

balance

WINTER ISSUE 2020

life, community, style.





CONTENTS

- 06 Travel** – Ad Crable
Winter Backpacking: Renewal at a Personal Level.
- 12 Fashion** – Jenelle Janci
Five Winter Must-Haves for Your Wardrobe.
- 20 Home and Garden** – Erin Negley
The Flower Garden Wish List: Think Spring!
- 34 Health** – Sally Reynolds
Snowshoeing: A Beginner's Guide.
- 45 Service** – Mike Andrelezyk
Emergency Response: A Shortage of Volunteers.





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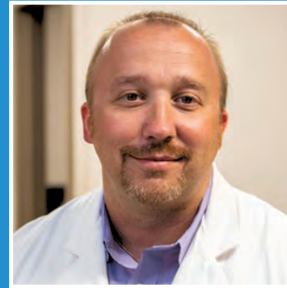
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WELCOME TO BALANCE MAGAZINE



Portrait by Andrew Albright

As we leave 2019 behind and start a new decade, it feels like the time to sit back, take stock, and view resolutions in a fresh light. Hitting the gym and eating right are always worthy goals, but I am thinking a bit bigger in 2020. This issue of *Balance* revolves around the theme “Renew” — we are starting the year with the perspective that this decade can be whatever we make it. Let’s make it a decade where we are a little bit kinder, more understanding and open-minded.

While we work to renew our perspectives, let’s take a moment to be inspired by heroic female firefighters, dream gardens, snowy hikes, and warm winter fashions. I hope these pages might entice you to try something new, help someone in need, or even treat yourself!

Thank you for reading, and I hope you enjoy *Balance*.

Lindsey McCallum
Editor-in-Chief

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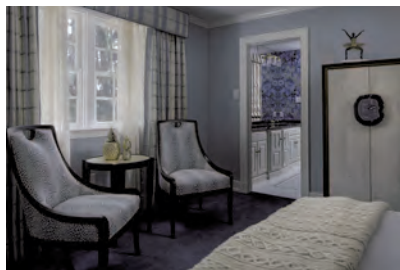
ON THE COVER

Portrait by Andrew Albright

Volunteer firefighter Lisa Breneman poses with a smile and a few tools of the trade. As a volunteer at Fire Department Mount Joy Station 75, Lisa balances her full time job in between fire calls. Read more, starting on page 45.



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Winter BACKPACKING

By Ad Crable | Photography by Andrew Albright

Personal renewal comes in many forms. For me, it's backpacking into the winter woods for two days each year to a different wild spot in Pennsylvania.

For the last 20 years, the number of those accompanying me on these seasonal treks into frosty bare forests has ranged from one to 18. Some go almost every year. But nearly every time there are others who, with some unease, are testing their comfort level in search of a new experience.

Each, I dare say, returns to the warmth of their homes feeling good about themselves and awed by what they have seen.

What they see is a natural world in a vastly different light, one to be savored, not feared. Though there are no green leaves, lacy ferns or chattering insects that so define warm-weather woods, nature is never

bleak, and winter can unfold sublime sights and sounds for those who button up and venture into it.

Beauty is revealed in frozen waterfalls, dripping icicles, creaking and moaning trees, the whispers of wind in hemlock boughs, snowflakes settling on tent flaps, moonlit shadows, the hiss of a campfire, the lulling music of a rocky stream shimmering in the light, the crunch of boots in snow, breaths of crisp air and the stillness of a winter woods.

We try to plan our forays to places where snow has fallen or will fall on us during our visit. We usually succeed. And we want it cold—certainly below freezing. We have unfurled our tents in a soft cushion of more than a foot of snow and slept—perhaps fitfully—in a wind storm with wind chills of 31 below zero. It's been so cold that I've had skin stick to bare metal and beards braided by ice.

continued on page 8



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We have been to a glacial lake reached only by foot, hiked abandoned railroad beds, bushwhacked up or down mountains and found the most remote spot in Pennsylvania — 2.7 miles from the nearest road. Almost always, a vista over rolling mountain peaks and valleys is sought. We like to camp exposed to panoramas or along streams with their comforting natural white noise.

The key to enjoying winter woods is fairly simple: come prepared. That is, dress in layers of clothing that can be added to or unpeeled as needed. You need a wicking layer against the skin to absorb sweat before it chills, then fleece or wool and an outer layer that is breathable yet keeps out wind and rain. Also gloves, hat, warm socks, good boots, a tent and warm sleeping bag. And matches. Since you're only staying overnight, you can be generous with the food you bring.

That's it. Armed with those basics, anyone can enjoy a couple of days immersed in winter woods. That being said, all our trips are anchored by a night spent bellying up to a roaring fire. Often, the moon, blazing down through bare limbs, is our sun. It is here, with stars shimmering overhead and flames licking toward them, that the most wonderful conversations unfold.

Staring hypnotically at the fire and red embers for hours, soothed by our shared experience, banter wanders everywhere, from crazy survival stories to favorite recipes to parallel universes and our purpose on earth. Alone together about as far from civilization as you can get in the state tends to make us contemplative and open.

The spirited and thought-provoking conversation happens every time and I have come to savor these nighttime musings in the cold. I always feel more connected to my fellow human beings and hopeful about humanity. As one fellow backpacker mused one night, "Perhaps winter camping simply gathers wonderful people."

Some say these trips with everything needed to survive a harsh environment on your back make them feel more primeval, if only for a day or so. Some relish being cut off from the outside world and smartphones and alone with one's senses.

In his book, "On Trails: An Exploration," Robert Moor suggests one appeal of hiking is that it frees us momentarily from the stressful array of choices we must make every day. On

the trail, the choices are reduced to walking and when to quit walking.

Our group certainly pays attention along the way. With snow on the ground, woods in winter have stories of life and death to tell. We try to decipher the comings and goings of tracks and scat from coyotes, bobcats, bears, deer and assorted rodents emerging from snow tunnels.

Once, in the Stony Creek Wilderness just north of Harrisburg, we followed the fresh tracks of a coyote until confronted by blood in the snow. Whatever the coyote caught, it ate everything except for a tiny, perfectly intact kidney. Another time, in a wild area in the Poconos, a pack of coyotes, likely chasing a frantic deer, nearly ran through our campsite, to the wide-eyed startlement of my hiking buddy.

Once, in Loyalsock State Forest, we came upon an explosion of feathers on the trail, the remains of a woodpecker likely blindsided and devoured on the spot by a hawk or owl. Once we were startled by a ruffed grouse launching from its snow cave. Another time, we followed the tracks of a bear into its rocky lair. We didn't camp there that night.

Outside of staring into the maw of the Grand Canyon, I have never heard such stillness as a winter night.

Winter backpacking is a unique personal and collective journey into a harsh landscape few of us dare to enter. When you are hugging a fire to keep the cold at your back at bay, there's a touch of atavism. At that moment — the down and fleece we are wearing notwithstanding — are we really that far removed from the cave man?

A winter journey is also about discovering beauty in another world.

When I return home and am swallowed again into routine, I am recharged, reassured. The stiff muscles are hard-earned and satisfying. When colleagues ask why I would willingly put myself through such discomfort, I can only smile at their lack of understanding.

And, oh, a hot shower and mattress never feel so good.



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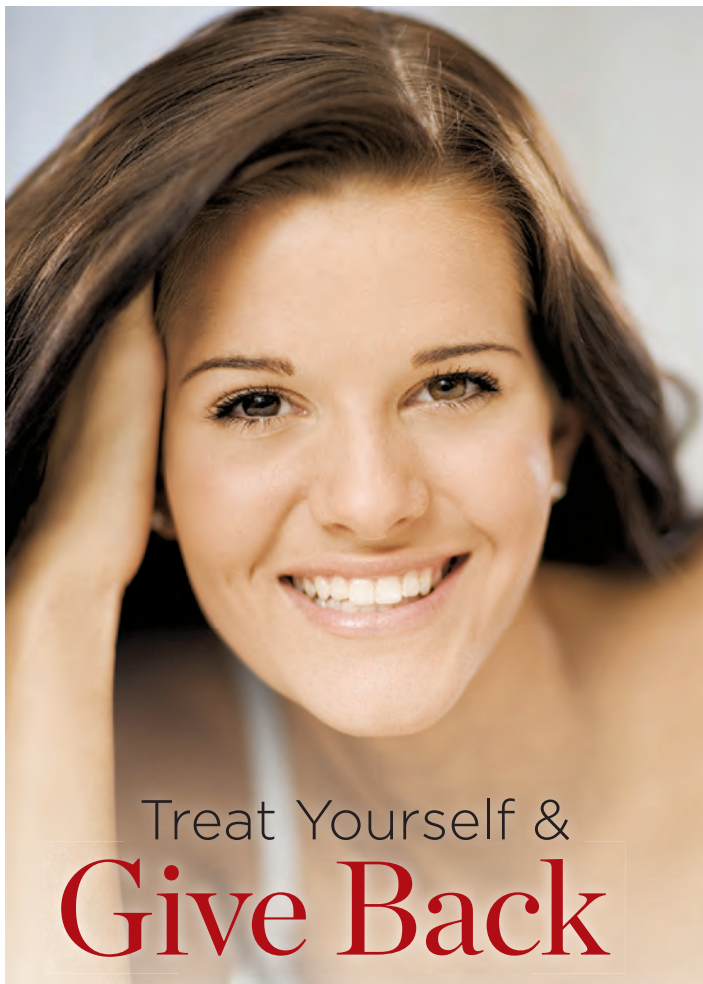


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Lancaster School of Cosmetology's student salon and spa is all about affordable luxury, from hair and skin care to specialty massage services. On the first Friday in February, the staff will be joining a nationwide movement to show women why pampering themselves means taking care of their health, too.

Friday, Feb. 7, is National Wear Red Day, part of the American Heart Association's Go Red for Women initiative to raise awareness about the No. 1 killer of women: cardiovascular disease. Heart disease claims one woman every minute. What's more, it doesn't affect all women alike, and the warning signs for women are not the same as men. The Go Red for Women movement advocates for more research and swifter action for women's heart health, and men and women are encouraged to wear red on Feb. 7 to support that cause.

In its own show of support, the Lancaster School of Cosmetology & Therapeutic Bodywork will offer 50% off all services during a special Color Me Red event from 9 a.m. to 4 p.m. Friday, Feb. 7. The event will include mini facials for \$7 and chair massages for \$5, along with a raffle, door prizes and refreshments throughout the day. All proceeds will benefit the American Heart Association.

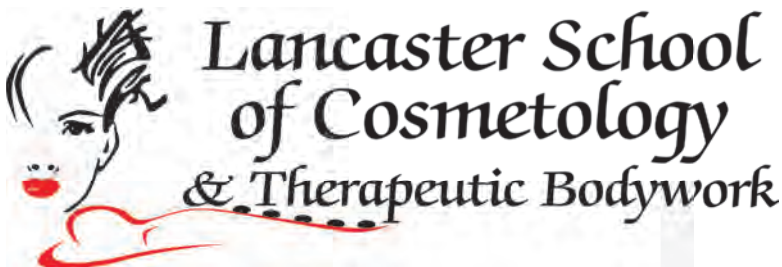
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WITH A *twist*



Photography by Quinn Staley

With winter upon us, our tastes instinctively long for the warmth that comes from heartier flavors, like fresh root vegetables and cabbages. At Plough, a farm-to-table restaurant serving modern American fare with a French-style technique, those local flavors play a starring role on the winter menu – but with a twist.

“We try to do hearty food but put a spin on it and make the flavors more pronounced and vibrant,” says Chef Ryan McQuillan, who crafts the ever-changing seasonal menu at Plough, located in the Lancaster Marriott on Penn Square.

While many of Lancaster County’s farm fields lie dormant this time of year, there’s still plenty of fresh, local ingredients to enjoy – both in food and drink. If you stop by Plough, here are some must-try dishes from McQuillan, along with drink pairings courtesy of bar manager Brenton Sollenberger:

CRISPY BRUSSEL SPROUTS

Considered a “snack,” this dish features shaved Brussel sprouts sourced from a

variety of locations, including Lancaster Farm Fresh and Central Market. Add Asian pears, pickled persimmons, a maple soy vinaigrette for a touch of sweetness and house-made ricotta cheese, and you have a texturally pleasing umami bomb.

“Once you get one bite, you just keep on digging in,” McQuillan says.

Pair it with: Any Port in a Storm. “A play on the classic old-fashioned cocktail, it is a blend of bourbon, tawny port and a dash of smoked maple syrup,” Sollenberger says.

ASIAN PORK BELLY

Made with pork from Eleven Oaks Farm, this small plate dish features sushi-style rice and a slaw of Brussel sprouts, carrots, sesame and miso made in-house from pumpkin seeds. It’s seasoned with a Japanese-style togarashi blend including smoked scallion powder from Field’s Edge Farm.

“It’s very well-balanced – sweet with a little bit of spice,” McQuillan says. Warning: The miso slaw is addictive.

Pair it with: A Gruner Veltliner or a nice Riesling. Says Sollenberger, “We have a nice Pennsylvania Riesling from Galen Glen that I love.”

ROTISSERIE HALF CHICKEN

This is not the chicken you’ll find in a foil-lined bag or warming under a heat lamp at your local grocery store. The Plough uses Freedom Ranger™ chicken sourced from Horse Shoe Ranch for this entree. It’s a larger breed of chicken with heavier skin that creates a deliciously crisp coating – thanks to a fennel-paprika rub and a rotisserie oven imported from France that cooks the chicken to perfection. The dish currently includes market roasted delicata squash and a wheat berry risotto featuring wheat berries hand-picked by Alex Wenger at Field’s Edge Farm.

For sharing, The Plough Feast includes a whole chicken, bao buns, soy molasses, jasmine rice, pickled vegetables, bibb lettuce wraps and hot sauce.

“It’s hands-down the best chicken I ever had,” McQuillan says. “It’s up there with any steak.”

Pair it with: “The Rotisserie Chicken is a very flexible dish but to truly do it right, a few glasses of our Lebanese Musar Juene Red would be nearly perfect,” Sollenberger says.

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5 WINTER MUST-HAVES

By Jenelle Janci | Photography by Vinny Tennis

I've always had more fun with fashion in the colder months. The added layers of coats and scarves provide more outlets to show off one's personality. And I especially love how boots, a comfortable seasonal staple, can hang with chic dress clothes and casual weekend ensembles alike.

Here are a few pieces pulled straight from my own closet that I find myself wearing over and over again this winter.

FAUX FUR COAT

The faux fur life isn't for everyone, but it's certainly for me. I've always been a lush for soft fabric – so much so, that my mother still cringes remembering me whine about certain clothing items being too itchy as a child. There's no complaining with this luxurious faux fur, though. Giving friends and family hugs is instantly more fun when you feel like a giant teddy bear. And, thanks to this particular coat being waist-length, I find it's more versatile than a longer fur coat. It adds pizzazz to T-shirt and jeans, but I've also rocked it with a cocktail dress at a formal wedding.



BOOTS

There's no winter staple more celebrated, or deserved of such celebration, than the humble boot. This season, I've been oscillating between my classic black Doc Martens and these cognac heeled beauties. I love that they're lace-free, and therefore easy to get on and off. The heel adds lift to your look, but they're chunky enough to be easy to walk in. It's a magical thing to get comfort, durability and style in a single fashion investment.



OVERSIZED SCARF

There are some winter days when I can't be bothered to put together a thoughtful outfit. Maybe a plain long-sleeve shirt, stretchy jeans and a messy bun on top of my head is all I can muster. On these days, I rely on my favorite giant scarf to tie the look together. This lavender infinity scarf purchased years ago on Etsy is my favorite. It hides most of my torso and distracts from whatever monstrosity my hair might be creating. Big scarves are a great sartorial focal point on days when you'd rather be reading a book in your Snuggie.



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TURTLENECK

I'm convinced that there's no better, effortless way to add chicness to an outfit than a good turtleneck. No matter your gender or age, a good-fitting turtleneck always looks sophisticated. Tuck it into jeans and it's great with boots or sneakers. Wear it with dress pants to stay warm at the office. You can even tuck it into a mini skirt to balance out the skin shown on your legs. Plus, when Halloween rolls around, you'll have a no-fuss Steve Jobs costume ready to go.

THIGH-HIGH SOCKS

For a long time, I thought my legs were simply too big to enjoy the thigh-high sock look. Then I discovered Sock Dreams, a Portland, Oregon-based company that makes thigh-high socks with quality, stretchy fabric that fits a curvy girl's legs. These look cute with skirts and dresses, of course, but I prefer to wear them over yoga pants on bone-chilling days for extra warmth. They also serve as a much-welcomed extra layer under wide-leg pants to keep you warm despite that extra air flow.

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A high-angle, close-up photograph of a glass of golden beer. The glass is filled with a clear, golden beer and has a condensation droplet on its rim. A sesame seed bun, cut in half and held together by a bamboo skewer, is perched on the rim of the glass. The background is a light-colored, textured surface with several other food items scattered around, including a whole walnut, a piece of green apple, and some dried, colorful threads. The lighting is warm and soft, creating a cozy atmosphere.

THE GOLDEN RULE

By Alexandra Henry

If you ask Rob Commero, chief operating officer of The Pressroom Restaurant Group, what makes a visit to The Pressroom so unique, he'll point to the individuality of each guest's experience.

"It's all about the guest," he says. "We train everybody, from the top down, how to create an experience that is tailored to the person sitting in front of you."

Commero says his staff follows a traditional 12-step approach service model that dictates the number of times a guest interacts with the restaurant staff during their visit.

"These are very old concepts in hospitality, but we modernize them for an upscale-but-causal kind of place like this," Commero says.

In 2015, The Pressroom underwent a major facelift, and reemerged on the burgeoning Lancaster city restaurant scene as a top choice for foodies and craft cocktailers. The remodel included the addition of an al fresco dining space in Steinman Park called The Park Bar and an improved banquet room, dubbed The Printer's Plate.

The extra space, in addition to the unique, locally sourced menu, has drawn many Lancastrians to The Pressroom since the remodeling project was completed.

At the center of it all is the team's commitment to making each guest's experience – whether it's a family dinner, a formal business meeting, a rehearsal dinner or a night cap with friends – a satisfying one.

"We put a lot of time into training, particularly around what we have to offer our guests," Commero says. "Not only from a perspective of 'look at these great things that we have and you can try,' but also from the knowledge perspective that anyone in any part of our service can listen to what a guest is saying or questions they're asking and make really good suggestions."

One example of this is at the Printer's Plate, the private banquet space at The Pressroom, which can accommodate groups of up to 70 people. Commero calls it a boutique event experience, since each party at the Printer's Plate can customize their menu and tailor their experience with the help of The Pressroom's event planning staff.

"There are no set rules. You tell us how you want your night to go and we can make it happen," Commero says. "If you want a dance floor, we'll find one for you."

But it's not just the service that keeps people coming back.

Lancaster County is known far and wide as Pennsylvania's bread basket, and The Pressroom takes full advantage of the opportunities to partner with local farmers, growers and makers to enhance the flavors on the seasonal menu.

"We're true to our brand when we write menus," Commero says. "We are an American-fusion restaurant. If you look at the profiles that exist in our menu, they're all pretty consistent and they all go together."

Commero says Lancaster's beverage scene is actually what makes the city's food scene really unique.

"The cocktail scene is something that rivals huge metropolitan areas like New York City," he says.

"I think the cocktail game is more competitive than the food game in Lancaster County because of the abundance and availability of fresh, high-quality food ingredients."

"Everyone who wants to use locally grown or raised product has an established relationship with their grower or farmer of choice. We already have those relationships built."

The trick, he says, is to keep your eye on the next big thing on the cocktail scene and to build the relationships with those suppliers.

If you've ever glanced at The Pressroom's cocktail list, you'll know that the time that's been invested building relationships with liquor suppliers is paying off. From unique spirits like sherry and amaro making appearances in craft cocktails, to special partnerships The Pressroom has forged with existing suppliers like Saint Boniface Craft Brewing and Old Forester Bourbon, it's all created with superior service and the customer in mind.

"The staff at our bar does an outstanding job with service, on top of the killer drinks they make," Commero says.

"I think the cocktail game is more competitive than the food game in Lancaster County because of the abundance and availability of fresh, high-quality food ingredients."



BY KATINA KAUFFMAN

Choose HOPE

CHRONIC PAIN
DOES NOT HAVE TO
BE THE NEW NORMAL.

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When chronic back pain enters a person's life, it can throw everything off balance. In addition to extreme discomfort, back pain has been known to impact mood, cause headaches and increase lethargy, all of which can interfere with a person's ability to maintain an active, healthy lifestyle. And the longer people live with these symptoms, the more likely they are to accept their current condition as the "new normal," says Dr. Steven Falowski, the newest member of Argires & Marotti Neurosurgical Associates of Lancaster. Chronic back pain is usually the result of an injury or illness and lasts for six months or more. Experiencing ongoing pain like this can sometimes give people a false sense of hopelessness. However, there are a wide variety of treatment options for managing the symptoms of chronic back pain and, ultimately, alleviating the pain completely.

Dr. Falowski of Argires & Marotti is a nationally and internationally recognized brain and spine surgeon who has successfully implemented thousands of treatment plans for chronic back pain sufferers. Dr. Falowski specializes in neuromodulation and spinal procedures and has been the course director of the annual NANS spinal cord stimulation and neuromodulation workshop, which is the largest training course of its kind. His journey, that involves establishing a nationally recognized functional neurosurgery program that included a Pain Center, Movement Disorder Center and neuroscience research division, adds another layer of expertise to the Argires & Marotti team. For patients who are experiencing chronic back pain, this elevated level of expertise translates to more treatment options, access to better technology and specialized attention from a world-renowned team of doctors. "While some practices only have access to a few treatment options, our practice is well versed in many treatment options, which means we can put together a more customized treatment plan for our patients," says Dr. Falowski. Often, non-surgical procedures such as medication, physical therapy or interventional pain management can provide the type of relief a patient is looking for. Other times, cervical disk surgery such as cervical fusion, or lumbar surgery such as discectomy, laminectomy or spinal fusion will be recommended.

Argires & Marotti also have access to a groundbreaking therapy called spinal cord stimulation (SCS), which has demonstrated superior results compared to traditional pain treatment methods. This FDA-approved option is used to treat chronic back pain as well as chronic headaches, shoulder and leg pain. Spinal cord stimulation works by delivering electrical signals to the spinal cord to alter pain signals to the brain. The electrical pulses are delivered by small electrodes on leads that are placed near the spinal cord and are connected to a compact, battery-powered generator implanted under the skin. There are different types of stimulators for different areas of pain. The doctors at Argires & Marotti evaluate each patient to determine which stimulator is best for treatment. For patients, spinal cord stimulation technology has been especially appealing because it can be tested with a temporary battery pack before becoming permanent. If a patient finds relief and feels confident about moving forward following a trial period, the doctors at Argires & Marotti will transition the temporary battery to a permanent one.

"It's important to us that we offer a wide variety of treatment options to our patients," says Dr. Falowski, "because there's no one-size-fits-all solution to back pain."





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NOW is a great time of year to create a

GARDEN

wish list.

There are dozens of plant varieties. Which should you choose?

By Erin Negley

In Lancaster County, we have our own flower trial garden where ag scientists evaluate more than 900 varieties of flowers every year. They study how each plant handles Pennsylvania's climate and pests. At the Southeast Agricultural Research and Extension Center near Spooky Nook Sports, staff monitor the plants for their growth and uniformity, plus the flowers and foliage.

Here are the top-performing varieties of a few popular plants over a period of several years. Information on dozens more plants, from achillea (yarrow) to zinnias can be found online at agsci.psu.edu/flower-trials/trial-results.

To see the plants in person, the flower trials are open June 1 to Aug. 31 from dawn to dusk.



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Outstanding, best of show. Received a perfect 5 in sun.

Other top performers:

FlameThrower "Chili Pepper," a red coleus with green margins, received a 4.96 rating.



DAHLIA

Variety: City Lights "Lavender Pink"

Average flower trial rating: 4.69 out of 5 (42 varieties evaluated)

Flower color: Lavender violet

Size: 17 inches tall, 19 inches wide

Benefits: Dark-leaved dahlia helps the bi-color flowers pop. Attracts butterflies and birds.

Judge's comments:

Excellent bud count.

Other top performers:

Labella Maggiore "DAXX 3639" (pink) and Labella Maggiore "Purple" (violet)



IMPATIENS

Variety: SunStanding Helios "Coral Aurora"

Average flower trial rating: 4.94 out of 5 (46 varieties evaluated)

Flower color: Coral

Size: 22 inches tall, 24 inches wide

Benefits: Thrives in full sun, flowers through the summer.

Judge's comments: Very strong color. Excellent bloomer.

Other top performers: Beacon "Coral," "Salmon" and "White"

were the top walleriana varieties; SunPatiens Compact "Orchard Blush," SunPatiens Vigorous "Rose Pink" and SunPatiens Vigorous "Shell Pink" were the top hybrid varieties.

CELOSIA

Variety: Kelos "Fire Purple"

Average flower trial rating: 4.97 out of 5 (13 varieties evaluated)

Flower color: Dark violet

Size: 13 inches tall, 20 inches wide

Benefits: The plumes hold their purple color through summer and into fall.

Judge's comments: Excellent, best of show.

Other top performers: Kelos

"Fire Orange," Kelos "Fire Scarlet," Kelos "Fire Yellow," Kelos "Atomic Neon Pink" and Kelos "Fire Red" received ratings higher than 4.5.





PETUNIA

Variety: Supertunia Mini Vista "Indigo"

Average flower trial rating: 4.81 out of 5 (61 varieties evaluated)

Flower color: Blue purple

Size: 11 inches tall, 56 inches wide

Benefits: Attracts butterflies and hummingbirds. Continuous bloom and no dead-heading necessary.

Judge's comments: Excellent performer. Best of species.

Other top performers: Supertunia "Raspberry Rush" and ColorRush "Blue"

BEGONIA

Variety: Crown Jewel "Joyful Jasper"

Average flower trial rating: 5 out of 5 (88 varieties evaluated)

Flower color: Rich red

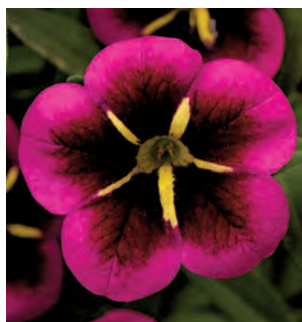
Size: 28 inches tall, 24 inches wide

Benefits: Can grow outdoors in shade and indoors

Judge's comments: When not in bloom, still had strong foliar color. Won best of show with a perfect 5 score in shade.

Other top performers:

BIG "Red Bronze Leaf" (red with orange tones) and I'CONIA Portofino "Sunrise" (red orange). Both received 4.91 ratings.



CALIBRACHOA

Variety: Cabaret "Good Night Kiss"

Average flower trial rating: 4.91 out of 5 (77 varieties evaluated)

Flower color: Orange with red tones

Size: 9 inches tall, 24 inches wide

Benefits: Attracts bees, butterflies and hummingbirds.

Judge's comments: Striking color. Very good bloomer.

Other top performers: Superbells Tabletop "White" tied "Good Night Kiss" with the same high score.



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COLOR

trends

Your home should reflect your lifestyle and personality, not necessarily the latest trends. However, new color and design trends can offer a fun way to update a tired-looking home or workplace. Here are some trends we see for 2020:

A WARMER GRAY

Cooler grays are trending deeper, with more bronze and warm undertones. There's also less gray-on-gray decorating with different shades.

BLACK IS BACK

Today, black is more than an accent. We are starting to see an increase in black cabinetry for the kitchen and the use of black for home exteriors, with black and white providing a bold contrast. This includes black windows, front doors and interior doors with white trim. Fueling this trend is the growing popularity of the industrial home design style, especially among young homeowners.

THE BLUES

Navy and shades of blue will continue to trend in 2020. We've seen so much blue in home décor the last few years, but the difference in 2020 will be that the blues will trend warmer.

IN THE PINK

Blush pinks are the new twist on the 1980s mauve. Mix it with soft white and bronze browns for an updated combination. Wine and amethyst are also turning up in the combination with warm grays and blacks.

GOLD & BRASS

Have you noticed gold and brass recently? We first started to see it in fashion and jewelry. Now it's strong in home décor, such as plumbing and lighting fixtures. They first started in the matte finish but this coming year, polished brass is back. Brushed nickel is trending toward pewter, which looks more vintage and antique. It pairs well with stainless steel appliances.



INDUSTRIAL/ MODERN FARMHOUSE

Industrial mixed with a touch of modern farmhouse is one of the biggest home design trends you can expect to see in 2020. Think exposed beams, lighter shades of wood and artisan metal finishes mixed with textures. The mixing of old and new that leans toward classic styles is replacing cold modern styles.



BACK TO NATURE

The popularity of wood and stone for flooring and natural fibers for fabrics and rugs continues. Marble and stone for countertops are also popular. Quartz countertops that look like marble and granite are en vogue due to their low maintenance. Wallpaper with flower patterns and grass cloth for the walls are popular again, along with metallic and pearl finishes. With nature in mind, shades of green ranging from green/blues to deep dark emerald to muted sage and gray greens started showing up in home décor this past year. Warm chocolate browns with wine, golden yellows and warm greens are also returning after the cool tones of gray.

“ Trends come and go, so I always coordinate the colors and designs to the client’s lifestyle and personality so they can enjoy their new decorating project for several years. Depending on the current look of the home or workplace, a few new accessories, artwork, wall paint, accent furniture and minor changes can really update a tired-looking space. ”

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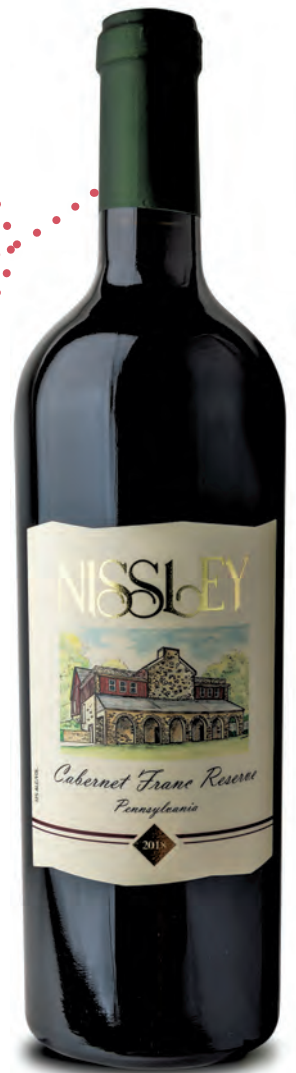
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Love that Smilebuilder

Unless you have a severe overbite or crooked teeth, you probably haven't given much thought to occlusion, or how teeth meet when the upper and lower jaws come together. But occlusion is far more important than you might think. When you neglect the proper alignment of your teeth and jaws, there's more to lose than just a beautiful smile:

Cavities: Crooked or misaligned teeth can make flossing difficult, leading to cavities that eat away at healthy teeth.

Chewing and digestive issues: When upper and lower teeth do not come together correctly, they cannot properly chew food. Swallowing large pieces of food is not only a choking hazard, but also can cause digestive problems.

Tooth loss: Poor alignment can cause excessive stress and wear on teeth, resulting in damage or tooth loss.

Periodontal (gum) disease: Excessive wear and tear, along with the difficulty of maintaining good oral hygiene, can affect gums, too. Left untreated, periodontal disease can lead to tooth loss, infection and other serious health issues.

Speech difficulties: Misaligned teeth can affect your ability to shape your mouth to form sounds.

Self-esteem: Children and adults with crooked teeth may smile less often and avoid social situations because they feel self-conscious.

BE PROACTIVE

Orthodontists are specially trained to diagnose, prevent and correct problems related to misaligned teeth and jaws. Children should have their first checkup with an orthodontist as early as age 6, when they are most likely to benefit from proactive treatment, says Michael Tomchick, CEO of Smilebuilderz in Lancaster.

Proactive, or phase 1, treatment is crucial because it can address the potential causes of malocclusion before they become a bigger problem. For instance, treating a younger child with a palate expander before their upper jaw fuses together may actually correct an occlusion problem without the need for braces. An orthodontist can also address negative behaviors like thumb-sucking and tongue-thrusting before they cause alignment issues.

KNOW YOUR OPTIONS

If braces are in the future, you have choices:

Metal: There's actually very little metal left in the mix these days, and they're available in a rainbow of colors. "It's almost like a status symbol now, where it used to be a stigma," Tomchick says. "Kids want to be seen with their metal braces and color ties." Think orange and black for Halloween or the colors of your high school sports team.

Ceramic: These use the same bracket and wire system as metal braces, but they are less noticeable because brackets are either tooth-colored or clear.

Invisalign: A custom-made mouthguard-type tray that fits over the teeth.

Invisible (lingual): They are similar to traditional braces, but they are mounted on the back of the teeth. They are not an option for everyone.

YOU'RE NEVER TOO OLD

Orthodontics isn't just for kids and teens. Adults can have occlusion issues for a number of reasons. Maybe they never had braces as children. Or they neglected to wear a retainer after treatment, causing teeth to shift back to their original position. Tooth loss and overcrowding wisdom teeth can also affect alignment. Bones and facial structure can change as we age, too. The good news: corrective treatment time for adults is often shorter than for children.

At Smilebuilderz, routine dental care and specialty care, like orthodontics, is available all in one practice. The result is not only convenience, but a fully integrated continuum of care that lowers costs and keeps you on the right path to dental health. Smilebuilderz' patients can now benefit from the new state-of-the-art orthodontic suite at its flagship location at 1685 Crown Ave. The new suite will include 12 treatment chairs and separate waiting areas for parents and children. See for yourself at the grand opening and open house from 6 to 9 p.m. Feb. 11. In an effort to make orthodontic treatment more affordable, Smilebuilderz is also offering Invisalign or metal braces for as low as \$150 per month.

lders





The Mind, Body, Spirit Balance

at Willow Valley Communities

Residents of Willow Valley Communities, a premier 55-plus senior living community in Lancaster, are inspired every day by endless opportunities to live life forward in perfect balance. Janet and John Rushmere chose Willow Valley Communities six years ago and their way of life embodies this harmony.

Janet, 86, and John, 90, are enthusiastically involved in a number of Willow Valley Communities activities. John, who works out, walks, and swims, also enjoys playing bridge. Janet, a dedicated swimmer, trains in the Fitness Center and balances her busy schedule with her interest

in art, literature, music, and healthy food. She and John frequently dine in downtown Lancaster and hold season tickets to Lancaster's renowned Fulton Theatre. Janet and John's great-grandsons, Isaac, 6, and Eli, 4, are happy about Willow Valley Communities, too. There are so many fun things for them when they visit.

"Mind, body, and spirit are all nurtured at Willow Valley Communities," observes Janet. "The gym, swimming pool, and aerobic studio help to keep me fit. Lectures and the Book Club are mentally stimulating.

The people who live here are fascinating. I walk, strength train, and swim. I ride my bike when possible. It's a whole new way of life. I just love it."

In 2014 Janet added Senior Games competitions to her full agenda. She returned from the 2019 National Senior Games in Albuquerque, New Mexico, with medals in swimming for freestyle and backstroke. "I've been a swimmer all my life, but Willow Valley Communities' pool is the best I've ever used."

Janet is also a mentor at Martin Luther

King Elementary School in the School District of Lancaster. "Reading is one of my passions," she declares. "I hope to pass on my love for books to the children. I read to them, and they read to me. It's a wonderful experience."

Janet and John share a lovely villa at Willow Valley Communities. The 1,600-square-foot, two-bedroom home provides a private entrance, backyard patio, and comfortable space. Features include a spacious living room, large kitchen, attic, a two-car garage, and a gorgeous view overlooking a sparkling pond with a lighted fountain.

Willow Valley Communities offers over 90 different floor plans, including apartments, villas, and townhomes. The monthly fee covers interior and exterior maintenance, a flexible meal plan, award-winning amenities and programming, and Lifecare. Lifecare means that monthly fees are not increased because of a need for an enhanced level of care in the future.

Residents engage in the 80,000-square-foot Cultural Center with fitness and aquatics centers, Day Spa, art gallery, and 500-seat performing arts theater. There is also a 30,000-square-foot Clubhouse with outdoor pool and tennis courts, bowling alleys, golf simulator, sports and fitness centers, and vintage arcade. Willow Valley Communities' 210-acre campus also features miles of meticulously landscaped walking paths and outdoor spaces.

"Choosing Willow Valley Communities is the wisest decision we ever made," Janet concludes.



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Even in darkness it is possible...

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 a strong probability of recovery. We know that treatment works, and recovery is the expectation with the proper supports and resources. In Lancaster County, we can celebrate a strong community of treatment and recovery support. Lancaster Joining Forces and many community partners are working together to prevent overdose deaths and increase opportunities for long-term recovery.

I always say recovery gives people the chance to live two lives, the one before we began recovery and the one after. The one after is so beautiful because it was built from desperation and held together with a grateful heart. My recovery allows me to be a part of our community and help people receive the gifts I have received. I want to walk with those who are struggling and stand with them as they grow.

Ashlee



My recovery allows me not only to survive, but to thrive. I get to wake up each day and be an asset to my family, friends, and community. I am no different than anyone else who starts each day with a decision to be and do better than the day before. My recovery allows and encourages me to strive and emulate the characteristics I see in the joyful and successful people in my life, and with gratitude and understanding, reach out to those that are struggling at life in whatever way.

James



My name is Kendrick Westmoreland and I am a person in long-term recovery. I am currently in a leadership position within a well-respected organization in Lancaster County. Recovery has granted me the opportunity to fulfill my potential, and to fully enjoy and appreciate all aspects of life whether good, bad, or indifferent. Today, because of my recovery, I can be counted on by family, friends, co-workers, and clients. My recovery journey began on June 25th 2004. It isn't a burden, but a lifestyle. Recovery affords me the opportunity to show up each day for life and give the best I can each day, and be content in knowing that I did.

Kendrick

In 2013, I showed up at a recovery house in Lancaster full of fear, with a bag of clothes and a car that I was two payments behind on. Today, I have a loving wife named Nicole, a wonderful dog named Duke, I am a homeowner, I am fully employed and I am in service in my community through a 12-step fellowship and The 521 Club. To me recovery means that by consistently doing a few simple things on a daily basis I have the ability to be a better husband, son, grandson, brother, employee and friend. Recovery is not an overnight thing, it is a lifelong commitment to God and myself that I will keep moving forward one day at a time.

Matt



...to create light.”

— *Elie Wiesel*

Visit lancasterjoiningforces.org for more information about our community initiatives to prevent overdose deaths. Also, check out our partners like the Lancaster County Recovery Alliance at lancastercountyrecovery.org for community events and programs that promote recovery, and Compass Mark at compassmark.org/find-help to find treatment and support groups.

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NATURAL BOTANICALS

BY ALEXANDRA HENRY

Heather Kreider wears a lot of hats. She's a registered nurse, a licensed esthetician, a local business owner, a calculated risk-taker, a steward of the community, and a chronic pain sufferer.

On the surface, these things might seem unrelated, but each of them helped shape Hempfield Botanicals, the Lancaster business Kreider owns with her husband, Nathan.

The Kreiders got their start in 2010, when they launched Makes Scents Natural Spa Line, which manufactures all-natural, all-vegan spa and room amenity products for luxury spas, salons and resorts nationally.

Kreider cites the passage of the 2018 federal Farm Bill, which removed hemp from the list of Schedule I controlled substances and made it an ordinary agricultural commodity, as the beginning of Hempfield Botanicals.

"People were coming to us and asking us to do a CBD line before the law had passed, but there was such a grey area surrounding hemp, we really didn't want to push ahead with it at that time," she says. But as time went by, and the Farm Bill continued to move through Congress, the Kreiders began to see the potential for hemp on the horizon. And even though the bill had not yet officially passed at the time, they decided to take a chance.

The risk paid off. Today, Hempfield Botanicals has 14 full-time employees, and the business continues to grow.

Since the prohibition of the cannabis plant in the United States began in the 1930s, there has been little to no federally funded research on hemp. Because of that lack of research from the U.S. Food & Drug Administration and other government agencies, Kreider says each individual must advocate for themselves when it comes to understanding the hemp plant, CBD oil, and the available medical-based research. This research has been conducted to support a wellness plan for CBD (cannabidiol) and hemp products.

Kreider cites medical research that points out the plant's

effectiveness in reducing chronic pain and inflammation from diseases like lupus or arthritis.

"If you think of chronic inflammatory issues, they can range anything from lupus, arthritis, rheumatoid arthritis, irritable bowel syndrome, or multiple sclerosis," says Kreider.

It's no longer just about what your physician writes on a prescription pad.

It can also be used to help reduce the pain from muscle and joint strain and overuse, Kreider says, citing similar research. Kreider herself uses CBD to treat chronic pain resulting from compressed vertebrae in her neck. Kreider says her company can give customers tips for best practices and point them to research on the effectiveness of its treatment for certain conditions. This information allows each person to take control of their own wellness, make their own choices, and pursue options outside traditional medicine.

"I'm a registered nurse, and as a nurse, I realize there's a place for pharmaceuticals," Kreider says. "And I'm not anti-pharma, but there are so many alternatives that people can turn to. It's no longer just about what your physician writes on a prescription pad."

Since CBD use is on the rise, it's easy to find CBD products on almost every countertop at convenience stores, gas stations and grocery stores. But Kreider cautions prospective CBD users to do their own research before selecting a product.

Kreider and her team talk about the Three T's that should be included in all CBD products: transparency, traceability, and testing.

Every product manufactured by Hempfield Botanicals undergoes testing by a third-party entity, Kreider says. Hempfield Botanicals and its parent company, Makes Scents Natural Spa Line, is a Certified B Corporation, which is

a designation given to businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose.

"It's who we are as individuals, Nathan and I," says Kreider. "We think business can be used as a force for good. It's such a fulfilling business to be in. When you have the ability to help someone improve the quality of their life, it's really a gratifying thing. It's amazing to see these lives changed in a positive way."



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A Beginner's Guide to Snowshoeing

By Sally Reynolds | Photography by Andrew Albright

Where are the best places to snowshoe in Lancaster County? As a beginner, you'll want to choose a relatively level trail. Consider a snow-day expedition to Lancaster County Central Park, Chickies Rock County Park, or Speedwell Forge County Park.

What type of snowshoe should you get?

Traditional snowshoes are made from steambent wood frames with a laced rawhide deck. These classic beauties are just like those worn by hunters and trappers 100 years ago.

Modern snowshoes are made from lightweight metal, plastic and synthetic fiber, and have teeth on the bottom for gripping. This sleek new look includes a rockered frame for a more natural stride, and fast on/off bindings for stability.

What about my dog?

- Yes, there are snowshoes for dogs! Your dog may not like them, but you can order them online. Snow boots for dogs are another option to protect paws from overexposure to snow and ice.
- Make sure he or she is healthy and fit to start. If your dog is short-coated, invest in a warm sweater or jacket.
- Keep your dog hydrated during your snowshoeing adventure by packing water and a collapsible bowl. For energy, pack doggie snacks high in fat and protein.
- To prevent snow from getting packed between your dog's toes, keep paw fur well-trimmed and apply paw grease.

How an LNP employee got started with snowshoeing:

"I stayed at Bear Mountain Lodge B&B in Bethlehem, New Hampshire. They groom their own trails and supply the equipment, so it was easy to give it a try. I fell in love with snowshoeing because it's such a perfect wintertime nature experience – the air is fresh and invigorating, and it's completely silent in the snowy woods. I also visited the town of Lancaster, New Hampshire, which felt a bit like a mountain version of Lititz and even has a brewery (Copper Pig). Lancaster, NH is near Prospect Mountain Trails (Weeks State Park), which is another great place to enjoy snowshoeing in the crystalline winter woods." – Connie Solon

Fun facts about Snowshoeing

- Snowshoers burn 420–1,000 calories per hour, twice the rate of walking.
- Snowshoeing is easy to learn — if you can walk, you can snowshoe.
- Snowshoeing tones your hip flexors, thighs, and glutes due to the lifting motion with every step.
- You'll need larger snowshoes to float on top of unpacked snow. On packed snow, you can move faster with smaller snowshoes.
- Snowshoes date back 6,000 years when humans migrated over the Bering Strait using foot extenders.
- You can't walk backward in snowshoes, so make a tight turn instead.

Modern Snowshoes »

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LEAD THE PACK

Four decades ago, Bill and Barbara Darlington started what is now Wolf Sanctuary of PA, caring for wolves and wolf-dogs on over 80 acres of woodland north of Lititz. Over the past 40 years, the private rescue has grown into an educational facility and home to over 50 wolves and wolf-dogs. Here are some fun facts about wolves and the sanctuary:

THEY ARE NOT PETS - AT LEAST IN PENNSYLVANIA

While some states allow ownership of wolves or wolf-dog mixes, Pennsylvania does not. State law changed in the 1980s, making it illegal to keep wolves or wolf-dogs as pets without permits from the state game commission and the USDA. The Darlingtons had experience with wolves and began taking in new rescues, in need of a home, once the law changed. The sanctuary has continued their mission to rescue wolves and wolf-dogs in need. Many of the rescue wolves at the sanctuary come from households both in and out of state. Some were confiscated due to illegal ownership. Others were turned over by owners who could no longer care for them, says Michelle Mancini, the sanctuary's education coordinator

THEY REALLY DO HAVE A PACK MENTALITY

Wolves want to be with their pack 24/7. It's one of the reasons wolves and wolf-dogs do not make great pets. When they live in a home, they consider humans part of their pack, and they suffer intense separation anxiety when their humans leave to go to work or run errands. "They feel like they've been abandoned," Mancini says.

TWO'S A PACK

In the wild, wolves generally live in packs of five to seven - large enough to hunt big prey, like elk and bison, and to protect their pack territory. At the Wolf Sanctuary, where they are fed raw meat and do not have to worry about outside threats, they live in packs of two to six. "A pack of two gives them that companionship, someone to play with and spend time with," Mancini says. "It's difficult to introduce a bunch of different personalities to each other when they didn't grow up together." When a new rescue comes to the sanctuary, they try to match them with at least one companion who has a compatible personality.

CHARTED TERRITORY

Each wolf pack at the sanctuary lives in a fenced-in area of forest ranging from 1 to 3 acres. The age of the wolves, the number in their pack and their physical condition can all affect the size of their territory

PET, BUT DON'T PLAY

Many of the wolves were raised around people and enjoy human contact, so their caretakers at the sanctuary continue that socialization. Other wolves are instinctively afraid of people, Mancini says. "We respect their space." No matter how social a wolf or wolf-dog may be, the sanctuary volunteers avoid playing with them. "We try to make sure they have a companion for that," she says. "They play very, very rough, and we know their jaw pressure is stronger than the average dog."

WOLVES LOVE WINTER

Wolves have two layers of fur that allow them to survive in very cold temperatures: a soft, dense under layer like wool to keep them warm and a thick outer layer with oils to repel water. "This time of year they are just loving the cold weather," Mancini says.

Winter is a great time to visit the Wolf Sanctuary of PA, because they are more active, playful and easily visible. Public tours are available at noon Saturdays and Sundays from October to May. Reservations are not required but gates close promptly at noon, so guests are encouraged to arrive early. Tours begin at 10 a.m. during warmer months. Guided tours are also available at 10 a.m. Tuesdays and Thursdays year-round. Online reservations are required. Private tours are available by reservation Saturday and Sunday and by appointment Monday, Wednesday and Friday. Full moon events, featuring a bonfire and entertainment, are held Saturday evenings closest to a full moon throughout most of the year. Visit wolsanctuarypa.org for more information.

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W  **lf**

Sanctuary of PA
[extinct is forever]

wolfsanctuarypa.org

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Surgery Might Be an Option for Your

Chronic Back Pain

By Edward Vresilovic, Jr., MD
Orthopaedic Specialists of Central PA,
part of UPMC Pinnacle

Everyone experiences back pain from time to time. Whether it's a result of sitting or standing too long, overuse, poor posture, or an underlying medical condition, experts estimate that nearly 80 percent of the population will experience either chronic or acute back pain during their lifetime.

Unfortunately, back pain is also the leading cause of disability in this country and the world. Back pain accounts for nearly 264 million absent work days each year. And those who experience back pain also find themselves suffering from rising medical costs.

There is good news, however. It's reported that 90 percent of back pain resolves on its own. Additionally, knowing the cause of your back pain, preventive measures, and treatment options all can help patients get ahead of future problems instead of falling behind physically and financially.

While the causes of back pain are numerous, an identifiable source of back pain can only be determined in a third of cases:

- Muscle or ligament strain
- Disc degeneration
- Arthritis
- Skeletal irregularities
- Osteoporosis

Individuals should see a doctor if they experience severe pain for greater than a week or if their pain is associated with weakness, numbness, tingling, or loss of bowel or bladder control. Following a physical exam and possibly tests such as an x-ray, MRI, or CT scan, the physician and patient will work together to find the most effective treatment plan that is tailored to them. This may include lifestyle changes, medication, physical therapy exercise, injections, and possibly surgery.

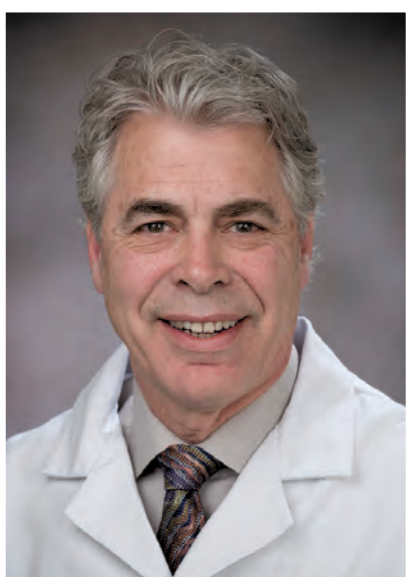
Some of the most common types of back surgery include the following:

- Laminectomy is a procedure in which a section of bone called the lamina is removed from one or more vertebrae through a small incision, decreasing pressure on the spinal cord.
- Discectomy is a procedure to remove disc fragments that can cause back pain and nerve pressure.
- Foraminotomy or foraminectomy is a procedure to expand the openings for the nerve roots to exit the spinal canal. During a foraminectomy, generally more tissue is removed than during a foraminotomy.
- Osteophyte removal is a procedure to remove bone spurs that are causing pinched nerves.
- Kyphoplasty is a minimally invasive procedure in which the surgeon injects bone cement into the cavity to harden and stabilize a fractured vertebra.
- Artificial disc surgery replaces the damaged discs that allow the spine to move with materials that mimic the motion of your natural disc.
- Fusion surgery permanently joins together two or more vertebrae in the spine so there is no movement between them. It is sometimes combined with one or more of these procedures to stabilize the spine.

Patient education in areas of proper ergonomics, lifting safety, daily exercise, and healthy weight maintenance can help prevent injury, reduce pain, and maintain an active, healthy lifestyle.

Nobody wants to live with chronic back pain. Improving one's quality of life is our goal. Talk to your family doctor or an orthopedic surgeon about your options.

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Dr. Vresilovic is an experienced spine surgeon who cares for a wide range of back, neck, and spine conditions. He can help with everything from low back pain to the surgical treatment of complex problems of the spine, including degeneration, deformity, trauma, and tumors in the bones, neck, and back.

As an avid bicyclist, skier, and fisherman, Dr. Vresilovic knows how important it is to be active and understands how back and neck pain can keep you from doing the everyday activities that you love.

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live simply

Photography by Vinny Tennis

The aha moment for Nathan Grieser came in college, when he returned home from a fall semester abroad in a poor Peruvian town and ran smack into the height of the Christmas shopping season. The stark contrast between the poverty he had just experienced and the consumerism he found at home gave him a clear sign that he wanted to live his life differently.

“That’s where the sort of other-centeredness took root for me,” he says. “I didn’t want to get wrapped up in the drive to consume.”

Instead, when he and wife Kate married, they made a commitment not only to one another but also to the idea of stewardship - using the resources and gifts that God has given them for something beyond their own benefit. For the Griesers and their daughters, Ivy, 5, and Juniper, 3, that means living a life of simplicity or, as Kate says, intentionality.

“It’s thinking about how you view the resources you’ve been given - not just money, but water, electricity, your time and talents,” she says. “Stewardship is intentionally making decisions that use those resources to build relationships that connect with others.”

There’s also a faith component: to honor all that God has created and given us.

The Griesers live out their stewardship by making their home in Lancaster city so they can own only one car, bike more often and reduce emissions. They save energy by doing laundry during the day and hanging it outside to dry. They grow some of their own food and try to purchase locally grown food as much as possible. They meet with an Everence Financial Consultant who

helps them to plan their finances and resources in a way that resonates with their faith and values.

And they share what they’ve learned with others as presenters at Stewardship University, an annual event sponsored by Everence Financial that brings resources from a variety of disciplines together to show what it means to use what we’ve been given to make the world a better place. Topics include everything from elevating your nutrition and preparing for retirement to business as a calling and finding mission opportunities close to home.

“We believe that life ought to be more than using what we have for our own pleasure and benefit,” says Beryl Jantzi, director of stewardship education for Everence.

Stewardship is different for everyone, but here are three key areas where you can try to be a good steward in your own life, whether your resources are vast or more limited:

Time

“One of the most difficult things to give away is our time,” Jantzi says. We’re all given the same number of hours in a day, but how do we use them? One way we can share our time is simply by giving our attention to others, whether that means befriending someone on the margins or visiting someone who is lonely.

Treasure

In terms of money, this might mean living below your means so you have something left over to give to others. “One of our goals in living simply is to enable generosity,” Kate Grieser says. “I think

that generosity is a really rich experience for the person who is giving. There’s also a contentment that comes from deprioritizing the things that we want.”

Talents

Jantzi likes to tell the story of a small-engine repairman who comes home from work and notices a neighbor



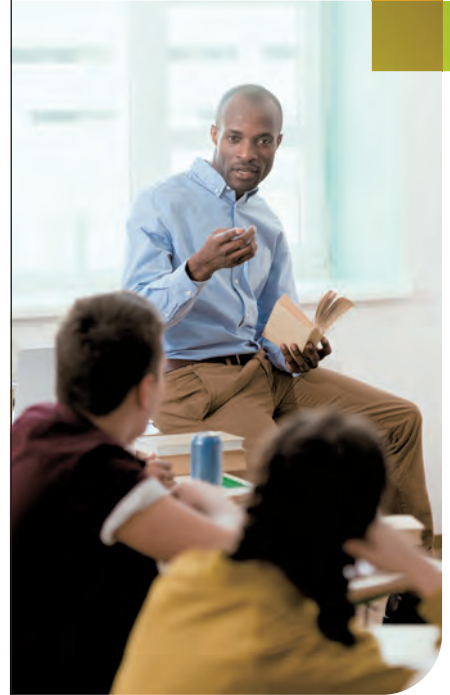


kicking his lawn mower. He heads over with his toolbox and after a few tweaks the mower starts right up. The neighbor thanks him and asks him what he makes with all those tools. "Mainly, I make friends," the man replies. We all have a unique toolbox, Jantzi says. How can we use it to make someone's life a little better?

Everence Central Penn will host Stewardship University, a ministry partnership between

Everence and the local faith community, on Saturday, March 7, at Calvary Church, 1051 Landis Valley Road. Workshops will focus on stewardship of time, talents, money, health and relationships. A Spanish-language track is also available. For more information or to register, visit StewardshipUniversity.com or contact Lynette Morales at 717-653-6662 or lynette.morales@everence.com.

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NEW TWISTS

IN A CLASSIC MURDER MYSTERY

By Mary Lorson Vergenes | Photography by Vinny Tennis

When “Murder on the Orient Express” hits the main stage of The Fulton Theatre in mid-January, audiences should be prepared for a surprising mix of old favorites and first-time surprises.

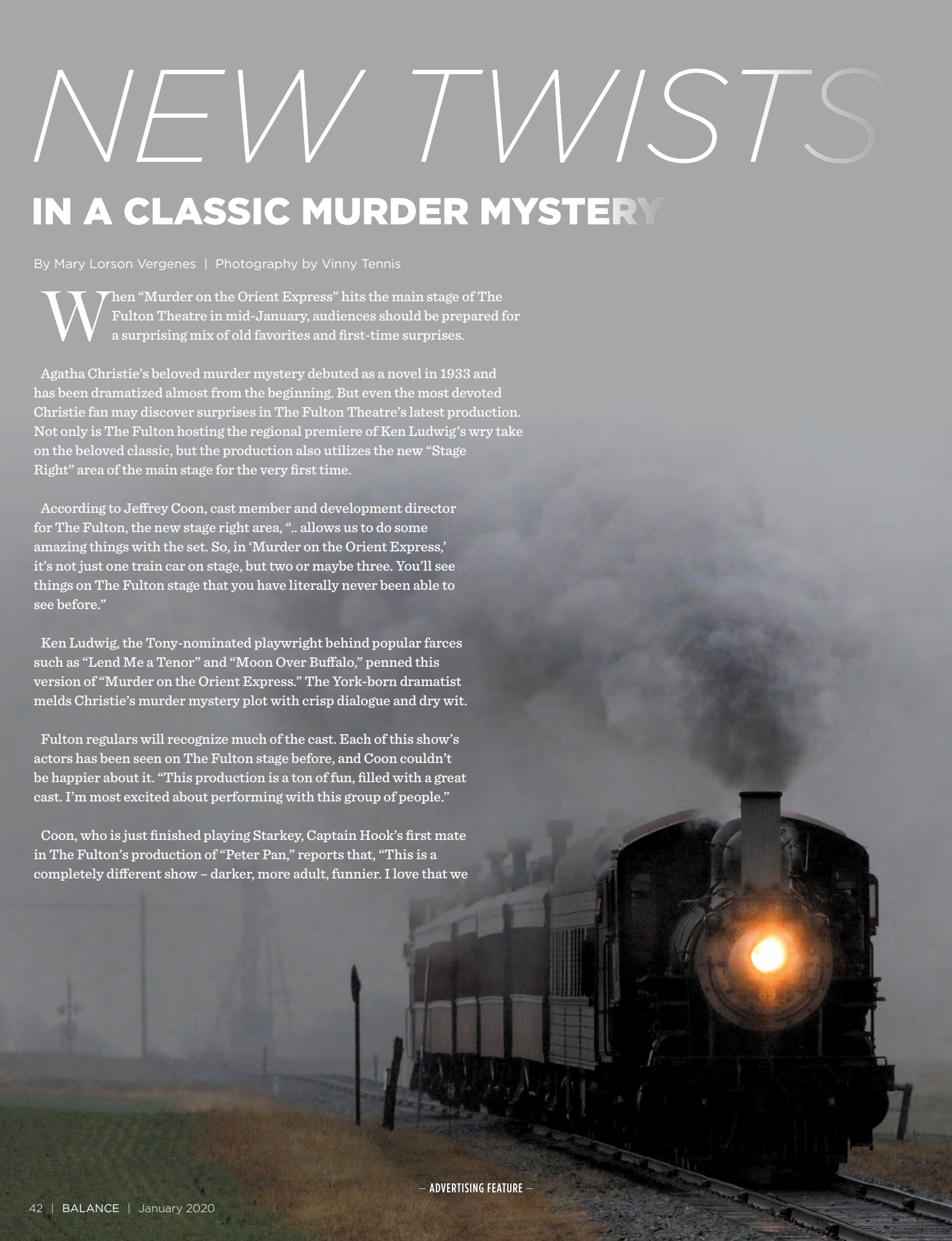
Agatha Christie’s beloved murder mystery debuted as a novel in 1933 and has been dramatized almost from the beginning. But even the most devoted Christie fan may discover surprises in The Fulton Theatre’s latest production. Not only is The Fulton hosting the regional premiere of Ken Ludwig’s wry take on the beloved classic, but the production also utilizes the new “Stage Right” area of the main stage for the very first time.

According to Jeffrey Coon, cast member and development director for The Fulton, the new stage right area, “. allows us to do some amazing things with the set. So, in ‘Murder on the Orient Express,’ it’s not just one train car on stage, but two or maybe three. You’ll see things on The Fulton stage that you have literally never been able to see before.”

Ken Ludwig, the Tony-nominated playwright behind popular farces such as “Lend Me a Tenor” and “Moon Over Buffalo,” penned this version of “Murder on the Orient Express.” The York-born dramatist melds Christie’s murder mystery plot with crisp dialogue and dry wit.

Fulton regulars will recognize much of the cast. Each of this show’s actors has been seen on The Fulton stage before, and Coon couldn’t be happier about it. “This production is a ton of fun, filled with a great cast. I’m most excited about performing with this group of people.”

Coon, who is just finished playing Starkey, Captain Hook’s first mate in The Fulton’s production of “Peter Pan,” reports that, “This is a completely different show – darker, more adult, funnier. I love that we





have the ability to do two shows that are so different from each other, back to back.”

Coon plays Colonel Arbuthnot, a pivotal character in almost every scene, and a role coveted by many actors. “He was played by Sean Connery in the original film, so I feel honored to step into those shoes, years later,” Coon adds, “and I get to act with a Scottish accent, which I really enjoy.”

Coon, who has been a member of the team in the theater’s development and funding for almost a year and a half, began his tenure shortly after acting in another Agatha Christie play at The Fulton. “During my time with The Fulton’s play ‘Mousetrap,’ I had dinner with Marc Robin, and he mentioned that a development position was open.”

Coon says the timing was perfect. Coon spent more than two decades based out of Philadelphia and has acted in over 100 shows.

“The moment Marc told me that a development position was open, I asked him to please consider me. This position is a culmination of all my theater work and builds on my previous experiences with The Fulton. Moving to The Fulton and Lancaster is the best thing I have done in 25 years, professionally and personally, easily.”

Coon appreciates that the skills needed for acting and theater funding cross over in many ways. “In my day-to-day job as a development director, I spend time on spreadsheets, but I also spend a lot of time composing letters and saying ‘thank you’ a lot and asking for support a lot. The skillset you need as a performer and as a person in development is that of seeking to connect with a group of people – whether it’s a cast member, an audience, or a community of people who care about The Fulton.”

Coon takes both of his jobs seriously. “As a person who has loved working here as an actor, one of my great joys has been getting to know the group of people who have supported The Fulton. One of

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Continued from page 43

the challenges I have set for myself is to recognize, at least by name, each of the 2000+ people who donate as part of their job, lives, or business. I may not be able to recognize them all yet, but I want to build a close knowledge of this group of people who have spent so much time and capital building the organization. I do it out of respect and admiration of what this organization has become even before I set foot in the building.”

Coon is also a personal fan of Agatha Christie’s work, so he’s honored to have acted in two Agatha Christie plays at The Fulton. “As somebody who really enjoys puzzles like crosswords and sudoku, one of the things I like best about Agatha Christie is that the first time you experience the story, you’ll spend a good bit of time figuring out where she left all the clues.”

As with any good mystery, clues are sprinkled throughout the story, mixed with red herrings designed to increase the difficulty of solving the mystery.

Finding and analyzing clues is part of the fun for Coon. “You can enjoy an Agatha Christie play just as much the second time you come and see it because all of the ‘aha’ moments are now fully revealed. You’re now let in on a secret, and you can see others seeing the clues or missing them.”


He concludes, “It’s only at the end that you fully realize what Christie has done, and I’m thrilled by that prospect.”

“Murder on the Orient Express” runs through Feb. 9. For tickets, visit thefulton.org.

Emergency RESPONSE

By Mike Andrelczyk
Photography by Vinny Tennis

Three women firefighters talk the challenges of fighting fires with a shortage of volunteers



It took a few emails and phone calls to get Lisa Breneman, Irene Fitzkee and Suzi Sutton – all busy professionals and volunteer firefighters based in Lancaster County – in the same room for an interview. Of course, there was no guarantee it was going to go uninterrupted.

“People can’t choose when they have emergencies,” Sutton said.

When Breneman and Sutton arrived at Station 66, the home of Fitzkee’s Lancaster Township Fire Department, for this interview, the officer in charge of the station told them if an alarm went off they’d

be riding along. Sure enough, two-thirds of the way through the interview, the siren sounded five times and the women automatically got up and began putting on their gear.

The gear can weigh around 60 pounds – with tools it’s closer to 80 pounds – and firefighters need to be able to put everything on as quickly as possible in order to improve response time and, ultimately, have a better chance to save lives and property. In less than two minutes the women had their gear on and then they jumped on the truck and sped off.

continued on page 46



IRENE FITZKEE

Lancaster Township
Fire Department
31 years of service

Regular job:
Full-time EMT

LISA BRENEMAN

Fire Department Mount Joy
25 years of service

Regular job:
Fire investigator with
NEFCO Fire Investigations

SUZI SUTTON

Lafayette Fire Company | **2.5 years of service**

Regular job: International field hockey umpire and
owner and manager of the 1860s Waterfall Retreat
on Strasburg Pike

After the engine roared away and the siren ceased, it was quiet in the station house and the silence reminded me of something Breneman said about the demands of, and overall shortage of, volunteer firefighters.

“It’s a needed resource in the community,” Breneman said. “I don’t know what we would do without volunteer firefighters. Try to get the public to realize what would happen if they called 911 and nobody came.”

Sixty-five of the county’s 67 fire companies are completely volunteer, according to Duane Hagelgans, first vice president of the Lancaster County Fire Chiefs Association.

“I did a national study a few years back, which included all of Lancaster County and fire companies around the nation,” Hagelgans said of the volunteer shortage. “It is bleak.”

“We have to go out short-staffed a lot.” Fitzkee said.

“That firetruck is set for six people, and everybody has a job. If there’s only three people there, you have to decide who is doing what quickly. We very rarely have six,” Fitzkee said.

Volunteers don’t get paid. And besides working full-time jobs, volunteers must

also spend hundreds of hours training and educating themselves about proper firefighting techniques. That’s hundreds of hours away from their families and jobs – and that’s before they even go out on actual calls. Some local fire companies go out on around 500 to 700 calls per year.

“It’s a very conscious decision to spend this much time doing something that gives you zero dollars,” Sutton said.

“Most of us in the fire service don’t even think twice about it,” Breneman said. “It’s just what we do and we love it. But helping those around us to understand it and not take it for granted is the key to keep our

volunteer fire service alive.”

Hagelgans is not aware of any specific data on female firefighters, but women have been serving in local fire companies for decades, and he believes all county fire companies have at least some women in their ranks. Hagelgans says the fire chiefs association makes sure to market to women, letting them know that firefighting is not a male-only profession or avocation.

For volunteers, and especially for mothers with full-time jobs, volunteering is a balancing act.

“When I was younger I’d get up anytime day or night and go,” Breneman said. “One time we had a barn fire we were at for eight hours, and I went home and showered and then went to work for eight hours. When my kids were just toddlers it was tough because you have to find a babysitter if your spouse isn’t home. As a female that’s a little tougher.”

The life of a volunteer firefighter isn’t easy, and committed volunteers are hard to come by.

“Really only 50 to 60% of new applicants that come in stay,” Breneman said.

“Some come in and realize what training requirements are expected and they just don’t want to stick with it.”

It’s not only the time commitment, but there’s the physicality of the job. Sutton, a professional international field hockey umpire and former Division 1 field hockey and basketball player, said some of the volunteers she’s worked with are among the best athletes she’s ever seen.

“Put this gear on and try being active with all the weight on your back. Sports have prepared me well, but it’s also taught me that I might have been a Division 1 athlete, but I have a long way to go as far as being a Division 1 firefighter.”

Sutton is still in the early years of her volunteering career. Breneman and Fitzkee have a combined 56 years of responding to emergency calls.

“Back then women in the fire service weren’t seen in the same light,” Fitzkee said.

“ I wish more athletes would see this as an opportunity to volunteer and give their time. ”

- Suzi Sutton

“It was harder back then. It’s a lot more accepting now. The night I got voted in a guy said, ‘We’ve got a bet on how long it is until we can run you out of here like we did all the other women before you.’ I’ve beat them all. Every one of them.”

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