not that the speakers aren't inspirational or that the content isn't relevant, but does listening to someone on a stage suddenly motivate you to change your life? Of course not. In spite of that, you'd be surprised how often I'm asked by prospects to give a speech to motivate their team into performing better.

While most workers strive to perform at their best, it's challenging to remain motivated when we aren't achieving our goals. Here are three steps to help you rethink your approach to motivation and get back on track when it comes to accomplishing your tasks.



#1 - Identify What Motivates You

Identify 5 things that **MOTIVATE** you (i.e. family, money, travel, charity). Then, determine your 'why' for each item. You may need to ask yourself 'why' multiple times, but this will help you get to the root of what truly matters. Once you have a list of motivators, place it where you'll see it every day to *maintain focus when things start spinning around you*.

#2 - Identify What Demotivates You

To understand how to stay motivated, we must identify and reduce or eliminate what demotivates us. Identify 5 things that **DEMOTIVATE** you (i.e. negativity, too much change, not being in control, making a mistake). Then, go through the same process of asking yourself 'why.' Not only do we need to know what drives us, but we also need to know what *gets in our way*.

#3 - Identify Your Action Steps

Identifying what demotivates us is only part of the solution. Next, we need to identify **specific and measurable actions** to reduce the demotivators. Take your list of demotivators and create at least 3 action steps to take for each one (i.e. say no, daily journaling, set clear expectations, ask better questions). Some items might have the same action step, and others you may need help to eliminate.

The need for motivation is real, but it doesn't come from a speech—it comes from within. If performance and motivation are an issue for you or your team, determine what's holding you back and do all that you can to eliminate those things.



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Vinyl Revival

BY MICKAYLA MILLER
PHOTOGRAPHY BY ANDREW ALBRIGHT

Record players are intimidating — or, at least they were to this completely unaware twenty-something who loved music, but knew nothing about the world of vinyl. After all, music streaming services make most songs available with the touch of a button.

But there's something special about the physicality of records that drew me in. I grew up with CDs, and I have plenty of well-loved discs in my

early-2000s car, Betsy (made before the days of auxiliary audio ports). While physical, CDs don't have the same level of oomph that comes with holding an actual record in your hands.

To write this story, I fully committed to buying a record player. My friend Kevin, also a writer for Balance, suggested I go with an Audio-Technica turntable.

The one I bought is fully automatic

and connects to a Bluetooth speaker. I opted for a Bose Color II SoundLink speaker as my record player's trusted companion. The sound quality cannot be beat. The whole setup cost me about \$280.

I visited Mr. Suit Records in downtown Lancaster for my first albums. I'd much rather buy local than online, especially with Lancaster's vibrant vinyl scene. After a few minutes of searching, I left with

three albums: “Getting Into Knives” by Mountain Goats, “Wriggle” by Clipping and “Fear Fun” by Father John Misty. My collection has since grown piecemeal.

I’ve learned that anyone can start a record collection, and all music is fair game. Collections are not limited to classic rock, and many new albums debut with a vinyl pressing.

In short, vinyl is back in a big way, and whether you’re trying out this music medium for the first time or digging out your old records from the attic, here are some vinyl basics to get you started.

MYTHS AND FACTS

Dan Flynn owns A Day in the Life Records in Lancaster city along with his wife, Ashley Spotts.

Below, Flynn debunks vinyl and record player myths in his own words.

MYTH: There’s no point in having vinyl records if there are digital versions.

FACT: Digital streaming offers convenience and portability, but outside of that, as a collector, I think it’s inferior. From an audio quality, analog far exceeds that of a digital sound. You can’t take any ownership over digital bits. The artwork, the tangibility of the actual paper and plastic, engaging with it, putting a record on ... the corny beauty of the record itself, to me that is all part of the experience.

MYTH: New vinyl has a different sound than old vinyl.

FACT: Materials do change to some degree, but ... even machinery that’s being used today is some of the machinery that was used 50, 60, 70 years ago. The process hasn’t changed. They haven’t reinvented the wheel on that. Ultimately, I don’t think records

now sound any different than records then. Records from the ‘50s and ‘60s, if they were taken care of, they can sound as good today as brand new records you just broke the seal on.

MYTH: Vinyl wears down over time if you play it too much.

FACT: It could, but it would take an extreme amount of play. It would take an abuse. With a normal amount of play, and with even a basic care for your records (not putting your hands all over them ... and putting them back in their sleeves when you’re done), they would last a lifetime. You would have to play a record almost an incalculable amount of time to wear it out.

MYTH: You have to have an expensive set up to have a good experience listening.

FACT: You don’t need to have super expensive equipment to get real pleasure out of playing vinyl. The record itself does so much of the heavy lifting. A basic turntable with a reasonable stylus or needle and some just fine speakers can give you a lot of pleasure.

MYTH: Records are hard to take care of and will almost certainly become warped or destroyed

FACT: If you take the most basic care of your records, just literally taking them out and having care with how you hold them in your hand, putting them back in the sleeve, that’s almost the entire battle. You can wipe them down if you feel they’ve gotten dusty. They’re actually a very durable medium.

HOW DO YOU KNOW IF SOMETHING IS VALUABLE?

Found a box of records in your attic and wondering if any of them still have value?

Condition is going to make all the difference, said Mike Madrigale, owner of Mr. Suit Records.

“If it has scratches you can feel, that’s no good; if it has a lot of mold on the cover, that’s no good,” Madrigale said.

The value of records also depends on the demand, the artist, whether it’s sealed and numerous other factors.

One resource Madrigale recommended was Discogs, a website where someone can buy, sell and catalog their vinyl and CDs.

Some records may not have much value, but are easy to sell, Madrigale said.

There are many places to sell records: several record stores in the county buy used records, but other options include Facebook Marketplace, eBay and Discogs.

THE LANCASTER COUNTY VINYL SCENE

Mr. Suit Records

118 W. Chestnut St., Lancaster

A Day in the Life Records

24A W. Walnut St., Lancaster

Stan’s Records

48 N. Prince St., Lancaster

CI Records

112 W. Orange St., Lancaster

Angry, Young & Poor

356 W. Orange St., Lancaster

Retro Rocks

1809 Columbia Ave., Lancaster

Spiders from Mars Record Shop

2223 Dutch Gold Drive, Lancaster

The Turntable Vintage Audio and Records

54 S. Main St., Manheim

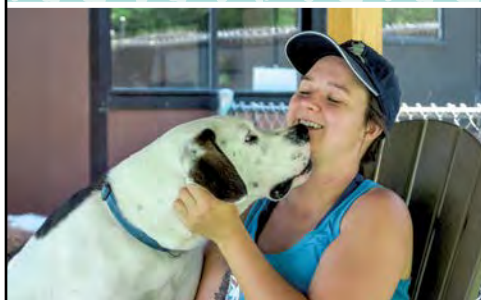
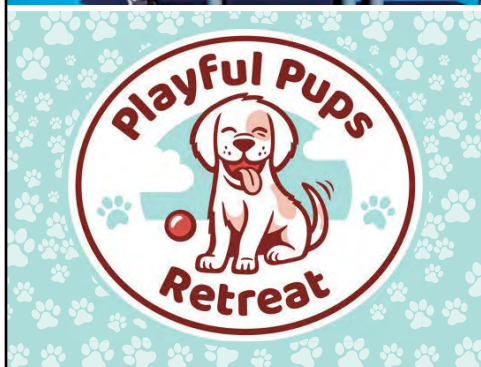
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The Rise of Natural Pet Care

As humans, we control the foods and medicines we put in our bodies, but our pets don't have those same freedoms. They are totally reliant on humans to make those choices for them.

And sometimes, even well-meaning humans don't make the best choices for their pets, say Laurie Yost and Amy Tyler. Yost is the owner of Playful Pups Retreat, a luxury dog boarding, day care and training facility with two Elizabethtown locations. Tyler, a hemp farmer and owner of Finnegan Farms, a pet and CBD store in East Petersburg, makes hemp-based products, including their own dog treats.

Together, they advocate for a more holistic approach to pet care – one that relies less on chemicals and preservatives. Here are some of their suggestions for natural ways to enhance your pet's health:

Anxiety

"A lot of our clients use medication to reduce anxiety or stress, but there are quite a few options on the market that are more holistic and natural," Yost says. Essential oils: There are many varieties of pet-safe essential oils that can play a huge role in pet health, especially anxiety, whether they are diffused or rubbed into your dog's coat. At Playful Pups, Yost diffuses essential oils, such as lavender,

to calm dogs. Other great choices are cedarwood, chamomile and bergamot, and they can even be paired together. Canine lullabies: Soothing lullabies are recommended for dogs who are boarding or simply experiencing separation anxiety while their owners are at work. Calming music keeps dogs from getting too bored. There is even music with specific frequencies designed to help pets calm down. Exercise: "We're really big on keeping the dogs busy and giving them a lot of activity," Yost says. "Just like humans, if they're busy and going for walks and getting cuddle time and getting mental and physical enrichment, it's going to help the dogs be calmer, more relaxed and happier." Mental and physical enrichment also helps your pet bond with the humans in your household. CBD oil: Anxiety is one of the many reasons humans turn to CBD, Tyler says. "Basically, the same reason a human would use it you can use it on your pets," she says. "We make treats that have CBD, and we have oil they can lick off of a dropper or put in food." CBD comes in other forms as well, including topical rubs that you can massage into your pet's skin to help alleviate pain.

Food

Finnegan Farms offers a line of high-quality kibble, raw food, freeze-dried food, canned food and dog treats,



all made without the chemicals and synthetic preservatives often found in traditional dog foods. Just as humans check their own food labels, they should be doing the same with pet food, she says. “With food and treats, a common ingredient is chicken byproduct. Most people don’t know that chicken byproduct is feet, beak, feather and sawdust,” Tyler says. “I don’t want to feed my dog sawdust.

Mental Stimulation

Many common behavioral problems can be attributed to a lack of mental stimulation. Luckily, there are many simple ways to increase the mental stimulation your dog is receiving: Interactive games: Hide treats and have your dog work to find them, Yost suggests. Or fill a toy like a SodaPup treat dispenser with peanut butter or vegetables, freeze it and have your dog work to remove the treat. “It’s not really interactive with you, but it’s mental stimulation for them,” Tyler says. Long walks: Dogs are not just getting physical exercise on walks; they’re exercising their brains, too. “We have a 19-acre property with a nature trail,” Yost says. “Letting a dog sniff and use that sense of smell throughout the environment is very mentally stimulating for them.” Make sure your dog gets to experience new places and new scents, too.

Fleas and Ticks

Flea and tick protection is crucial to your pet’s health, especially in Pennsylvania’s wooded environment. For a more holistic approach, there are several natural alternatives to the monthly application of medication. They include essential oils like peppermint oil; natural monthly topicals; and ultrasonic collars that emit high-frequency sounds to repel insects. The chemicals in traditional flea and tick treatments not only get on your dog, but on anything that touches your dog, including your furniture and your hands. “Anything that you put topically on your dog is going to end up on you,” Tyler says. “I think chemicals are worse for pets because a pet’s lifespan is shorter than ours. You compound that by putting all those chemicals in and using poor quality food, and you’re really shortening their life.” To learn more, visit Laurie and Amy at their locations.

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“It just comes down to
AWARENESS.”

Louis A. Marotti, MD, PhD, FAANS, FACS
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Dr. Louis Marotti, a neurosurgeon with Argires Marotti Neurosurgical Associates of Lancaster says that back and neck pain is so common that an estimated 80% of the population will experience pain significant enough to require medical attention at some point in their lifetime. “By far and away the most common problem we see is back and neck pain,” he says. And the most common cause of that back pain is spondylosis, a form of osteoarthritis affecting the spine. Spondylosis is a degenerative condition that can affect the discs that separate the vertebrae and the facet joints that connect the bones of the spine.

“These degenerative changes can cause back or neck pain symptoms,” Marotti says. Degen-

erative changes are a natural part of aging, so essentially everyone is at risk. “Some people get it a lot worse than others and a lot earlier in life than others,” says Marotti, who has treated patients in their teens with the beginnings of the degenerative process in their spines. There is often a hereditary factor as well. “Bad backs run in families,” he says.

While there are no medications or treatments that will slow the degenerative process, there are steps you can take to improve the overall health of your back and neck and reduce the possibility of flare-ups. The key, Dr. Marotti says, is staying in the best physical condition possible by maintaining your ideal body weight and having a regular workout or training regimen.

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However, he advises against high-impact cardio exercises like jogging that can put added stress on your back. Instead, opt for walking on smooth, level ground, and use a stationary bike or elliptical. At the office, use optimal ergonomics - including proper equipment spacing, chair height and desk posture - to avoid stress on your neck and back during the course of the workday.

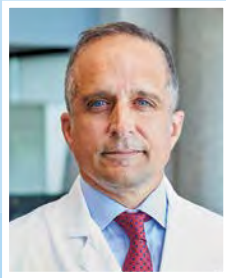
Finally, avoid activities known to put a strain on the back, such as repetitive bending, twisting and lifting, he says. "It just comes down to awareness," Dr. Marotti says. To make an appointment with Dr. Marotti, or for more information on Argires Marotti Neurological Associates of Lancaster, visit their website at www.argiresmarotti.com or call (717) 358-0800.



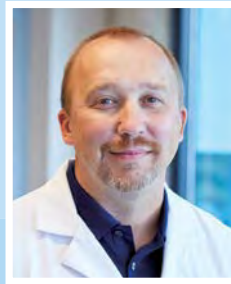
ARGIRES MAROTTI

NEUROSURGICAL ASSOCIATES OF LANCASTER

OUR OTHER DOCTORS...



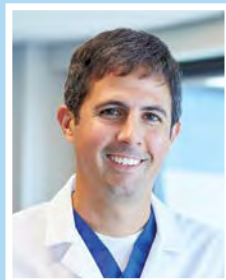
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FAANS, FACS
Brain and Spine Surgery
Voted Favorite Neurosurgeon



Steven M. Falowski, MD
Nationally Recognized
Brain and Spine Surgery
Voted Favorite Neurosurgeon



Jarod B. John, MD
Neurologist
Voted Favorite Neurologist



Jack Smith, MD
Pain Medicine



“Recovery by definition is to return or to regain. Recovery for me was to renew and restart. I did not have to fight to get my life back. Instead I was rewarded with a new one. One beyond my expectations, one beyond what I would have bargained for. Recovery has given me a new form of freedom and the ability to be who I want to be. I can live life comfortably without the need to alter my mood or mind. I found inner peace and can be a productive member of society. Recovery has taught me that being grateful is an action in how I conduct my behaviors today.
— Kevin O'Brien

“My recovery means I have a new perspective of life and gratitude. My children are the ultimate gift I have received in my recovery, and being present for them is the most important thing. My goal in recovery is to be a positive role model for other women also in recovery. I want to help raise a generation of children whose parents are survivors of drug and alcohol addiction, a generation that will know there are resources available, and how to ask for help.
— Emily Geier



PHOTOGRAPHY BY VINNY TENNIS

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

“Recovery from addiction is a study of self... self perception, self consciousness, self-indulgence, selfishness, and self loathing. It's a study of how the negative aspects of self provided the fuel for me to use with a boundless vengeance. Conversely, when entering the recovery process, we realize our self-perception was sharply skewed to the negative. We then learn to identify, embrace, and develop the positives of our personalities, and are able to recognize a more realistic sense of self. Using substances was an exercise meant to compensate for what I thought I could not do, and obtain qualities I thought I did not have. Recovery has been an exercise in learning what I can do, and improving on what I now know I have. Learning to listen and allow others to help is essential. The reality of success is that no one is successful without the help and support of others. We provide the effort, and others share their experience, giving us that helping hand and support when needed. Finally, recovery teaches us how to recognize the work of a higher power in our lives. I now understand that coincidences are actually grace in my life, and something to recognize and value. It must be so, as I am not that lucky! When using, we often become uncaring monsters, often against our will! But, when we embrace the Recovery Process, we become some of the most solid, loving, and remarkable people you would ever want to meet.

—Mike Elmer

Mike has been free of mind and mood altering substances since 1986, when he embraced the gift of recovery at the well-worn age of 27. His favorite quote... “Anyone who doesn't believe in miracles is not a realist.” (David Ben-Gurion)



“For me, recovery is freedom from a lifestyle of actively harming myself and others. Being a person in long-term recovery has given me the opportunity to never miss a birthday or a holiday ever again. Long-term recovery has restored my dignity and has allowed me to live a life that I am proud of today. Today I am able to care for myself mentally, physically, and spiritually. Six years ago, if I would have been asked this I would have told you someone like me couldn't recover from my addiction. Early on, recovery to me just meant being sober. At times it meant being successful. I realized that the longer I stay, the meaning of recovery changes. Today, my recovery is less about my plans and more about what I can do for others and my role in their lives today. Today I show up for the person who is shaking and ready to get sober. It's about life-long amends and doing my best to be a good person.

—Alyssa Mohr



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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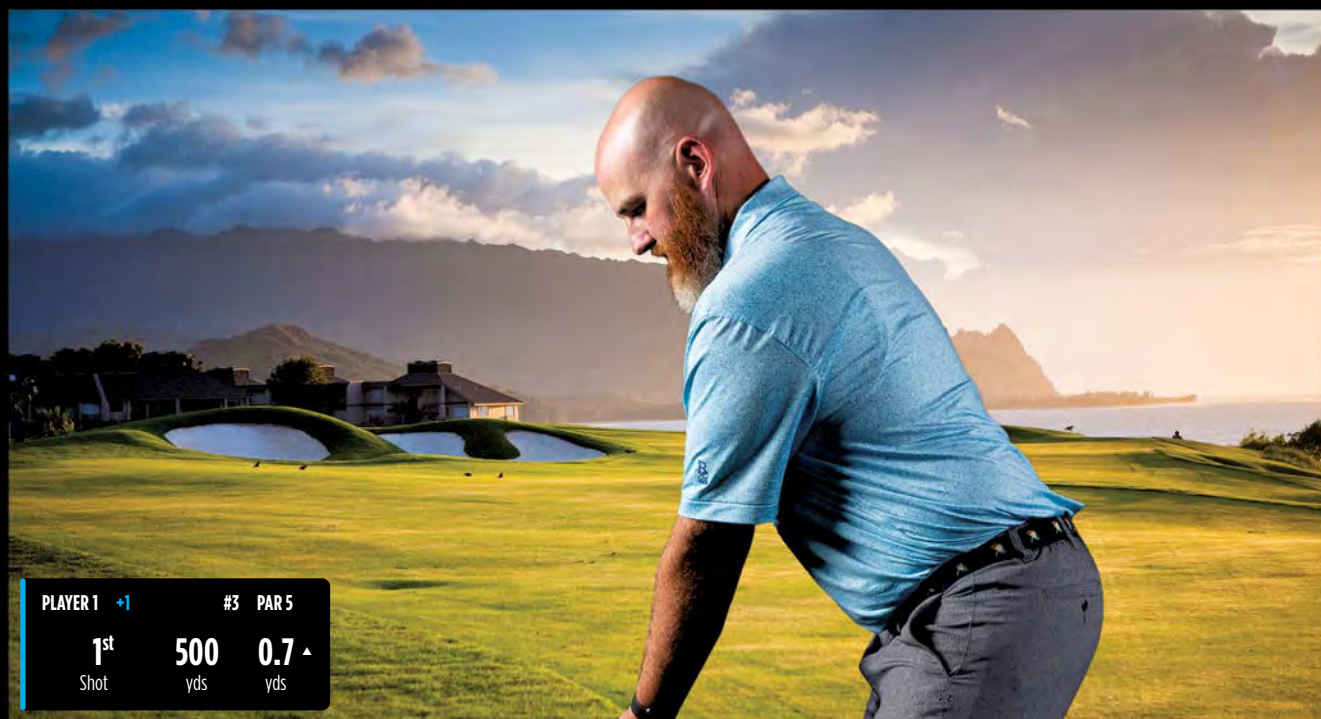


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“ No matter how good you get, you can always
get better — and that’s the exciting part.” - Tiger Woods

Andrew Lally fell in love with golf as a kid, embraced its role in strengthening family bonds and friendships as an adult, and studied its connection to the body as a physical therapist – “things that have brought me a lot of joy over my lifetime,” he says.

Now he’s combining all those joys into a new business venture aptly named inJoy Golf. The indoor golf center, featuring simulators in a sports bar atmosphere, along with an instructional and fitness component, will open in November at 454 New Holland Avenue in Lancaster.

“It’s a nontraditional way to enjoy and consume the sport of golf,” Lally says. “It’s a way to have fun with the game, but not on a golf course. It appeals to a very broad crowd.”

Lally got hooked on golf playing with his grandfather at Berkshire Country Club in Wyomissing. After graduating from the University of Pittsburgh and Arcadia University with a doctorate in physical therapy, he began his medical career in Lancaster in 2014. He’s been managing the NovaCare clinic in Leola since 2016.

Six years ago, he earned certification from the Titleist Performance Institute, a program that focuses specifically on fitness as it relates to one’s ability to swing a golf club. Just this year, pro golfer Phil Mickelson credited TPI with helping him become the oldest PGA Championship winner, just shy of his 51st birthday.

Lally began incorporating TPI into his physical therapy practice as well as working with golfers on the side – and wondering if it could all lead to something more. While he initially looked for ways to market his TPI training, the boom in technology related to sports data and analytics (another of his passions) drove him in a new direction. The result of that “perfect storm” is inJoy Golf.

“It’s a way to combine things I’m really passionate about, combine things that give me a lot of personal joy and satisfaction,” he says.

The 3,600-square-foot space, in the same building as Lancaster Science Factory, will house four golf simulators, each with a bar area in the back where patrons can BYOB, hang out with friends and watch the big game – all while playing some of the most famous golf courses in the world.

The facility is designed to offer everything from pure fun for the most casual duffer to serious performance improvement for hardcore golfers. Each simulator features TrackMan, the gold standard in launch monitor technology, along with a library of 120

courses and growing, from Pebble Beach to St. Andrew’s.

“You can come with your friends and just play rounds of golf,” Lally says. “You hit a ball on the first hole of Pebble Beach, that ball is going to land within one yard of where it would have landed if you played that hole in person.”

Players looking to just have some fun might try one of the simulators’ gaming modes, like the longest-drive contest, capture the flag or target practice. More serious golfers can take full advantage of the TrackMan technology, which uses dual radar and a high-resolution, high-speed camera to analyze 18 different data points, including club head speed, ball speed, carry distance, swing path and club face data. The simulator analyzes individual data, showing golfers where they can work to maximize performance. There’s also an app to track progress.

“The practice capability of these machines is just incredible,” Lally says. For golfers who want more than self-guided technology, inJoy Golf will offer lessons with instructors, individual and group fitness, and TPI evaluations with Lally, who stresses he is not providing any kind of health care in this new venture.

Through his TPI training, he evaluates golfers of all ages and abilities based on the physical characteristics necessary for a good golf swing, like strength and range of motion. The goal is two-fold: injury prevention and improved physical condition that leads to an improved game. Lally leaves the technical stuff to the instructors.

“I am the one that builds the raw horsepower,” he says. “The swing instructor fine tunes it and unleashes that power.”

Customers can call or go online to schedule tee times at the simulators, instructional lessons and TPI fitness evaluations. The space has the capacity to add three more simulators in the future. Lally also plans to add youth programs and indoor golf leagues to his offerings, along with rental opportunities for parties and team-building events.

Lally acknowledges that the career change is a big leap.

“I’m proud of the skillset I developed. I’m proud of the work I’ve done in the Lancaster community over the last eight years,” he says. “It’s really a big deal for me and for my family to sort of repackage that and shine that light in a different direction.”

To learn more, visit injoygolf.com and follow inJoy Golf on Facebook, and @inJoyGolf on Twitter and Instagram.

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Breast Health Begins with Screenings

SPONSORED BY UPMC



MICHELLE CACEK, DO

Women are regularly reminded to get their mammograms as a proactive measure in finding cancer early and in maintaining their breast health. Unfortunately, the pandemic resulted in many putting elective procedures on hold.

"The substantial decline in cancer screening procedures has led to an increase in cancer diagnoses. The medical community cannot emphasize enough the importance of keeping routine appointments to avoid or treat potential disease," says Michelle Cacek, DO, radiologist, Quantum Imaging & Therapeutic Associates.

UPMC facilities have offered screening mammograms during the pandemic and continue to do so with many safety precautions in place. The Society of Breast Imaging, along with the American College of Radiology and the American College of Obstetricians and Gynecologists, recommends a screening mammogram every year, once a year, for all women aged 40 and

older who have an average risk for breast cancer.

Mammography has been proven to be the single best test for detecting breast cancer early and is the only screening method proven to lower mortality rates. According to the American Cancer Society, when breast cancer is detected early in the localized stage, the 5-year relative survival rate is 99%.

Detecting these cancers at their earliest stages requires optimal imaging techniques, advanced equipment, and a radiologist who understands how breast cancers can initially manifest on a woman's mammogram. UPMC radiologists are fellowship trained imagers who specialize in finding breast cancer and have additional years of training in breast care.

"At UPMC in Central PA Imaging, we provide the most comprehensive and convenient services in the region and are designated a Breast Imaging Center of Excellence by the American College of Radiology. Few centers boast this seal of accreditation," says Dr. Cacek.

"Our patients have access to the most advanced diagnostic technology available, including the Genius™ 3D Mammography exam, which is the only mammogram that is FDA approved as superior for dense breasts. Additionally, several of our UPMC facilities can biopsy abnormalities utilizing tomosynthesis guidance," says Dr. Cacek. "Annual mammograms are still the single best thing you can do to help protect yourself from dying of breast cancer," says Dr. Cacek.

PREPARING FOR YOUR MAMMOGRAM

- Inform your doctor of any breast changes or problems prior to exam.
- Share any prior surgeries, hormone use, and family or personal history of breast cancer.
- Do not schedule your screening mammogram for the week before your menstrual period.
- Always inform your doctor or x-ray technologist if there is any possibility that you are pregnant.
- Do not wear deodorant, talcum powder, or lotion under your arms or on your breasts on the day of the exam. These can be confused for calcium deposits on the mammogram.
- Obtain any prior mammograms if they were done at a different location. This is needed for comparison with your current exam.
- Ask when your results will be available; do not assume the results are normal if you do not hear from your doctor or the mammography facility.



For more information, visit UPMC.com/CentralPa



Every woman should get screened.

Breast cancer is the second leading cause of death among women, and 1 in 8 women will be diagnosed with breast cancer in her lifetime. But UPMC Hillman Cancer Center and UPMC Magee-Womens are working to beat breast cancer. Our nationally renowned experts offer personalized therapies, access to breast cancer trials, and advanced imaging technology, like 3D mammograms, which were pioneered at Magee. Early detection saves lives, so every woman should schedule her screening today. **To learn more, visit UPMC.com/CentralPalmaging or call 717-230-3700 to schedule an appointment.**

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Retro Recipes

Take a look back at holiday recipes of yesteryear.

By Jed Reinert | Photography by Vinny Tennis

Somehow, it's already October – which means the holidays are right around the corner. And if you include Halloween in “the holidays,” they might as well already be here. One thing the holiday season has always involved is food – from spooky sweet Halloween treats to autumnal Thanksgiving dishes right through Christmas cookies to New Year's Day dinner. Holiday recipes have long been a fixture of the local newspapers, so this year we thought we'd share some recipes from bygone days. Some may be a little odd, some may be timeless classics, but they're all interesting. So this year, as you plan your seasonal get-togethers, save room at the table for a vintage option. You may be surprised how much you like it!

Circa 1977

PUMPKIN COOKIES

- 1 ½ cup light, firmly packed brown sugar
- ½ cup shortening
- 2 eggs
- 1 ¾ cup canned pumpkin
- 2 ¾ cup flour
- 1 Tbsp baking powder
- 1 ½ tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. ginger
- ½ tsp. salt
- 1 cup white or golden raisins
- 1 cup chopped pecans

Mix sugar, shortening, eggs and pumpkin well. Add dry ingredients and stir until blended. Stir in nuts and raisins. Drop by the teaspoon onto ungreased baking sheet. (These cookies will stay in the shape you drop them, so try to keep them round.)

Bake at 400 degrees for about 12 minutes. For more moist cookies, bake for about 9 minutes – just when they start to brown.

If desired, frost with orange frosting and have the children decorate them with raisins, licorice or other candies to make Halloween faces.



Halloween

Aside from trick-or-treat and horror movies, the biggest fixture of Halloween time is the humble pumpkin. Here's a recipe for pumpkin cookies – and another recipe for an accompanying apple cider punch to be made in an old-school coffee percolator – from the Sunday News, circa 1977.

HOT APPLE CIDER PUNCH

Circa 1977

- ½ gallon apple cider
- 2 2-inch pieces of stick cinnamon
- ½ Tbsp whole cloves
- ½ Tbsp whole allspice
- ¼ tsp. mace
- ¼ tsp. salt
- ½ cup brown sugar

Put cider in bottom of percolator. Mix spices and brown sugar and put in the basket. Plug in a perk as you would coffee.

Thanksgiving

We can't do a feature on archival recipes without representing the "gelatin salad" trend of the midcentury, so here's a Thanksgiving option from 1953, courtesy of the New Era. If you're looking for something less gelatinous but still retro for your Thanksgiving table, we also present a sausage stuffing recipe from 1963, thanks to the Intelligencer Journal. (Though if you choose to make this, you might want to make at least one concession to modern tastes and leave out the MSG.)

Circa 1953

APPLE-CRANBERRY THANKSGIVING SALAD

- 2 cups raw cranberries
- 1 orange, quartered
- 1 cup sugar
- 1 ½ cups canned applesauce
- 2 envelopes unflavored gelatin
- ½ cup cold water
- ½ cup boiling water
- ½ cup chopped walnuts
- 1 cup diced celery
- Salad greens
- Mayonnaise

Grind cranberries and orange in food chopper; add sugar. Mix well. Soften gelatin in cold water, let stand 5 minutes.

Add boiling water to gelatin, stirring until dissolved. Combine cranberry mixture, applesauce, walnuts and celery. Gradually add dissolved gelatin; mix thoroughly.

Pour into 1 ½-quart ring mold. Chill until firm. Serve atop salad green with mayonnaise on the side.

GOLDEN HARVEST STUFFING

Circa 1963

- ½ lb. kielbasa sausage, diced
- 1 cup chopped onions
- 1 ½ cups hot water
- 2 8-oz. packages prepared stuffing mix
- 2 cups whole kernel corn
- 1 tsp. monosodium glutamate

Sauté kielbasa and onions until lightly browned.

Add stuffing mix to hot water and toss lightly. Add corn, kielbasa, onions and MSG (optional) and blend gently.

Makes enough stuffing for a 14-16-pound turkey.



Christmas

In 1952, the New Era brought an international theme to its holiday recipe pages, featuring traditional Yuletide foods from around the world. Here's one recipe that's, shall we say, ambitious (English plum pudding) as well as a more manageable option (German Christmas cookies).

Circa 1952

ENGLISH PLUM PUDDING

- 1 lb. finely chopped seedless raisins
- ¼ lb. finely chopped candied peel of citron, orange and lemon
- ¼ lb. chopped figs
- ½ lb. beef suet, chopped
- 4 cups dried bread crumbs (almost powdery)
- ½ cup flour
- ½ tsp. cinnamon
- ¼ tsp. cloves
- ½ tsp. salt
- ½ cup brown sugar
- 1 cup fruit juice (your favorite flavor)
- sherry (to taste)
- 6 eggs, beaten

Mix fruits together; combine with suet, bread crumbs and flour which has been sifted together with spices and salt. Add sugar, fruit juice, sherry and beaten eggs.

Fill pudding mold two-thirds full. Tie tightly over the top with oiled paper. Steam for five to six hours.

Circa 1952

GERMAN CHRISTMAS COOKIES

- 2 eggs, beaten
- juice of 1 lemon
- 2 cups honey
- 4 cups flour
- 1 tsp. baking soda
- 1 tsp. cloves
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- ½ tsp. salt
- ¼ lb. sliced candied citron
- ¼ lb. almonds

Add the beaten eggs and lemon juice to the honey. Sift the flour with baking soda, cloves, nutmeg, cinnamon, sugar and salt. Add the citron and almonds. Combine the two mixtures. Add more flour if need to make a very stiff dough.

Roll and cut into fancy shapes. Bake in 425 degree oven for 15 minutes. Store in tightly covered box.

For variety, you can top these cookies with almonds, maraschino cherries, crushed nuts or your favorite frosting.

New Year's Day

There's really only one dish that matters for New Year's in Lancaster County – pork and sauerkraut. Here's a slightly fancier take on the classic dish that appeared in the New Era in 1989. And because we just can't get enough sauerkraut in Lancaster County, we also dug up a recipe for chocolate sauerkraut cake. (The origins of this one are murky – this recipe appeared many times in the LNP archives. The earliest version we found was from 1973, but it appeared as a "recipe from yesteryear.")

Circa 1989

APPLE-GLAZED PORK ROAST WITH SAUERKRAUT

- 1 pork sirloin roast, 4-5 lbs.
- 1 Tbsp brown sugar
- 1 Tbsp cornstarch
- $\frac{3}{4}$ tsp. caraway seed, divided
- $\frac{1}{4}$ tsp. salt
- 2 cups apple juice, divided
- 1 Tbsp lemon juice
- 1 jar (32 oz.) sauerkraut, drained
- 1 $\frac{1}{2}$ cups chopped apples
- $\frac{1}{2}$ cup coarsely shredded carrot

In medium saucepan, combine brown sugar, cornstarch, $\frac{1}{4}$ tsp. of the caraway seed and salt. Stir in 1 $\frac{1}{2}$ cups apple juice and lemon juice. Cook and stir over medium heat until thickened. Set aside.

Place pork roast fat side up in ovenproof skillet. Insert meat thermometer. Roast at 325 degrees for 1 hour.

Brush with $\frac{1}{4}$ cup of apple juice mixture. Roast 2 hours longer. Combine sauerkraut, apples, carrot, $\frac{1}{2}$ cup remaining apple juice and $\frac{1}{2}$ tsp. caraway seed; spread mixture around pork roast. Spoon remaining apple juice mixture over pork roast and sauerkraut; cover. Roast 30-60 minutes longer or until meat thermometer reads 155 degrees. Let roast stand 5-10 minutes before slicing.

Circa 1973

CHOCOLATE SAUERKRAUT CAKE

- $\frac{2}{3}$ cup butter
- 1 $\frac{1}{2}$ cup sugar
- 3 eggs
- 1 tsp. vanilla
- $\frac{1}{2}$ cup unsweetened cocoa
- 2 $\frac{1}{4}$ cups sifted flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- 1 cup water
- $\frac{2}{3}$ cup sauerkraut, rinsed, drained and chopped

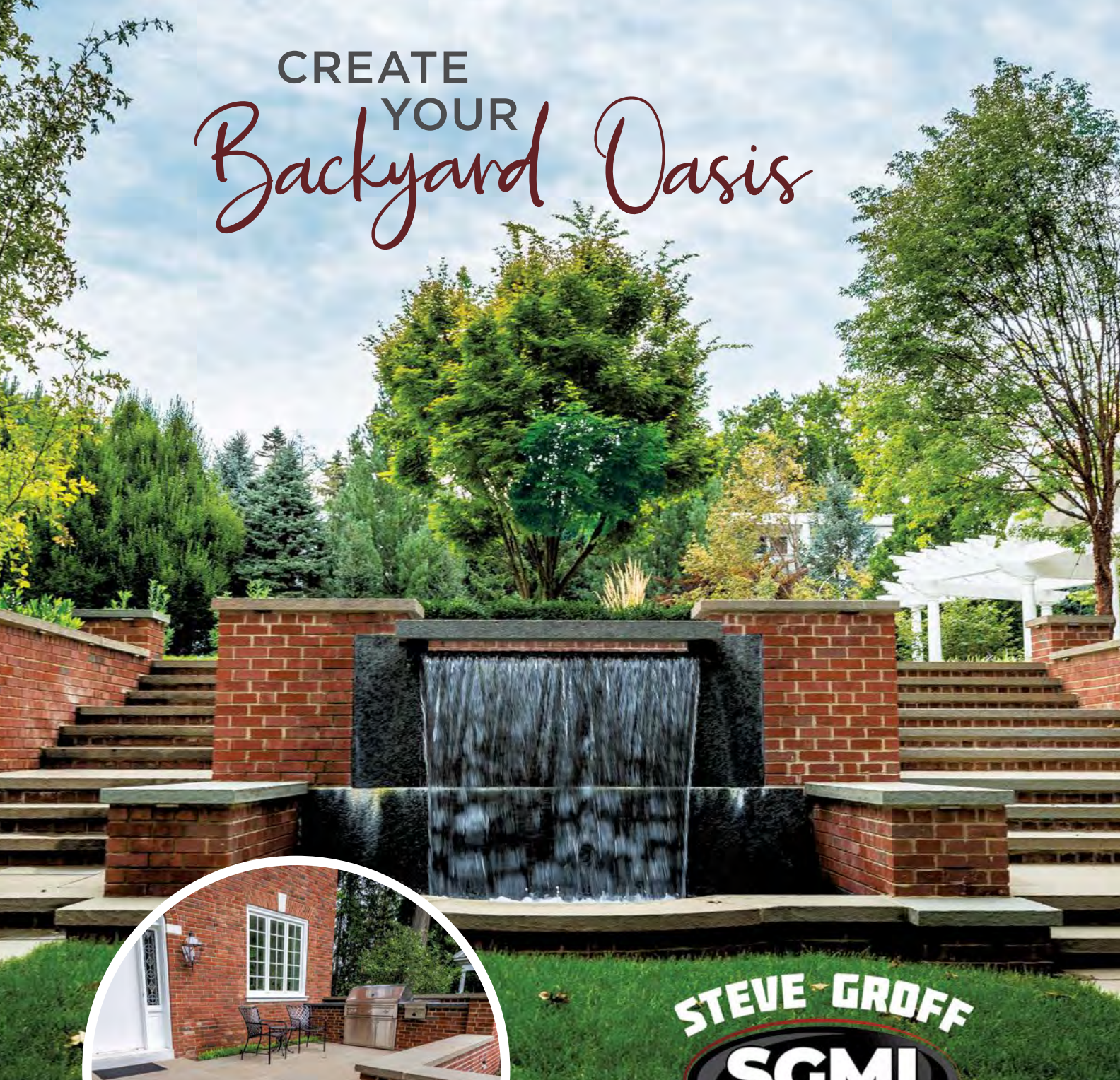
Mix all ingredients together. Bake at 350 degrees for 30 minutes.

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