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AUGUST/SEPTEMBER 2023

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Bucks County

Women's Journal

The Only Educational Newspaper Serving the Women of Bucks County



When There Is No Story

Candace Pedicord,
MS, Spirited
Life Coaching

page 9



A Place of Tranquility and Warmth

Patti Fitzpatrick,
Owner, The
Talking Teacup

page 12



ASK THE PROFESSIONAL, Sue Jones on Real Estate

Sue Jones,
Owner/Partner,
KELLER WILLIAMS
Real Estate

pages 20 & 21



THE COOKING STUDIO

Shelby Fahrni

Chef, Owner, The Cooking Studio.
Cooking Classes That Offer
An Immersive and
Educational Journey

Profiles on pages 14 & 15



Publisher's Note

It's my 17th Anniversary Issue!



Robin Coppinger
Publisher

This issue marks my 17th Anniversary as the owner/publisher of the Bucks County Women's Journal. It has been an honor and privilege to bring the BCWJ to the wonderful women of Bucks County. I am truly grateful.

Thank you to our loyal readers, who continue to support our local businesses. Locally owned businesses build strong communities, link neighbors together in economic and social relationships, and contribute to local causes. It is so important to keep our local business alive and thriving!

I would also like to thank the fantastic team who make it possible to put this paper together. Laura Golden, our

graphic designer, who makes the paper look beautiful; Gayle Crist, our copy editor, who literally makes sure we cross our t's and dot our I's and so much more; Nickey Hollenbach, our social media guru, who gives us a valuable presence on social media; and Kym Baldwin, our wonderful photographer. I am truly blessed to work with such talented women!

Robin Coppinger, Publisher



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august & september EVENTS

Saturday, August 12 • 9am – 5pm **Certification in Hypnotherapy**

Become a certified Hypnotherapist and assist others in achieving their goals in life. 612 N Shady Retreat Road unit 67. For more information, investment, topics, etc, bobburnstalks@gmail.com or call (610) 462-0804.

Thursday, August 17 **Movies at the Mercer Museum**

The Mercer Museum and The County Theater, in partnership with The Moving Picture Cinema, bring outdoor movies to the community with the 2023 Movies at the Mercer Museum series. Join us on the third Thursday of each month on the Green of the Mercer Museum for a family-friendly series of outdoor film screenings. 84 S. Pine Street, Doylestown. <https://www.mercermuseum.org/moviesatthemercer>.

Saturday, August 19 • 9am – 5pm **Certification, NLP (Neuro Linguistic Programming)**

When you become certified in Neuro Linguistic Programming also considered brief therapy, you will be qualified to work with clients with Phobias, Allergies, Trauma, along with many other things. This certification will open up many possibilities in helping others. Location: 612 North Shady Retreat Road, Unit 67, Doylestown PA. Please call (610) 462-0804 for investment and to register.

Saturday, August 26 **Fonthill Castle Beer Fest**

Join us for our annual summer Beer Fest fundraising event on the beautiful grounds of Fonthill Castle, at 525 E. Court Street, in Doylestown, PA. Enjoy local craft beers, wonderful music, delicious food, and so much more in our one-of-a-kind setting. This fundraising event supports our education, preservation and community programs at Fonthill Castle, a National Historic Landmark operated by the Bucks County Historical Society. <https://www.mercermuseum.org/beerfest>.

Tuesday, September 12 • 7pm **An Introduction to Mindful Eating**

Learn about mindful eating, meditation, mindfulness; how to eat mindfully, about the benefits of mindful eating and more. To register for this one hour presentation/Q&A: send your full name and email address to Drjwieliczko@gmail.com to receive the link. Indicate which event you wish to attend.

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Photography		Professional Cleaning Service	
Kym Baldwin Photography, Scheduling Boudoir Sessions Now! ...	4	Maid For You, A Day in the Lives of Our Unsung Heroes... ..	24
Fashion		Health & Medicine	
Cotton Company, Celebrates 30 Years	5	WWS Physical Therapy, Handling Hip Pain?	25
Health & Beauty		LifeBack, How to Prevent the "Summer Slide"	26
Conjured, Small Batch Bath & Body Provisions	6	Murphy Hearing, Don't Allow Hearing Difficulty To Impede Your Life ...	27
Salon 360, Hair Loss? What Are My Options?.....	7	Allison Marie Conway, What If You Never Suffered a Hangover Again?.	28
Life Coaching		Mindful Eating, The Benefits of Mindful Eating vs Dieting	29
Healthy Life Planning, Accept What Is... to Keep Moving Forward ...	8	Legal	
Conscious Living		HighPoint Law Offices, Attend a FREE Estate Planning Workshop ...	29
Spirited Life Coaching, When There Is No Story	9	HighPoint Law Offices, Your "Golden Goose"	30
Relationships		Furry Friends	
Robert Burns, Loving Yourself First	10	Bucks County SPCA, Working Cats Earn High Marks	31
Food & Wine		Making A Difference	
Upper Bucks Chamber, 16th Annual Upper Bucks Foodie	11	Cancer Support Community of Phila, Paws 4 Life Dog Walk	32
The Talking Teacup, A Place of Tranquility and Warmth	12	Worthwhile Wear Thrift, Cleaning Out This Summer?	33
Kin Wellness Center, Eat, Drink & Be Merry Month	12	Liz's Birthday Closet, Full of Hope, Happiness and Love	34
George Parkinson, Pinot Grigio	13	Habitat for Humanity, Every Hand Makes a Difference	35
Business in Profile		Wealth Management	
Shelby Fahrni, Chef, Owner, The Cooking Studio	14 & 15	Merrill Lynch Wealth Management, Tips for Today's Sandwich Generation	36
Arts & Leisure		Business	
Mercer Museum, Everyday Rhythms	16	Golden Design	6
Historical Society of Hilltown, Fall Festival	16	Cole Tool & Machine	22
CBCC Bucks Fever, A Celebration of the Arts	17	RPCR, The Importance of Diligence in Cybersecurity	37
Tri-State Corvette Assn, 28th Annual Corvette's at Peddler's Village ...	28	Per Diem Work Space	37
Art Gallery		Virtual Business Professional	
Silverman Gallery, Ready to add a splash of color to your life?	18	Personal Touch Concierge Service, Comparing Human VA's and AI ...	38
Community		Get Connected	
Dublin Town Center, Hello Autumn	19	Upper Bucks Chamber of Commerce	39
Real Estate		Central Bucks Chamber of Commerce	39
Sue Jones Featured Listings	20	Bucks County Alive	39
Ask the Professional - Sue Jones on Real Estate	21	Top of the Line Design	39
Home Organizing		Back Cover	
Uncluttered Spaces, Professional Organizing Services	22	Pearl S Buck International, 2023 Woman of Influence	40
Home Remodeling			
Coleman Home Remodeling, Solutions For Projects Big or Small ...	23		



On The Cover...

Shelby Fahrni, Chef, Owner, The Cooking Studio

To learn more, see our Business in Profile feature on pages 14 & 15

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Karen Thompson, Founder, Cotton Company

By Taylor Jackson

Karen Thompson, a longtime local business owner, began her journey in 1988 when she opened her first store, Lace Silhouettes Lingerie. Today, she has grown that business to six retail brands brought to life across nine stores in Pennsylvania and New Jersey. One of her iconic retail brands, Cotton Company, is celebrating its 30th anniversary this year. The clothing store has grown to be known for its multigenerational shopping and expert stylists. There are currently two Cotton Company stores located in Bucks County, PA and Cape May, NJ. Thompson sat down with me to reflect on the beloved brand's 30-year journey.

When and where did you open your first Cotton Company store?

I opened my first Cotton Company store in

Local Business, Cotton Company Celebrates 30 Years

Peddler's Village in the fall of 1993. I remember I was 8 months pregnant at the time with my second son, Colin. My first son, Kerry, was only 12 months old, too. It was a crazy, but fun time! I kept thinking to myself "I can do this...I have a great team...and the support of my husband, Dave."

Why did you decide to open Cotton Company?

I noticed that many guests were looking for cotton pajamas at my other store, Lace Silhouettes Lingerie, which at the time, had been open in Peddler's Village for three and a half years. I was inspired by my guests to open a store that sold all things cotton.

How long after your first Cotton Company store in Peddler's Village did you open your second location in Cape May, NJ?

I opened my second Cotton Company location in Cape May four years later in 1997. The store actually started as a shop inside Congress Hall prior to its restoration. Fun fact: the store's entrance was

where the famous Blue Pig Tavern is today. Eventually, I moved the store to the Washington Street Mall where it remains today.

How has Cotton Company evolved over the last 30 years?

It has been quite the transition over the years. I first started with anything cotton—pajamas, towels, sheets, clothing and gifts. I soon realized that clothing was what our guests were responding to most, and so I focused the rebranding there. I contribute most of the change and direction to my talented team of retailers—my stylists, managers and buyers. My team really listens to what our guests want, and we always try to make it happen.

What has been your favorite part of the journey?

30 years has gone by so quickly...I have loved having Cotton Company. It has contributed to so many fashion shows, fund-raising events, local town traditions and girlfriend shopping days! We have been known and voted the best clothing store in the region both in Peddler's Village and Cape May. Our guests love the store and the personal, knowledgeable service that you can't find anywhere else. My favorite part of the journey, simply put, is following it with my team and every guest who walks in the door.

Do you have any exciting future plans for Cotton Company?



The outside of Cotton Company after the blizzard of 1996



Cotton Company today, 2023

We continue to look at locations to expand. We love towns that our guests love to vacation in! So hopefully Key West, Florida—someday! Unless, of course, you'd like to make a suggestion.



Karen Thompson getting ready for Apple Festival in Peddler's Village in November 1995

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Laura is a talented graphic artist and designer. She has greatly improved the overall look of my publication. She works well with our clients to understand their design needs and often exceeds their expectations. Laura is a pleasure to work with. I would highly recommend her to anyone who needs a graphic artist!

- Robin Coppinger, Owner/Publisher, Bucks County Women's Journal

"I think you are extremely talented and it shines through your work! The ad looks spectacular, the layout truly compliments the article!"

- Jenelle, Arizona

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Anita Polin has worked in the beauty industry for over 40 years. Education is her passion, and she has been teaching for 17 years. Anita presently travels to salons in New York, Pennsylvania, and Virginia teaching stylists about color and hair products. She finds that helping others succeed in the industry she loves is very rewarding. Her love for wigs and hair additions began when she worked for Disney World. Seeing how people change when they put something on that makes them feel beautiful started Anita thinking. She went on to take advanced training in wig work for men and women. She says, "In this industry, we change lives. I am just as excited today as I was when I first started my career. I'm always learning, sharing my knowledge, and helping people feel amazing!"

Hair Loss? What Are My Options?

Hair loss can happen at any age. Sometimes it's hereditary. Today COVID has been to blame, but actually there could be a lot of other reasons too. My first recommendation would be to always check with your doctor. In the meantime, you need to find some answers so you can look your best and feel that way too!

The hair products you use have a big impact on how your hair

looks. I would always recommend professional products because they will provide the best results. Yes, they are more expensive, but you are paying for much higher-quality ingredients which are safer and give you noticeably better end results. One point some people don't realize is that you never need as much product including shampoo and conditioners because of the higher quality,

so professional products last longer.

Your professional stylist can recommend which products are the best for your hair type. A change in your haircut and style can also help support the changes in your hair.

If you have tried everything and you still feel you need something more to look your best, I have some ideas for you, including hair enhancements like

toppers and also full wigs. Never thought you would feel comfortable with one? Well, this is an opportunity to see all your options. There are many different sizes in human hair and synthetic pieces. Set up a free consultation to see what works best for you.

The combination of a great haircut and style along with a new enhancement if needed will give you more confidence, so you

feel better about yourself and your new look. Call today for a free

consultation get the answers to all your questions about hair options.

Call for a consultation today to help you choose a beautiful look that gives you all the confidence that you need.



By Capri



By Jackie



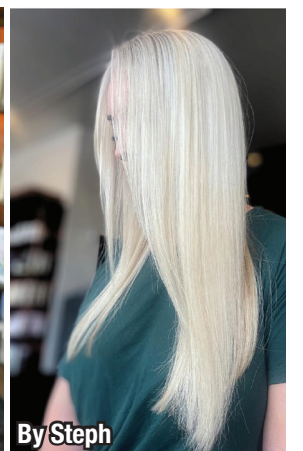
By Lisa & Kenzie



By Karen



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By Steph



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Accept What Is...to Keep Moving Forward



By Gayle Crist,
Life Coach,
Healthy Life Planning

The older I get, the more I realize that acceptance is the key to success in almost every aspect of life:

- Our relationships are better if we accept our partner just the way he is.
- Our work life is better if we accept the fact that we can't change our boss or coworkers—and instead find ways to adapt to circumstances as they are.
- Our attitude about everything is better if we stop struggling and accept the fact that bad stuff happens—and the best coping strategy is to let it go and move on.

I'm sure there are one or more aspects of your life that you sometimes find hard to accept. But is it worth your time and effort to bemoan those things or spin your wheels trying to change them?

Wouldn't your time be better spent (and your energy conserved) if instead you found ways to return to a peaceful place? To follow the Buddhist principle of Equanimity (to accept reality as it is without craving or aversion) so you can relax enough to envision and then implement a solution?

I have helped many clients over the years who stayed so angry and unaccepting about something bad that happened (for example, a divorce)—that they were paralyzed. Their “monkey mind” kept replaying the tape of the nasty things their soon-to-be-ex-husband did, and they were too stuck in that loop to imagine how to leave that chapter of their lives behind and start over.

My job as their coach was to help them channel their anger in a new more-productive direction, as impetus for them to imagine and create their new single life. As their “possibilities partner,” I co-created a vision for their healthier, happier

Gayle Crist, M.S., is a life coach based in Ambler. She helps people create healthier, happier lives; find more life balance; navigate life transitions such as separation/divorce; start a business; get organized to complete an important project; write/edit their first book, or follow through on other life goals. Gayle is also a writer, editor, and proofreader (www.cristeditorialservices.com) and the author of How I Met My Second Husband Online at Age 50. Information about her life coaching services is at www.healthylifeplanning.com, and her life coaching blog is found at <https://gayle4244.wixsite.com/website/blog>. Contact Gayle at 267-245-3023 or coach@healthylifeplanning.com.

future, held that vision for them when they lost sight of it, and encouraged them when they were doubtful, unmotivated, or lacking hope.

Soon, they came to accept that the past happened but was over. That was then; this was now. And the healthiest way to proceed was to focus on what they wanted tomorrow rather than what they lost yesterday...or what felt hard to do today. They accepted the fact that life is a journey, and sometimes the path takes us in unexpected or unfortunate directions. But, to make progress and find happiness, we need to get back on the path and start forward again—without fear.

I'm reminded of a recent incident where I had some fear come up that almost stopped me on my path. I was pushing my 2-year-old granddaughter Louisa in a stroller on the way back from the Doylestown Library when a thunderstorm came up out of the blue. I put up my umbrella to try to protect her, but the rain came down so hard and the wind was so wild that the umbrella was useless. All I could do was accept the fact we'd get soaked as we kept walking 10 more minutes to home.

Unfortunately, I was okay about getting wet but very afraid of the lightning that was striking every few minutes. I tried not to think about how it might bring down a branch on us, but it was tough. I was SO concerned about Louisa's safety! I tried desperately to find a place to take cover, but there was none. I called 3 people to see if they could drive to pick us up, but nobody was available.

Just then, an elderly man stopped his van and got out to give us his umbrella. He looked at Louisa and said it looked like she was sleeping. But the truth was she was quietly sitting with her head to one side, letting the rain come down on her. She didn't cry or complain. She seemed to just accept what was happening. When we finally got home, she said to her mom “We got wet!” as if it was a fun adventure. Little did she know how terrified her Grammy was!

Are you good at accepting what life throws at you? Or do you need support in overcoming obstacles and moving toward your life goals?

In her 2-year-old world, where she had no idea how destructive thunderstorms could be, she existed in the present moment, focused only on the feel of the rain on her body for the first time. She had no worries or fears. I, on the other hand, was projecting into the future with “what-if” scenarios and found myself frustrated and on the verge of tears, running as fast as I could to get us home safely. I was amazed at how well she handled the emergency and very thankful she didn't see the fear on my face.

What about you? Are you good at accepting what life throws at you? Or do you need support in overcoming obstacles and moving toward your life goals? If so, let's talk. I'd love to be your motivator!

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Candace Pedicord, MS, coaches from the heart. As an interfaith minister, hypnotherapist and trauma therapist, her blending of spirituality, psychology and energy work creates a safe and vibrant space to heal lifelong issues of loss, neglect and abandonment. She is a Master Grief Coach and past life regressionist and enjoys using elements of EFT, EMDR and visualization in her work.

By Candace Pedicord

“The mind’s natural condition is peace. Then a thought enters, you believe it, and the peace seems to disappear...Peace is who you are without a story, until the next stressful story appears. When there is no story, no past or future, nothing to worry about, nothing to do, nowhere to go, no one to be, it’s all good.” Byron Katie, A Thousand Names for Joy

We are, by our nature, storytellers. Our lives are defined by moments and experiences that give a shape and narrative to our lives. Our childhoods were traumatic, blissful, uneventful, normal, a struggle. Our hearts have been broken, opened, bruised, healed. Our relationships, our careers and a myriad of life experiences gave us defining moments that we have interpreted and filed away as proof of who we are and what is right or wrong with us and with life.

We pull these stories out in a heartbeat as our default navigation system for understanding how to live.

Unfortunately, these stories limit our potential and keep us from becoming the extraordinary creators we are meant to be. They demonstrate an unconscious adherence to a set of beliefs or patterns that have been in place for a very long time and no longer serve us.

When we are little, being part of, or attaching to, the group, family or

tribe is a matter of life and death, literally. We need others to care for us as we are unable to care for ourselves. This need is so strong that we suppress our authentic and spontaneous selves in order to be accepted and acceptable. That suppression then becomes part of our emotional wiring as we grow up. We continue, on a largely unconscious level, to sacrifice authenticity into our adulthood.

At some point, we realize that life is not working as we’d hoped. We feel stuck or have a feeling that surely there must be more. We begin to be aware of ourselves as autonomous, self-sufficient and wholly sovereign beings. Our authentic selves are bursting at the seams to be free.

How do we let go of the stories that have become our unconscious guidance system? It begins with self-awareness. Conscious and deliberate reflection when we are NOT experiencing our core inner peace and joy.

*When you are triggered or uncomfortably reactive, perhaps a younger part of you has been activated and does not know how to handle the current situation. **Consciously**, take a breath, acknowledge that the adult in you temporarily fled the room, and reassure the younger part that you will figure out how to handle the situation. Whatever story they are operating from is not part of the current situation.*

When There Is No Story

When you blame someone else for your discomfort, it could be that you are hiding from yourself. Whatever you are blaming someone else for is most likely alive in you.

Consciously look within. If you blame someone for not listening to you, perhaps you may not be listening to them or hearing your authentic self. You will find, surprisingly, that the blame dissipates when you inquire within, and there is a feeling of freedom.

*When your expectations are not met, there’s a good chance you’ve made some assumptions and have created a story that will often lead to disappointment. **Consciously** create agreements in your relationships, including with yourself, instead of holding onto unfounded expectations. This means you ask for what you need*

and you hold yourself accountable for what you have agreed to. People honor agreements; they resist expectations.

*When you hesitate to step outside of your comfort zone, maybe you are trying to stay safely within the confines of the familiar, a familiar that is often from your distant past. **Consciously** invite new experiences into your life, knowing that each one will allow you to grow beyond the unconscious landscape of your past.*

*When you tell yourself you are not good enough or you can’t do something, that is most often very young thinking, from your past history of interpreting or hearing those messages from others around you. **Consciously** challenge the notion with an “Is it true I’m not good enough?” inquiry and self-reflect on how or why you are letting that notion run your*

life in the present. The younger you needs your reassurance and courage. The present you is ready to live on her terms.

This is the gift our stories can offer us - a way to look inside and release old patterns, beliefs and traumas. We learn to love the young parts that try so hard to live our lives without the benefit of our wisdom and experience. And then, miraculously, the stories disappear and we show up. Curious, creative, empowered, bold, generous and loving. Who, in fact, we have been all along.

This is the beginning of your awakening, that most delicious state of being in which you organically feel connected to all that is. There is ease in your life and pursuits, and a level of acceptance for all of life and what it offers. There is no story, after all. There is just delightful and perfect you.

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“Life does not happen to us, it happens for and through us. Transforming the energies of fear and loss into compassion and forgiveness is not only recommended, it is essential. The world needs beautiful, loving and strong women...now.”



Loving Yourself First

By Robert Burns, Motivational Speaker, NLP Trainer

Let me ask: do you have a relationship with yourself? Do you know “who” you truly are?

I am not talking about job title, gender, name, or any of the surface things that most people use to refer to themselves. Who you really are is the reason that you came to earth this time.

You may think this is far-fetched; however, I assure you it is not. You have a definite reason for being here at this time. We all do, and, as soon as you see this clearly with an open mind, I’m sure you’ll agree.

When you experience this clarity, you will also start knowing beyond a shadow of a doubt just who you really are. Your life will begin to take on a whole new meaning. I know mine did.

If you have any questions about this topic, feel free to give me a call, and I’ll do my best to clear up any and all doubts you may have. Remember that, when your mind is open, then you’re able to accept all possibilities.

Please call 610-462-0804 if you have questions or want more information. Enjoy your day!



Robert Burns

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Patti Fitzpatrick, Owner, The Talking Teacup

The Talking Teacup *A Place of Tranquility and Warmth*

Nestled in an historic building dating back to the 1700s, The Talking Teacup stands as a hidden gem in Chalfont. It is a place where friendships have blossomed, dreams have taken root, and memories have been created. This charming teahouse, which operated from 2003 to 2019 under the stewardship of Kathy Heck, closed its doors in June 2019 due to Kathy's battle with ovarian cancer. However, the story doesn't end there.

In a heartfelt conversation, Kathy encouraged Patti to hold on to her dreams

and embrace the future. Kathy recognized Patti's talents as a cook, baker, and marketing aficionado, and her words resonated deeply within Patti. Just one month before her passing in November 2020, Kathy sent Patti a letter, once again reminding her that life is fleeting and dreams should never be abandoned. "You're a great cook, baker, and marketing person... GO FOR IT," Kathy wrote, igniting a flame within Patti's heart.

Inspired by Kathy's unwavering spirit and fueled by her letter of encouragement, Patti embarked on a journey to resurrect the teahouse that held a special place in both their hearts.

The path to reopening The Talking Teacup was far from easy. Patti, supported

by her family and friends, worked tirelessly to recreate the ambiance and essence of the teahouse she once sought solace in. Countless hours were devoted to ensuring that every detail, from the decor to the menu, would transport visitors to a world of tranquility and warmth.

Finally, on August 25, 2021, a momentous occasion took place. The doors of The Talking Teacup swung open once again, laughter echoed through the air as old friends reunited, and new connections were forged over steaming cups of tea. The dreams of both Kathy and Patti envisioned as The Talking Teacup became a reality again.

Visitors to The Talking Teacup are encouraged to

savor not only the delectable food and meticulously brewed tea but also the conversations shared within its walls. It serves as a gentle reminder to never take life for granted and to appreciate the simple joys that surround us.

In the heartwarming tale of The Talking Teacup, we find a story of friendship, perseverance, and the triumph of the human spirit. It is a place we hope can survive the challenges in today's world and stand strong for many years to come.

"a place where friendships have blossomed, dreams have taken root, and memories have been created"

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Where Tea Becomes an Experience

The First Annual Bucks County "Eat, Drink & Be Merry Month" Has Partnered With the Most Popular Restaurants & Bars Across the County

We are happy to announce the **First Annual Bucks County Eat, Drink and Be Merry Month** set to run from August 15 through September 15. When people throughout the community order a designated appetizer, entrée, drink or dessert from participating restaurant and bar partners, a percentage of their order will benefit Kin Wellness and Support Center and our local cancer patients and their caregivers. People can eat, drink and be merry while supporting both local businesses and our cancer community at Kin.

The most popular restaurants and bars across Bucks County have joined the event. The Bucks County Eat, Drink and Be Merry Month has a dedicated webpage at www.welcometokin.org where participating locations are listed.



Partners include: Ardana Food and Drink, KC Prime, Ardana Pizza Co., The Good Gyro, The Hattery, Penn Taproom, Nat's Pizzeria, Quinoa, Karla's Restaurant, Coaches Steak and Hoagie House, Spuddy Buddy Fry Factory, Vitality Fit Kitchen, Jersey Mikes Doylestown, Plumsteadville Inn, and Heirloom.

Mike Christou and family have opted to include all their restaurants in the month-long event: Ardana Food and Drink, KC Prime, and Ardana Pizza Co.



As the owner says, "Our entire staff is excited to participate in Eat, Drink and Be Merry Month for Kin! Our chefs get to come up with a few seasonal menu items, and our servers get to tell the story of Kin while selling those new items. It's a great way to get everyone engaged in the fund-raiser!"

Keith Fenimore, Executive Director of Kin, adds, "We saw the success that our Bucks County Spa and Salon Self-care Month generated and decided to broaden the concept. Our goal is to bring the community together and shine a light on local businesses through our fund-raising efforts while creating compelling collaborations, events and programs that everyone can enjoy. Our motivation lies in our results which are squarely focused on raising funds to help as many locals battling cancer as possible."

Those interested in getting their restaurant or bar involved should contact keith@welcometokin.org or call 267-544-5981.

Kin Wellness and Support Center offers free support, fitness, therapy, and integrative services to cancer patients and their caregivers. Kin is inspired by Corinne Sikora.

**Restaurant and Bar Owners
Can Partner Until August 15th**



Benefitting Kin Wellness and Support Center, This Event Runs From August 15 Through September 15

Pinot Grigio



By George Parkinson

In the book *Wine Grapes*, written by Jancis Robinson MW, Julia Harding and Jose Vouillamoz, the Pinots are listed, including Pinot Noir, Pinot Meunier, Pinot Gris/Grigio, Pinot Blanc, Pinot Teinturier and Pinot Precoce, which have collectively an enormous clonal diversity. These species of wine grape have a high rate of mutation, with more than 1,000 registered clones.

Although the mutation rate isn't higher than any other wine grape, it has existed longer than most other wine grapes (2,000 years), and that length of time is the reason for so many clones. As author Robinson says, ***"Many legends about the origins of Pinot exist, but the true origin is still unknown."***



Unfermented Pinot Grigio juice from Stony Run Vineyards and Winery, 2022

I could write multiple articles on this family of wine grape and never run out of subject matter, but for now I would like to discuss Pinot Gris/Grigio specifically and speak about the grape as either Pinot Gris or Grigio since it is the same name for this mutation of Pinot.

Presently, Pinot Grigio may be the most misunderstood wine and wine grape of that family. Rising to fame due to the American consumer, this wine and wine grape is not what we have been force fed as a wine. It is, in my opinion, a shame that a grape with great flavor potential and food pairing options is reduced to a status of thin, austere liquid thought to be and produced to be a lesser white wine than it could become. It is in the over-production and vinification methods used today that this wine loses its potential.

First, Pinot Grigio is not a white grape as many believe by simply seeing that pale off-white color in so many labels of the variety. The grape is a spot mutation of Pinot Noir, which is to say that, in a vineyard of Pinot Noir, one may find this growing naturally with a color mutation that can be off-gold to red/gray. In fact, Pinot Grigio is indeed a rose-colored grape, and, in its most natural state, this grape can produce a watermelon-colored juice or darker rose color at harvest.

The most reliable mention of Pinot Gris was in the 18th century in Germany when it was given the name Rulander after Johann Seger Ruland, who discovered it growing wild in a garden. There are other writings as early as the 13th century placing it in vineyards of Burgundy, but they are unconfirmed.

Pinot Grigio is propagated all over the planet including in the vineyards of the Lehigh Valley AVA where I presently work. The styles are largely off-white with

reasonable acidity and often simple flavor structure. There are two reasons for this. First, the grape is not given long hang time on the vine by many producers, which would encourage a deeper rose color and richer flavor profile. This is evidenced by the similar styles of Pinot Grigio being produced in Italy and other world producers that largely follow this style due to consumer demand. Second, the vinification methods purposely "bleach" the color by charcoal filtration, which can take what might be a rose color to off yellow, making this somewhat less flavorful than it could become. In wine making as in beer production, the more color removed, the less natural depth of flavor.

It is possible to find this wine made in a fully natural off-pink color, but you have to search for it made in this style. The grape, if given longer to mature on the vine for a higher degree of brix or grape sugar, can develop more lush mouth feel and aromatics. The riper version will offer the consumer notes of nectarine and melon with pronounced floral aromatics. Known by more than 20 synonyms in as many countries around the world, Pinot Grigio is a wine worth the time it might take to find this richer style.

Here are a few of my suggestions that could change the way in which you think about Pinot.



Stony Run Pinot Grigio \$19

The picture of the unfermented watermelon-colored juice is from the 2022 harvest of our Pinot Grigio. Our owner and winemaker Larry Shrawder allows extended hang time to produce a more-lush mouthfeel and aromatics.

Santa Margherita Pinot Grigio \$30

This is probably the most well-known Pinot Grigio. Price tag aside, when you taste several Pinots together, this one has that mature, well-developed style I mentioned.

Lange Estate Pinot Gris, Willamette Valley Oregon \$26

Pinot Gris is regarded as Oregon's signature white varietal and is often found in a dryer style than those of the same name from Alsace. This has a brighter mouth feel and many layers of stone fruit.

Montinore Estate L'Orange, Willamette Valley Oregon \$28

This is that natural-colored style by which everyone should know Pinot Grigio. It has aromas of ripe strawberry and a lush mouth feel.

Pierre Sparr Pinot Gris, Alsace \$25

This is made in an off-dry style with notes of Golden Delicious apple and ripe cantaloupe.

Kelley Fox Pinot Gris, Maresh Vineyard \$28

This wine is bright rose pink with notes of wild berry and stone fruit.

George Parkinson has been a member of the Court of Master Sommeliers, Americas since 2006. Presently he is the wine educator for Stony Run Winery in Breinigsville, PA where he teaches wine appreciation classes monthly that are open to the public. He is also the brand manager for Hawk Mountain Distillery, located in Breinigsville, PA

George resides in upper Bucks County with his family. He may be contacted at: gjpark3@gmail.com.



THE COOKING STUDIO

114 W BROAD ST, SUITE B, TELFORD, PA 18969

lecookingstudio.com

Meet Shelby Fahrni

Chef, Owner, The Cooking Studio

Some people discover their passion at a young age, and, for chef Shelby Fahrni, that passion was cooking. At the tender age of four, she stumbled upon a food television show that would change her life forever. The host was preparing Cornish game hens stuffed with rosemary and lemon, and young Shelby was captivated. She knew right then and there that she wanted to be the one trussing those hens and creating culinary masterpieces.

With unwavering determination, Shelby promptly wrote her mother a grocery list and embarked on her first cooking adventure. She fearlessly taught her mother the technique of stuffing tarragon between the skin and meat of the hens. It was a defining moment that marked the beginning of Shelby's culinary journey.

Growing up in a military family, Shelby had the opportunity to experience various food cultures as she moved from one place to another. Her family's journeys took them to Alabama, Georgia, Kansas, Washington, and even Seoul, South Korea. Each location offered a unique culinary landscape, exposing Shelby to a world of flavors and techniques. This early exposure ignited her curiosity and deepened her love for food.

After completing her formal education, Shelby graduated from culinary school in 2015. That same year, she successfully passed her America Culinary Federation exams, a testament to her dedication and skill. Specializing in traditional Italian cuisine, Shelby had the privilege of working closely under the guidance of the renowned Chef Lidia Bastianich in the Batali & Bastianich brands. It was an invaluable experience that further honed her culinary expertise. Seeking new challenges and opportunities, Shelby ventured into the world of fine dining. She joined the team at Eddie V's, where she

served as a chef and travel trainer. She helped open restaurants in Chicago, Orlando, Denver, Kansas City, Boston, King of Prussia, and Charlotte. Her commitment to excellence and her passion for sharing knowledge made her an invaluable asset to the restaurant.

In 2018, Shelby's culinary journey took an exciting turn when she was featured on an episode of "Guy's Grocery Games". It was a thrilling experience that showcased her skills and brought her passion for food and teaching together. Inspired by this unique opportunity, Shelby decided to create The Cooking Studio.

The Cooking Studio became Shelby's platform to share her culinary expertise with others. Combining her love of food and teaching, she developed a range of cooking classes and workshops for aspiring chefs and food enthusiasts alike. Through The Cooking Studio, Shelby aims to inspire and empower others to explore their own culinary potential.

Chef Shelby Fahrni's journey from a four-year-old enthusiast to a seasoned culinary professional is a testament to her unwavering passion for food. Her early exposure to diverse food cultures, her dedication to honing her skills, and her commitment to sharing knowledge have shaped her into the remarkable chef she is today.

As Shelby continues to make her mark in the culinary world, her journey serves as a reminder that following one's passion can lead to extraordinary achievements. Whether she's trussing Cornish game hens or teaching aspiring chefs at The Cooking Studio, Chef Shelby Fahrni embodies the joy and artistry of cooking, inspiring others to embrace their own culinary adventures.



About The Cooking Studio

Tucked away in the heart of Telford, Pennsylvania, a new culinary haven has emerged, captivating the taste buds and culinary aspirations of home cooks. The state-of-the-art Cooking Studio, under the expert tutelage of Chef Shelby Fahrni, promises an extraordinary experience for those looking to enhance their culinary skills. Whether you're a novice or an experienced home cook, Chef Shelby's cooking classes offer an immersive and educational journey, providing participants with the knowledge, techniques, and confidence to create gourmet meals in their own kitchens. Let's dive into the delectable world of the exceptional Cooking Studio in Telford.

Chef Shelby Fahrni, a seasoned culinary artist with an impressive repertoire, brings her passion for cooking and teaching to Telford's newest Cooking Studio. With years of experience working in renowned restaurants and leading culinary workshops, Chef Shelby has honed her skills to deliver exceptional culinary education to aspiring home cooks.

The Cooking Studio boasts a state-of-the-art kitchen, thoughtfully designed to provide a comfortable and professional environment for students. Equipped with high-end appliances, cutting-edge tools, and spacious workstations, the kitchen ensures an ideal setting for hands-on learning. Chef Shelby believes that having access to a well-equipped kitchen is paramount to creating an immersive culinary experience, and this vision is reflected in every detail of the studio. Chef Shelby Fahrni's cooking classes are the heart and soul of the studio, designed to inspire and educate home cooks of all levels. From fundamental techniques to advanced gourmet recipes, the classes cover a wide range of culinary topics. Each session focuses on a specific cuisine, culinary style, or theme, allowing participants to explore various flavors and cultures.

Participants can expect a personalized approach, as class sizes are kept intimate to ensure individual attention and guidance from Chef Shelby herself. Whether you're interested in mastering classic French techniques or exploring the vibrant spices of Asian cuisine, the cooking classes offer a diverse array of themes to cater to different culinary interests.

The hands-on nature of the classes empowers participants to actively engage in the cooking process, from prepping ingredients to executing intricate cooking techniques. Chef Shelby's warm and approachable teaching style creates an inclusive and welcoming environment, fostering a sense of camaraderie among participants.

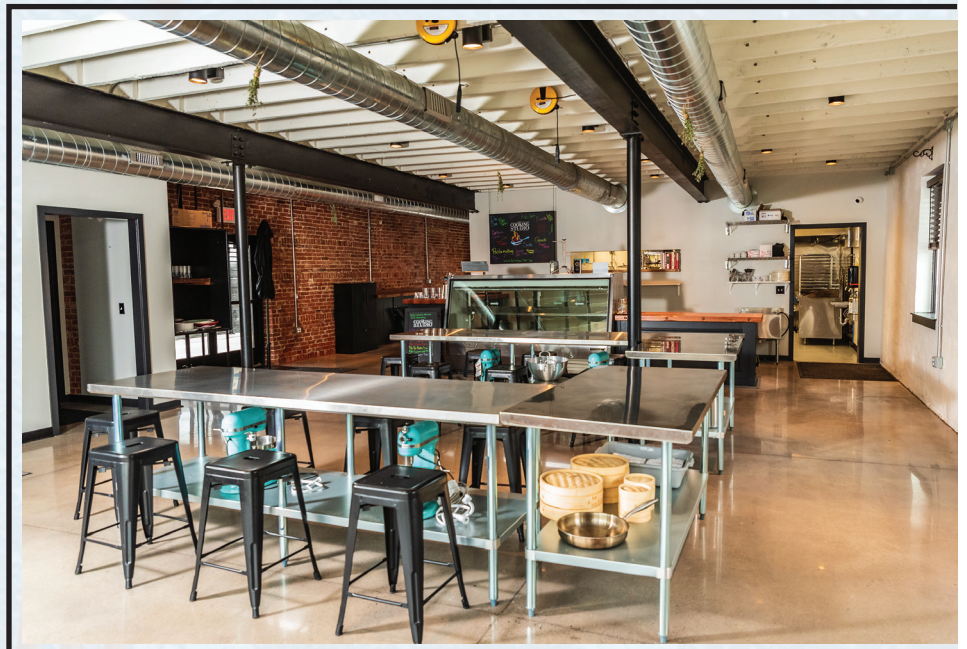
Beyond technique and recipe instruction, Chef Shelby emphasizes the importance of understanding ingredients, flavors, and the creative process of cooking. She shares her extensive knowledge and insider tips, helping participants develop a deep appreciation for the artistry and science of culinary creations.

The impact of Chef Shelby Fahrni's Cooking Studio extends far beyond the kitchen. By imparting invaluable culinary skills and knowledge, the studio enables individuals to elevate their cooking abilities, leading to healthier, more creative, and enjoyable meals at home. The confidence gained in the kitchen often extends into other aspects of life, fostering a sense of empowerment and accomplishment.

Additionally, The Cooking Studio serves as a hub for community engagement. It brings together individuals who share a common passion for food and cooking, creating a space for connections,

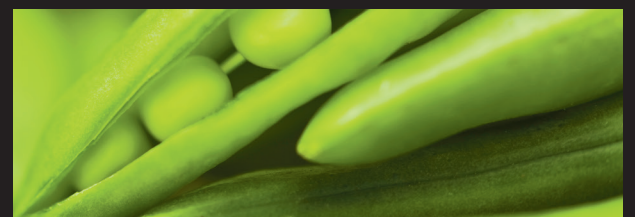
friendships, and the exchange of culinary experiences. The studio also collaborates with local suppliers, farmers, and artisans, promoting sustainable practices and supporting the local economy.

Chef Shelby Fahrni's Cooking Studio in Telford is a testament to the power of culinary education and the joy of cooking. With its state-of-the-art kitchen, immersive cooking classes, and Chef Shelby's expertise, the studio offers an exceptional opportunity for home cooks to refine their skills, expand their culinary horizons, and indulge their passion for food. Whether you're seeking to master new techniques or simply embark on a culinary adventure, The Cooking Studio in Telford is a destination that promises to delight and inspire aspiring home cooks for years to come.



The Cooking Studio August Classes

- Kids camp – August 7-10 (Monday-Thursday) Ages 6-12
- Kids camp – August 14-17 (Monday-Thursday) Ages 12-17
- Knife Skills – Saturday 8/5 3:00-4:30 PM
- Modern Italian – Saturday 8/5 6:30-9:00 PM
- Dim Sum – Thursday 8/10 6:30-8:30 PM
- Greek Cuisine – Friday 8/11 6:30-9:00 PM
- Italian American – Saturday 8/12 2:00-4:30 PM
- Pierogi & Other Polish Specialties – Saturday 8/12 6:30-9:00 PM
- Sushi Making – Thursday 8/17 6:30-8:30 PM
- Steakhouse Favorites – Friday 8/18 6:30 PM
- Dim Sum – Saturday 8/19 2:30-5:00 PM
- Rainbow Pasta – Saturday 8/19 6:30-9:00 PM
- Knife Skills – Tuesday 8/22 6:30-8:00 PM
- Summer Grill Master – Thursday 8/24 6:30-8:30 PM
- Tamales & Tres Leches – Friday 8/25 6:30-9:00 PM
- Sushi Making – Saturday 8/26 2:30-5:00 PM
- Greek Cuisine – Saturday 8/26 6:30-9:00 PM
- Gnocchi Lab – Thursday 8/31 6:30-8:30 PM





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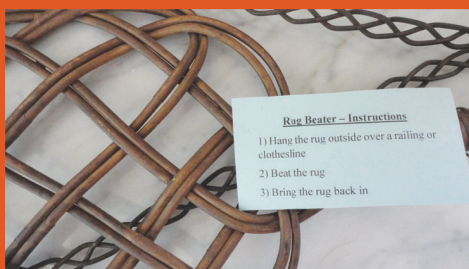
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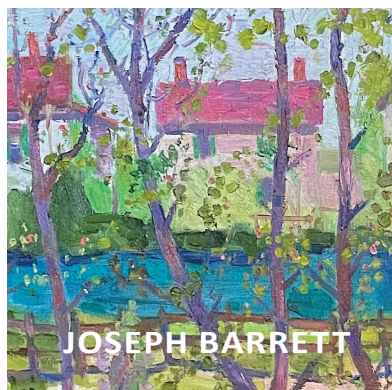
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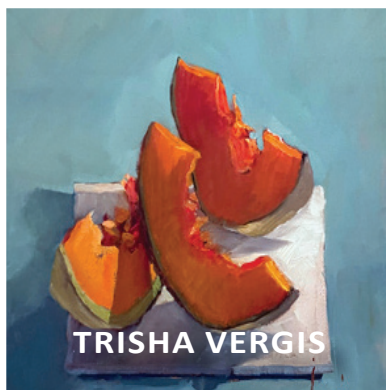
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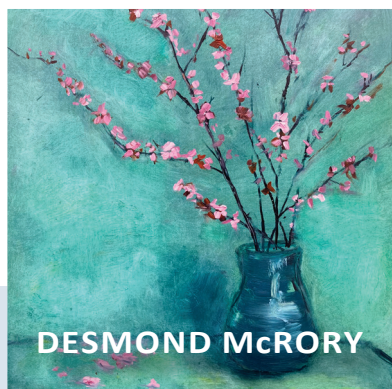
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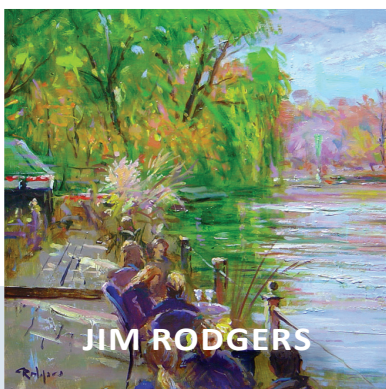
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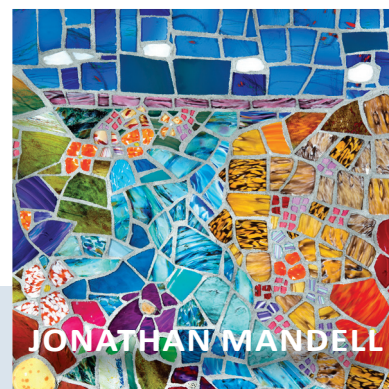
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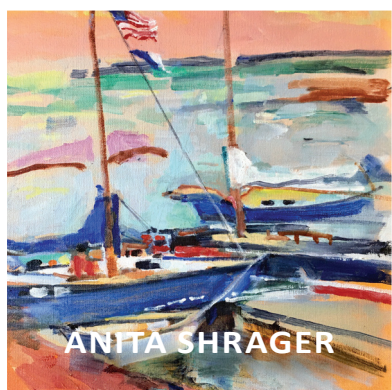
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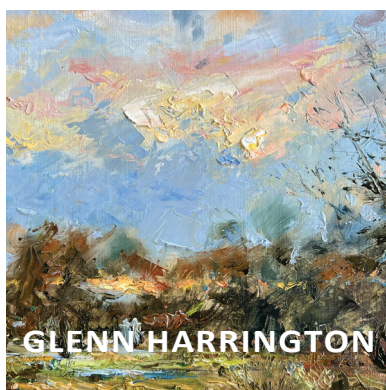
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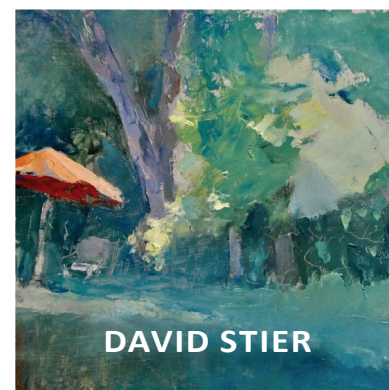
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Hello Autumn

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Every Tuesday is **TACO TUESDAY** at THE STATION! The delicious combination of Taqueria Tlaxcali, Neshaminy Creek Brewing Co., and Ninas Waffles & Ice Cream might soon be the reason your kitchen is closed on Tuesdays!



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August 20 & September 17 are Sundays at The Square. Every month a different theme, you'll find a food truck, live music and special deals and surprises at The Shops! 10AM - 1PM.



Thursday, September 14, 6-8PM is Ladies Night: Back to School Edition. The kids are back in school! So meet your ladies at The Shops where fun, fashion and fabulous finds come together in style!



September 16, The Craftery Market will be at The Square! It's a modern and unique market experience featuring carefully curated, artisan handmade items, antique and vintage finds, fresh flowers, original art & more!



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Don't miss a thing! Scan now for links to our events page, websites and social media. We welcome you to be our guest and experience ALL that Dublin Town Center has to offer!

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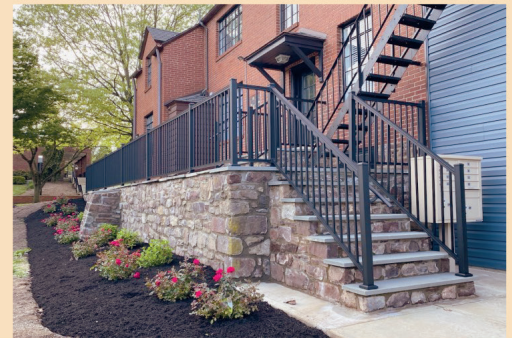


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Sue Jones on Real Estate

Sue Jones is a REALTOR as well as Owner/Partner of Keller Williams Real Estate, Doylestown Office.

Experience: Sue's experience spans over 30 years, providing professional help to both buyers and sellers in our local market.

Designations/Memberships: Holding the coveted GRI designation - Graduate of the Realtor Institute; Memberships in the National, Pennsylvania and Bucks County Association of Realtors.

Education: Sue feels that ongoing "fine tuning" of the ever-changing regulations, laws and procedures that guide the professional REALTOR to properly represent the public and which shape the Real Estate Industry are of the utmost importance, and this is her pledge and commitment.

Why Real Estate as a Career? When asked "What made you choose Real Estate as a career?" Sue answered "I wanted to be in a helping field and decided that Real Estate offered that, helping people with their most important investment."

By: Sue Jones, Owner/Partner
KELLER WILLIAMS Real Estate

UNDERSTANDING CONDO OWNERSHIP

Dear Sue, I am looking to purchase a townhome. What should I know about the rules and can I waive them in order to make my offer more attractive? Thank you, S.N.

In Pennsylvania, the Uniform Condominium Act and the Uniform Planned Community Act govern the purchase and sale of properties that adhere to an Association. The Acts require the Seller to provide a Resale Package to the Buyer, which includes essential information about the Association. The purpose of the Resale Package is to ensure that the Buyer is fully informed about the Association's financial stability, and understands the rules that they will be bound by, and to also identify any current or potential issues that may affect their ownership or investment. It provides transparency and protects Buyers from unforeseen surprises or hidden obligations, before making a purchasing decision.

In today's current housing market, waiving inspections is a common practice that some Buyers are using to strengthen an offer, but waiving the receipt of the Resale Package is a different matter. While you as a Buyer, have the freedom to waive certain contingencies when making an offer, waiving the Resale Package is not one of them. The Resale Certificate cannot be waived because it is a crucial tool for due diligence and serves as a protective measure for the other members

of the Association when a property is being sold. Waiving the Resale Certificate would expose the other members to liability for costs on behalf of the new member for any undisclosed current or potential issues. In addition, most mortgage companies require the Buyer to provide the Resale Package to help the lender assess the property's value and potential risks.

It's important to note that there is also a required form called a Seller's Property Disclosure, but the Resale Package serves a different purpose. While the Resale Package focuses on the Association and its regulations, the Seller's Property Disclosure is a separate document in which the Seller discloses any known defects or issues with the property itself. The Seller's Property Disclosure addresses the condition of the home, while the Resale Package focuses on the broader aspects of the Association, and the Resale Package's impact on the property and its owners.

**Send your questions to:
Sue Jones c/o Keller Williams
Real Estate, Doylestown
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REALTOR, GRI, CRS
Owner/Partner

2003 South Easton Road, Suite 108, Doylestown, PA 18901



Uncluttered Spaces

An overview of our services:

Residential - Whether it's your primary home or a secondary or vacation home, we make sure things are organized and the home is well equipped for your specific needs and ready for you to successfully balance family, professional, and personal lifestyles all at once.

Commercial

Retail & Industrial - Organization is the key to success!
We can assist with office space organizing, paperwork filing systems, and warehouse inventory.

Luxury Lifestyle Enhancers - We help clients set up their seasonal homes, whether they are opening up for the season or closing it. We have years of experience in staging and stocking all of your needs...saving you time and hassle.

Downsizing - Relocating for the next stage of your life?
We help you sort, purge, pack, and move to your new home.

Move Managers - Moving into a new house should be an exciting process. Don't let the stress of moving lessen the experience. Instead, let us handle all the details to make you feel at home right away.

Maintenance Program - This is a perfect solution to upkeep your space so it stays organized while you live your life. Whether you need your spaces refreshed every month, seasonally, or once a year, we will develop a program that suits your needs.



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Complimentary consultations are available.

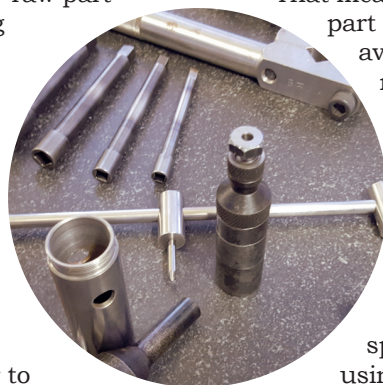
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COLE TOOL & MACHINE

Cole Tool & Machine has been acquiring Precision machinery and accessories over the past two decades. Brian gained skills in many aspects of the machining trade while previously employed at a highly specialized ceramics machining facility. There, he was responsible for every raw part as it moved through the machining processes. Every part required another fixture in order to hold it for each machine, and every time the part changed in size and shape as well.

As a machinist supporting 50 other operators and the machines with jigs and fixtures, Brian learned a trade that he carries with him to this day. Some of the equipment operated in order to make these items are known as CNC and manual lathes, milling machines, inside/outside and surface grinders, various measuring devices such as optical comparators, inside/outside/depth micrometers, inspection microscopes, vernier calipers, and precision gauge blocks.

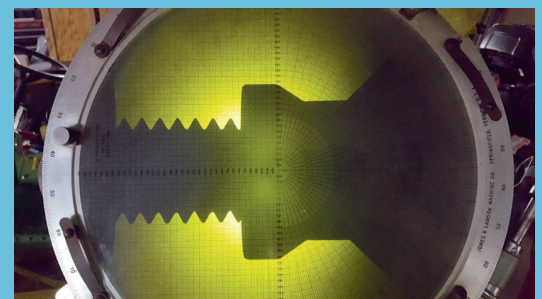
Today, Cole Tool & Machine specializes in single-part, one-off applications. Brian uses his acquired skills to provide various types of applications and support for other machining industries as well as replacement and/or obsolete parts and modifications for automotive restoration



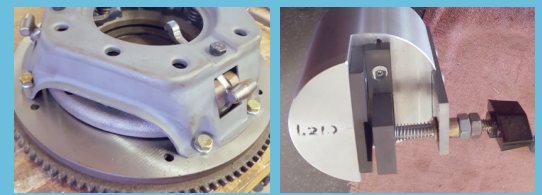
enthusiasts. Whether it's a prototype, single part, spec part, replacement and/or repair part, jigs or fixture, or small parts run, Cole Tool & Machine can meet the client's need.

That means that, if you have a broken part and it's now obsolete or no longer available, Brian and his team can make the replacement piece. Whether it's a simple bracket or an automotive clutch to a different-year flywheel, they can match it up. Today, some parts for machinery are no longer available but can be repaired, and others can be remade. If you have a drawing for something specific, that can be made too. By using an 10x optical comparator, a part can be enlarged visually for its shape, size, and contours. This provides accurate dimensions for inspection and/or duplication.

Cole Tool & Machine will consider every inquiry since the size and shape of our equipment makes it possible to reproduce almost anything you need. For additional information, please feel free to give us a call, fax, or send us an email. Please visit our website for more info and details at www.coletoolandmachine.com.



COLE TOOL & MACHINE



BRIAN COLEMAN
OWNER/OPERATOR/MACHINIST

PHONE -215 721- 4431

FAX -215 721-7407

BEcole1960@AOL.COM

PROTOTYPES, SINGLE PART, SPEC PARTS
REPLACEMENT AND REPAIR PARTS
JIGS & FIXTURES, SMALL PARTS RUNS



PROVIDING SOLUTIONS FOR PROJECTS **BIG OR SMALL**



Back in 1993, Handyman Services was my initial business startup. I was focused on all the small jobs that could be accomplished by one person, projects such as electrical items; replacing light fixtures, switches, and outlets; adding additional circuits; and installing customer-purchased appliances, garage door openers, additional cable/TV, phones/com lines and other related items.

I also provided plumbing services, such as replacing faucets, toilets, sinks/ vanities, drain lines, outdoor hose bibs, water heaters/softeners, and sump pumps. I installed door assemblies for tubs

vanity drawers and door knobs and pulls.

As I continued providing these services to customers, they recognized the expertise and attention to detail that I possessed and gradually asked for the completion of larger projects. Examples of these were basement finishing with half and/or full bathrooms, bedrooms, media and game room areas, custom-built bars, and kitchenettes. Eventually, I started building additions with various amenities, attached or stand-alone garages, pole barns, patios, decks, and sunrooms.



“... Today, I still offer handyman services in between the larger projects to earn new customers and continue supporting my existing repeat-customer base ...”

and showers that originally had curtains. I also filled customer requests for additional trim work within their house such as baseboards, crown moldings, shadow boxing, and wainscoting. Other projects included upgrading exterior doors, storm doors, and flat-panel interior doors to newer multi-panel or decorative-type doors with new hinges and latch sets; and replacing kitchen and

Today, I still offer handyman services in between the larger projects to earn new customers and continue supporting my existing repeat-customer base. When your house needs repairs, feel free to contact me with your requests. If you have a “honey-do list” that never gets started or finished, please let us know. We’d be happy to complete them for you.

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Lisa Ciao,
Owner
Maid For You

A Day in the Life of Our Unsung Heroes: Cleaning Technicians at Maid For You

As most small business owners can tell you, hiring and retaining good people is one of the biggest hurdles they face. As the backbone of any successful venture, great employees contribute significantly to a company's growth and reputation. The quality of the people in

your company can make or break you. When you have exceptional people, they are the unsung heroes.

The team of dedicated professionals at Maid For You of Warminster takes immense pride in the role of unsung heroes. Our technicians work tirelessly to create pristine and inviting spaces for our valued clients. Join me as I share with you the qualities that make our cleaning technicians excellent and see what a day in their life is like.

At Maid For You, our employees *S.P.A.R.K.L.E.*: Shine, Professionalism, Attendance, Readiness and Responsibility, Knowledge, Leadership, and Excellence.

Shine: Every day, we step into homes with a mission to make them shine. From the smallest trinkets to the largest furniture, we meticulously clean every surface, leaving behind a sparkle that brings joy to our clients. It's the attention to detail that transforms a house into a home, and we find fulfillment in creating that welcoming ambiance.

Professionalism: At Maid For You, professionalism is the cornerstone of our service. As we enter a client's home, we are not just cleaning technicians but also ambassadors of trust and reliability. We embody professionalism by maintaining a friendly and respectful demeanor, treating each client's property with utmost care and confidentiality. We understand that our presence in their homes is a privilege, and we ensure that it is met with professionalism at every step.

Attendance: Punctuality and reliability are essential qualities that define our cleaning technicians. Our clients have busy lives, and we value their time as much as they do. By arriving promptly for scheduled appointments, we demonstrate our commitment to honoring their schedules and showing up when they expect us. It's about more than just cleaning—it's about being there for our clients when they need us.

Readiness and Responsibility: Before embarking on our cleaning assignments, we prepare ourselves to handle any challenge that comes our way. We come equipped with a comprehensive arsenal of cleaning tools and supplies, ready to tackle various surfaces and requirements. Taking responsibility for the tasks at hand, we ensure that no corner is left unattended, going above and beyond to deliver results that surpass expectations.

Knowledge: In the dynamic world of cleaning, knowledge is power. We continuously strive to expand our expertise in cleaning techniques, products, and equipment. We stay informed about the latest industry trends and best practices, so we can adapt to different cleaning challenges and deliver exceptional results.

Leadership: We embrace the opportunity to lead by example. Whether it's taking the initiative to improve our cleaning processes or guiding new team members, we foster a culture of growth and excellence. We believe that leadership is not just about directing but also about inspiring and empowering others to reach their full potential.

Excellence: Excellence is not merely a goal—it's the standard by which we measure our success. We are driven by a deep sense of pride in our work, knowing that every clean home brings comfort and happiness to our clients. We find fulfillment in going above and beyond, striving for excellence in every task we undertake.

What's the day in the life like? Let me share!

Every morning, the cleaning technicians at Maid For You of Warminster start by organizing their tools and reviewing specific instructions from

clients. This allows us to mentally prepare for the unique challenges each home presents.

Upon arriving at our first assignment, we greet clients with warm smiles and introductions. We carefully listen to any specific concerns or requests they may have, since their happiness is our ultimate goal.

As we step into the home, we assess the environment and create a plan of action. Depending on the client's needs, our tasks may include dusting, vacuuming, mopping, disinfecting surfaces, and ensuring all areas are spotless. We pay close attention to every detail, making sure no corner is left untouched. Whether it's performing a Top To Bottom Deluxe Cleaning, an Initial Cleaning, A Move-In/Move-Out Cleaning or a Maintenance Cleaning, we strive for perfection in every aspect of our work.

While the physical demands of the job can be challenging, the most rewarding aspect is witnessing the transformation of a home. Seeing the smiles on our clients' faces when they come back to a clean and fresh living space makes all the hard work worthwhile. We are making a positive impact on their lives, creating an environment where they can relax and enjoy their time with loved ones.

We take pride in the relationships we build with our clients. Over time, we have become familiar with their preferences, ensuring that we consistently meet their expectations and earn their trust.

The cleaning technicians at Maid For You of Warminster are proud to be unsung heroes, working diligently behind the scenes to create clean and inviting homes. We do that by embodying the values of *S.P.A.R.K.L.E.*—Shine, Professionalism, Attendance, Readiness and Responsibility, Knowledge, Leadership, and Excellence.

If you believe you've got the qualities to *S.P.A.R.K.L.E.* at Maid For You or know someone who does, please visit www.themaidforyou.com/career to learn more and apply.

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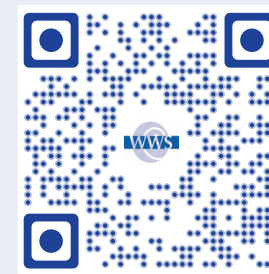
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By Karli Lynch PT, DPT

Handling Hip Pain?

“... As you begin to increase your activity level and participate in more exercise, your hips must be strong and healthy to avoid pain and reduce risk of injury ...”



Now that summer and relaxation is coming to an end and the cooler weather is approaching, you may be thinking about going on long walks or hikes outside. Maybe you are motivated to return to running or an exercise class. As you begin to increase your activity level and participate in more exercise, your hips must be strong and healthy to avoid pain and reduce risk of injury, since many of these activities rely heavily on your legs.

The hip is a ball-and-socket joint. This makes your hips stable and allows for a wide range of motion that is supported by your muscles. However, a sudden increase in activity or overuse can sometimes lead to hip injuries like muscle strains, tendonitis, or bursitis. Osteoarthritis within the hip joint is also very common due to the load and stress placed on the joint from our everyday activities like standing, walking, and stair climbing. Physical therapy is a good line of defense to address these issues, as well as prevent them.

At your first physical therapy visit, an initial evaluation will be performed. The evaluation allows your physical therapist to assess your hip pain, joint range of motion, muscle strength, and soft tissue restrictions. There are two common locations of hip pain that patients most often complain of: pain deep in the groin and pain on the outside of the hip.

Pain in the groin area or deep within the hip joint with no known cause of injury may be due to osteoarthritis within the hip joint. Osteoarthritis often occurs over time as the joint gradually changes with age. Pain along the outside of

the hip, on the other hand, is more likely to be caused by inflammation of the soft tissues such as hip bursitis, tendonitis, or both.

All these conditions tend to be caused by putting too much load or repetitive stress on the hip joint, bursa, or tendon when you do not have the muscular strength to properly support the hip. A physical therapist will provide you with the proper strengthening and stability exercises to address your weaknesses without placing added stress on these structures.

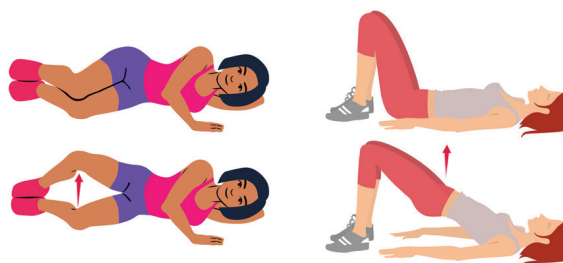
Another aspect of physical therapy consists of manual therapy, which helps reduce the current pain you may be experiencing. There are many different hands-on techniques that physical therapists use to open the space between the hip joint and reduce the muscle tension around the hip to minimize pain and maximize movement.

Hips provide the incredible power and force that the lower body needs to generate in order to stand, walk, and run. Strong and balanced hips are important to improve walking and running stride and prevent future injuries. Maintaining a strong and stable hip is also important to prevent pain in surrounding areas like the low back and knee.

Physical therapists are movement experts who are able to assess how you complete everyday tasks like walking, navigating stairs, or balancing and determine which muscle groups could be contributing to your hip pain. For example, see if you can balance on one foot. Are you having to lean your trunk towards the side you are standing on or does your pelvis look to be uneven? Not being able to balance on

one leg or balancing with an uneven pelvis or trunk lean may indicate hip abductor and gluteal muscle weakness which is what we see commonly in patients.

If you have difficulty balancing on one leg or want to complete exercises that would strengthen your gluteal musculature and help reduce risk of injury or developing osteoarthritis, here are a couple of exercises to complete at home.



The first is called the clamshell. Begin lying on your side with your knees bent and then rotate the top leg upward, keeping your feet together and

without rocking your hips backwards. Another exercise to strengthen your hips is called a bridge. For this exercise, begin lying on your back with your knees bent, then lift your buttocks off the floor or bed, pause for a second, then slowly lower back down. These exercises will help achieve maximum glute activation and strength.

These are only two examples of hip-strengthening

exercises, but attending physical therapy will allow you to learn other exercises that are most beneficial to reduce your pain. A physical therapist will also be able

to provide feedback to make sure each exercise is performed with proper form and alignment for maximum gains. Having a daily exercise program that is progressed appropriately and targets lower-extremity strength and flexibility is important to ensure the hip is strong and stable throughout its full range of motion.

If you are experiencing pain or stiffness in your hips and would like to improve your hip strength and stability before returning to your fall sports or activities, give us a call at WWS Physical Therapy. Our physical therapists will evaluate which muscles and structures could be contributing to your symptoms and help you get to the root cause of your pain. We then can prescribe an individualized treatment plan to address these impairments, reduce your pain and stiffness, and prepare you for safe return to your fall activities.



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How to Prevent the “Summer Slide”

Hannah White, Graduate Intern and Intake Specialist (left)

Hannah White is a master’s level graduate intern pursuing licensure from Rider University’s Masters in Clinical Mental Health Counseling program. She received her Bachelor’s degrees in both Psychology and Human Development from Binghamton University in upstate New York, where she also studied Health & Wellness. Hannah was previously a group fitness instructor, certified in yoga, barre, and meditation coaching. She is passionate about working with others of all ages to support them on their own wellness journeys.

Samantha Balducci, MA, LAC, NCC - Intake Specialist & Therapist (right)

Samantha Balducci is a Licensed Associate Counselor in New Jersey and is also a Nationally Certified Counselor. Samantha received her bachelor’s degree in psychology from The College of New Jersey in 2019, and recently graduated from Montclair State University with a master’s degree in clinical Mental Health Counseling and a concentration in Addictions Counseling. She has been a part of LifeBack’s multidisciplinary team since 2017, beginning as an undergraduate intern and recently becoming a full-time therapist and intake specialist. Samantha works with individuals across the lifespan, but particularly enjoys working with adolescents, as well as individuals of all ages on the autism spectrum and those with intellectual & developmental disabilities (I/DDs). Samantha takes a solution-focused, CBT approach, and places a large emphasis on creating a judgement-free, safe space for her clients and ensuring rapport is built in the therapeutic relationship.

By Hannah White and Samantha Balducci

Summer is here! The weather is warmer, the sun is shining, and, for many people, summer provides a much-needed break from the school year and work. Whether you are traveling, visiting family and having gatherings, splashing in the pool, or just enjoying the outside, summer is an opportunity to do all these things, and more!

While it is clear summer comes with many perks, for children and teens and some adults, summer also brings major change. For students who have the summer off, and for adults who have a job that also provides summers off, summer brings a halt in the day-to-day routine that many people have become accustomed to, which can throw things off.


Once busy, rigid schedules are now less structured and more open. Some experience more downtime that requires planning to fill, which can cause stress and anxiety and lead to a downward slide in mental health. During this time, it is important to continue to prioritize mental health and treatment in order to prevent regression and sliding down a slippery slope this summer.

While there are many ways to keep up with your mental health, here are some of our ways to prevent that “Summer Slide”:

1. **Free time should NOT mean more screen time.** While it is inevitable that individuals who enjoy playing video games and spending time on social media are likely to spend more time on devices during the summer months, screen time should not be the only answer to filling free time. Studies have shown that there are links between poorer sleep and screen time, as well as other negative impacts on mental health.¹ Have limits set in place for yourself and your children in order to achieve balance and fill time with other activities as well.
2. **Find a hobby.** Picking up a new hobby not only fills free time but can also create a sense of accomplishment. Choose something that will yield an outcome, such as making a craft/product, learning a new skill, reading and completing a book, or researching an area for knowledge. Whatever it is, make sure it is something that you enjoy doing and that slightly challenges you or your children.
3. **Stick to a schedule.** While normal schedules may change, it is important to create a new summer schedule and stick to it. Whether it be working out, engaging in your new hobby of choice, going to a camp, or spending some time on devices, set a schedule and stick to it. Sticking to a schedule not only allows for routine and structure, which reduces anxiety, but it will also help prepare you for the upcoming year.
4. **Go outside.** We all know the benefits that the outdoors brings. Take a walk or hike, go to the beach or a pool, or have a picnic—anything that allows time to spend in the sun. Schedule time as a family and travel to a new place, enjoying the beauty that nature has to offer while also making memories.
5. **Use coping skills and a journal.** Summer is the perfect time to practice the skills you have been learning all year and engage in self-care. Use downtime to prioritize yourself. Practice skills before the anxiety of the school or work year begins. Write down things you are looking forward to, or not, for the upcoming year. Practice gratitude and begin to have a deeper connection to the emotions you may be feeling. Practice makes perfect!

If you believe you are struggling to implement these strategies, or if you feel like you are already experiencing that “summer slide” and need assistance getting back on flat ground, we are here to help! LifeBack’s intake team is here to answer any questions and set up an intake appointment. For more information on either our NJ or PA location, or to begin the intake process, please call us at 609-482-3701, option 2 for the intake line. Make the most out of this summer!


1. <https://lamistad.com/2023/02/15/screen-time-effects-on-mental-health/#:~:text=Some%20effects%20of%20screen%20time,mental%20health%20stability%20and%20recovery>



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By Dr. Patrick Murphy, Au.D., M.Ed., CCC-A, FAAA

Murphy Hearing Services is a full-service hearing health care proprietorship owned by Patrick M. Murphy, Au.D., M.Ed., CCC-A, FAAA. Dr. Murphy is a Certified and Licensed Audiologist and Registered Hearing Aid Dealer in the Commonwealth of Pennsylvania.

Dr. Murphy knows first-hand about hearing loss. He has had a bilateral mild-to-moderate sensorineural hearing loss all of his life and is a binaural in-the-canal hearing aid user.

Dr. Murphy has been in practice in Pennsylvania since receiving his Master of Education in Audiology from the University of Virginia in the spring of 1987. He holds a Doctorate in Audiology from A.T. Still University in Mesa, Arizona.

Dr. Murphy is affiliated with the following organizations: International Society of Audiology, Pan-American Society of Audiology, Academy of Doctors of Audiology, American Audiology Society, Pennsylvania Academy of Audiology, American Speech-Language Hearing Association, American Academy of Audiology and Pennsylvania Speech-Language Hearing Association.



Don't Allow Hearing Difficulty To Impede Your Life

During my professional career as a private practice audiologist, one common thread has transcended all patients I've encountered. Not one has ever allowed their hearing handicap to negatively impact their personal quality of life.

Hearing loss affects an estimated 48-50 million Americans of all ages with varying types and degrees of affliction. Some may be born with a loss or have it at a very young age while others are afflicted later in life.

Some celebrities have experienced health problems and been at the forefront in publicizing it for the general public. Calling attention to personal problems, diseases, and much more, they set the tone in making the public feel at ease and encourage others to seek help. Essentially, notable names utilize themselves as examples.

These people are from many areas, including actors, actresses, leaders, professionals, activists, sports, dancers, performers, singers, musicians, comedians, entertainers, filmmakers, writers, artists, inventors, scientists, and doctors.

Some celebrities having hearing loss at an early age or pre-lingually impaired are:

Lou Ferrigno, actor in the television series *The Incredible Hulk*, lost his hearing at a young age due to an ear infection.

Rob Lowe, an actor in many television series and motion

pictures, suffered total hearing loss in one ear as an infant.

Stephen Colbert, comedic late-night host, lost hearing in his right ear due to surgery for a growth.

Jane Lynch, actress in television and motion pictures, acquired a right hearing loss at a young age.

Holly Hunter, Academy Award winning actress, had childhood mumps and a loss in one ear.

Heather Whitestone, Miss America 1995, suffered an ear infection at the age of 18 months resulting in hearing loss and use of hearing aids.

Derrick Coleman, NFL star and Super Bowl Champion, has been legally deaf since age 3 and wears hearing aids.

Curtis Pride, MLB player 1993-2006 with six teams, was deafened at birth from rubella and wears hearing aids. He has been the collegiate baseball coach at Gallaudet University since 2009.

Other notable people who have experienced hearing loss later in life or post-lingually are:

Whoopi Goldberg, Academy Award winning actress and talk show host, lost hearing due to excessive noise exposure.

Bruce Springsteen, musician, wears hearing aids due to loss derived from playing loud music for decades.

Bill Clinton, former U.S. President, attributed his hearing loss due to exposure to loud music and wears hearing aids.

Halle Berry, Academy Award winning actress, suffered domestic abuse and was deafened in the left ear from being slapped.

Pete Townshend, guitarist for The Who, has had permanent hearing loss in both ears from playing music loud for sixty years.

Robert Redford, motion picture actor, acquired loss in both ears from an ear infection caused by shooting underwater scenes for a movie.

Jodie Foster, Academy Award winning actress, has had vertigo and uses hearing aids.

Others include *Kiefer Sutherland* (actor), *Ludwig Von Beethoven* (composer), and *Brian Johnson* (guitarist for AC/DC), *Helen Keller*, and *Thomas Edison*.

My number one all-time favorite is *William E. 'Dummy' Hoy*. Mr. Hoy played Major League baseball from 1888 to 1902 with seven different teams as a centerfielder. He became deaf at the age of three from meningitis. His handicap did not prevent him from being one of the best players of his era. He had a lifetime batting average of .288, 2048 hits, 1006 walks, 248 doubles, 121 triples, 40 home runs, 725 runs batted in, 596 stolen bases (leading the league in 1888), .386 career on-base percentage, 4391 putouts, and 295

assists. In one game in 1889, he threw out three runners at home plate; a feat that has only been accomplished by two other players. Dummy (as he preferred to be addressed) is credited with developing the hand signals used by umpires to call balls and strikes. He was given the honor at age 99 to throw out the first ball before Game 3 of the 1961 World Series. Dummy was elected to the Cincinnati Red Hall of Fame in 2003 and been the subject of a movement to be enshrined into the National Baseball Hall of Fame.

These are just a few people who never let their hearing impairment deter them from pursuing their dreams or having a great quality of life. Neither should you!

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**WHAT IF EVERY MORNING YOUR COFFEE TASTED LIKE HEAVEN, NOT SICKNESS?
AND YOU REMEMBERED KISSING YOUR KIDS GOODNIGHT THE NIGHT BEFORE?
AND YOU SMILED A LOT MORE AND WERE ANXIOUS A LOT LESS?
AND YOU WENT TO BED WHEN YOU WERE ACTUALLY, NATURALLY TIRED AND SLEPT PEACEFULLY THROUGH THE NIGHT?**

This is what getting sober, at its core, is all about: you, developing your own personal peace of mind, heart, and spirit. It's about building into your life the dedicated time, effort, and energy required to make space for the feelings of confusion and fear around drinking to be brought to light and cared for, instead of shamed or hidden.

terribly lonely place for a long time. I know what it takes to get and stay sober because I am also in long-term recovery. And I wouldn't trade my sobriety for the world. I know you have what it takes, too.

If drinking is harming you in any way, you can stop. When you are ready to put in the deeply transformational work of recovery, I would be honored to support you as you build a sober life that celebrates the best of who you are. One that nurtures and grows all the peace and happiness you deserve.

If you are drinking more than you would like to be but don't know how to stop, *it's not your fault*. Alcohol is a toxic, psychoactive, and **dependence-producing substance**. According to the 2021 National Survey on Drug Use and Health, 12.4 million women ages 18 and older suffer from Alcohol Use Disorder (AUD).

Heartbreakingly, many women suffer through the pain of drinking alone, unsure, and scared, without knowing where to turn or how to even begin to face what can be an overwhelmingly frustrating and difficult problem to try to solve alone. Oftentimes, we fall into a category of drinking known as "gray area drinking." Gray area drinkers are not (yet) clinically dependent on alcohol but rely heavily and regularly on alcohol in attempts to self-soothe and/or self-medicate.

I know firsthand because I struggled with my drinking this way for 20+ years before I quit. I share this because, if you are reading this and it resonates (even if part of you wishes it didn't), I want you to know that I get it. I was in that



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Tri-State Corvette Association (TSCA) Presents the 29th Annual Corvettes at Peddler's Village Car Show (New Hope, PA) Sunday, October 1st, 2023 (rain date 10/8/2023)

Established in 1985 for Corvette enthusiasts throughout the Delaware Valley, TSCA has been enjoying and sharing its love for America's true iconic sports car for many years.

Today, TSCA has nearly 80 members who meet monthly at Giuseppe's (Street Road, Warm-inster), to plan events, trips, and community service and to just enjoy camaraderie. TSCA is a very active group. During the past year, we traveled to Martha's Vineyard; the Finger Lakes; Gatlinburg, TN; the Berkshires; many car shows; and much more.

Community service is at the heart of what we do! Much of our car show proceeds benefit organizations such as Make-a-Wish, Big Brothers Big Sisters of Bucks

County, SPCA, Philadelphia VA Hospital, and more. Several years ago, we joined a Secret Santa project called Little Santa Big Shop (LSBS). LSBS has helped hundreds of at-risk children and families throughout the Bucks County area have an easier holiday by providing toys, clothing, toiletries, and gift cards.

Please join us on October 1st in Peddler's Village for the car show, and, if you like, to participate in our Little Santa Big Shop toy drive. Feel free to bring an unwrapped toy and say hello!

If you have a Corvette and want to participate in our show, registration starts at 7:30 am. If you want to see 150 to 225 Corvettes in one place, come on by between 9:30 am and 3:00pm.



Stay up to date with our movement at tristatecorvetteassn.com or [Facebook.com/TriStateCorvette](https://www.facebook.com/TriStateCorvette)

2023 Corvettes at Peddler's Village

TRI-STATE CORVETTE ASSN.
www.TriStateCorvetteAssn.com

29th Annual Show *Peddler's Village*
 October 1, 2023 New Hope, PA



The Benefits of Mindful Eating vs. Dieting



By Joseph Wieliczko, Psy.D.

The most common benefit participants of my mindful eating program report is “I eat less food and feel more satisfied.” This makes sense because being more aware as we eat is essential to feeling satisfied with what we eat. When dieting, we feel deprived as we try to eat less.

Mindful Eating is NOT a diet. It is about learning to bring greater awareness to one’s thoughts, feelings and behaviors that relate to eating and how this awareness can create change without struggling, depriving or judging oneself. Dieting, on the other hand, is about restriction, deprivation, disappointment, and feeling shame.

Mindful eating is about tuning into the five senses and “listening” to what the body needs. It is about honoring the body. With dieting, we try to divorce ourselves from what our body wants. Dieters end up in a battle with themselves, trying to deny themselves for the goal of weight loss, which many times fails in the end. For example, one participant while in the program noticed that 70% of the time she ate, she was not genuinely hungry. Such an

insight, derived from observing herself (and listening to her body), created an experience-based motivation to change, which did not require deprivation, struggle or will-power. This program participant could eat less and not feel hungry. Such an insight is not associated with dieting.

With mindful eating, change does not take a long time. For instance, about 90% of participants start to notice changes in their eating habits during the 8 weeks of my program. This type of change is created by observing oneself and learning about one’s unique relationship to food. Such learning creates a natural and unimpeded change in food selection, decisions about when to eat or not and what is healthy to eat, etc. With dieting, few people can say they are gaining a greater understanding of their relationship to food. Instead, eating becomes a task of measuring, calorie counting, rules, etc. Dieters tend to feel burdened by restriction, deprivation and judgments that they impose on themselves.

My program is an online 8-session group (\$30 per session, \$240 total) which meets once a week for one hour with a limit of 12 participants. To register and learn more about mindful eating, go to www.Mindful4life.com.

See Event Calendar for FREE online mindful eating presentation (p.2).

Mindful Eating & Stress Management Educational Program

Joseph Wieliczko, Psy.D.

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Workshops presented by Attorney Peter J. Gilbert, Founder of HighPoint Law Offices, and Associate Attorney Ashley B. Han.



Your “Golden Goose”

*“... In my experience, there are three main “exit ramps” for business owners ...
The first strategy isn’t a sale strategy. Instead, it’s you saying:
“I love what I do, and I’ll just keep it going until I turn out the lights and shut the door ... ”*

By Peter J. Gilbert, Esq.

What will eventually happen with your “golden goose” – that is, your business? Are you planning or assuming that you’ll eventually retire from your business? Will that involve someone writing you a check? Are you counting on that check for your retirement, or is that check a bonus, because you’ve already saved up for your retirement?

In my experience, there are three main “exit ramps” for business owners. In this series, we’ll take a bird’s-eye view of the first of these three ways.

The first strategy isn’t a sale strategy. Instead, it’s you saying: *“I love what I do, and I’ll just keep it going until I turn out the lights and shut the door.”*

There’s evidence that this option may be getting more popular among Baby Boomers. They enjoy their business, and they have vacation time; so they’re redefining “retirement.” They might have a business that doesn’t require a lot of physical labor or travel, so the workday isn’t difficult or exhausting; their health is good, and there’s nothing compelling about staying at home seven days a week.

If you’re attracted to this option, it’s a good idea to proceed with a quick “reality check,” to make sure there are no potential problems with your plan to just keep working. Here are some of the issues you’ll need to think through:

What does your spouse think of this idea? Are they assuming you’ll have time to travel, be more helpful around the house, visit the grandkids, etc.?

When (not if) you explain your plan to your spouse, are they 100% on board with your staying in the business indefinitely? If they aren’t, what’s the solution you both can live with?

If you got sick and had to stop working, would you and your spouse have enough regular income for monthly expenses and enough savings for emergencies?

If you were no longer around, would your spouse be financially taken care of, or does everything depend on you still having an income?

Are you assuming that one or more key employees will stick around indefinitely? Would any of them be difficult to replace?

Do your employees know that you plan to stay in the business? Do you know whether one or more of them is hoping or assuming they’ll buy you out (sooner rather than later) and take over the business? If they find out this isn’t happening, how will they react when they find out the business is not for sale? Will they stay with you?

When you do leave the business, is there a written agreement with one or more employees, or with a competitor, that leaves the business to them? Is this covered or mentioned in your Will, or does your Will simply leave everything to your spouse? In that case, is your spouse clear about what to do with the business if her or she inherits it?

If you are forced to retire, what happens to your employees? Are they all ready to retire? Could that crisis become an opportunity to sell the business, providing cash to you and perhaps employment security for your team?

Could your business become obsolete? If so, and if you plan on keeping it running, what’s the best way to avoid becoming obsolete? Would this be a slight change or a major change? Is there a way you could be ahead of the curve and turn this obstacle into an opportunity? Would you consider that a burden or would it excite you to reinvent your business?

Are there competitors nipping at your heels? If so, “business as usual as long as we can” isn’t a very attractive retirement option. Perhaps it’s time to put a bigger spotlight on your unique selling proposition, to show your competitive advantage before it’s too late. Ask your customers/clients why they chose you. They can help you explain why you’re superior to the competition. You also may have value in your customer base or your process that makes you an attractive acquisition by a competitor. Would it make sense to merge with your best competitor or make them an offer they can’t refuse?

In the future, will there still be a need for what you sell/do? This question can be very uncomfortable to answer, but, if your typical best customer won’t exist in 10 years or so, now’s the time to reinvent what you do and/or how you do it. Are you tied to a certain technology? Should you move your business, or a part of it, online? Can what you do be adapted to other needs people have? Are there other services or products that fit well with what you’re doing now?

The answer to these questions can lead you closer to understanding your exit strategy and ensuring that it can be implemented according to your plan, not that of necessity.

The next installment will be about the second type of exit strategy: selling your business. This strategy has its own set of opportunities and challenges. Regardless of which exit plan you’re considering, HighPoint Law Offices is ready to help you think through these decisions and design your unique plan for the future of your business.



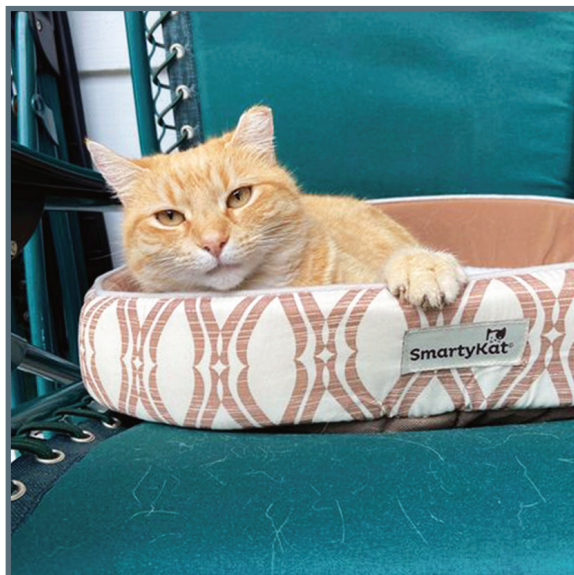
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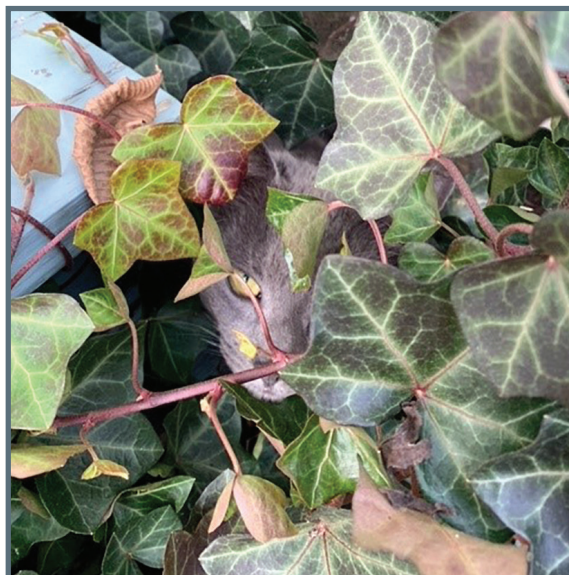
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Working Cats Earn High Marks

These 5-star reviews from adopters of Bucks County SPCA working cats just might purr-suade you to get one—or two—of your own!



Cleco has worked out really well since I adopted her back in July of 2019. My whole family loves to come to my house just to play and hang out with her. Cleco catches lots of mice and keeps the backyard patrolled.



Pixie and Trixie are doing great. They take care of a lot of rodents on the property. They like to hang out close to the house in the window boxes when we are home and follow us around outside. (Pixie is peeking out from the ivy.)



Owl settled into our barn and found a comfy old chair on day one! He roams our property, keeping us safe from mice and spider crickets. Thank you BCSPCA for keeping him happy and healthy until he could join our family.

Cats with jobs?!

Yes, it's true. Some cats are happier working for a living (in between naps, of course). A working cat, or barn cat, is a special kind of feline who is too independent-minded to make a good companion house cat. But, they have the potential to thrive in a free-roaming environment where they have "work" to do.

When you adopt a working cat from the Bucks County SPCA, you're actually saving two lives: the cat you take home and the next cat in line who needs our help. Many of our working cats have been rescued from hoarding situations and suffered from neglect. The transition to the shelter is stressful. But as you can tell from the genuine reviews from our adopters, these feisty mousers often relax and become more agreeable companions when they can come and go as they please.

Now Hiring!

Do you have a barn, greenhouse, workshop, or outbuilding in need of a good mouser? Adopt a working cat today so they have time to settle in before winter. Your new hire will provide you with a natural means of pest control as well as an endless source of entertainment.

Will Work For Food

Bucks County SPCA working cats are spayed/neutered, vaccinated, microchipped, and ready for hire for only \$10. All they ask in return for their services is a safe place to sleep, food, fresh water, and veterinary care. To learn more, visit the Bucks County SPCA in Lahaska or Quakertown, or online at:

buckscountyspca.org/working-cats.

People and Dogs Raise Money for Cancer Patients and Survivors

This year marks the 25th anniversary of the Paws 4 Life Dog Walk event, held in Bucks County since its start. Starting as a small group of committed volunteers, their families and their dogs, the event has grown from raising a thousand dollars to raising \$75,000 in its best year.

Paws 4 Life has also been named “Best in Bucks” pet event for the last six years. This event, which includes a walk, fair following the walk, entertainment, dog demos, dog contest, raffles, and a 50/50, is fun for the entire family! The best part is those who attend pay by the leash! **Each leash is \$25**, but you can bring your entire family for a day of fun activities while treating your dog to a great day and an amazing doggie bag full of gifts!

All funds from this event help CSCGP continue to provide its comprehensive program of support to our community **at no cost**.

“... this event, which includes a walk, fair following the walk, entertainment, dog demos, dog contest, raffles, and a 50/50, is fun for the entire family ...”

The Cancer Support Community Greater Philadelphia (CSCGP, www.cancersupportphiladelphia.org) helps cancer survivors, their families, and friends cope with everything cancer can throw at you. It offers more than 150 free programs every month for men, women, and children whose lives have been affected by cancer. The programs are in person, online, in area hospitals and schools, and at CSCGP facilities in Warminster and Philadelphia.

For more information about Paws 4 Life or to register, please visit cscgp.org or contact Kathy O'Mara at kathy@cancersupportphiladelphia.org or 215-441-3290, ext. 104.



Proceeds from Worthwhile Thrift stores serve as additional financial support for Worthwhile Wear's restorative programs for survivors of human trafficking. Learn more at WorthwhileWear.org

CLEANING OUT THIS SUMMER?

Consider donating your gently used items to our thrift locations Monday - Saturday, 10am - 6pm.



We can accept donations of: women's, men's, and kid's clothing; shoes; accessories; home decor; electronics (less than 5 years old); art & craft items; toys; tools. Furniture is only accepted at our Collegeville thrift store.

We cannot accept donations of: mattresses, helmets, TV's, computers or equipment/monitors; AC units, baby gear, or items that are rusted, combustible, perishable, broken, torn, stained, damaged, incomplete, or faded.



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Liz's Birthday Closet

By Sina Cristinzio

There is a moment at the end of the "Happy Birthday" song, before you blow out the candles, when someone will say "make a wish." Imagine at that moment that you are a child who has never received a birthday gift. There are no presents, just one single cupcake with a candle.

That moment is where Liz's Birthday Closet comes in.

We are a non-profit organization helping to make birthday magic for local kids in need so they can celebrate their special day. Our mission is to put God's love in practice by providing parents and caregivers who, without help, would not have the ability to celebrate their child's birthday.

Liz's Birthday Closet was created in honor of my daughter Elizabeth Cristinzio. Her strong relationship with God and her love for helping others motivated us to continue her legacy. We work with local agencies that refer parents or caregivers of kids in need. Then, parents and caregivers visit our closet to pick out wanted items such as toys, clothes, sporting goods, beauty products, and so much more to create that special birthday experience.

Liz's Birthday Closet began along with the valued association of Calvary Church located on Route 113 in Souderton. Realizing that children are so generously remembered during the holiday season but often sadly forgotten during the remainder of the year when their birthdays come, we decided that making their birthday special would be our mission.

All who come through our door also go home with a birthday kit that contains cake mix, frosting, candles, decorations, and party plates. We want that make a wish moment on each child's birthday to be a moment full of hope, happiness, and love, knowing that their birthday wish can come true.

We are blessed to have as our board members Cathy Scanlon, Emma Richmond, Ethel Westerman, Mariah Diener, Judge Andrea Duffy, and Marisa Stein.

At our inception, we had hoped to serve one to two children per month, but, after only 3 months of being open, we have already made birthday magic for over 50 children.

Liz's Birthday Closet relies on the support of generous individuals and businesses in our community. We would be most grateful if you would consider supporting us by donation and/or birthday presents for our closet. If you would like to donate, volunteer, or have questions about our non-profit, please visit our website at lizsbirthdaycloset.org or email info@lizsbirthdaycloset.org.



**"... full of hope,
happiness,
and love ..."**



Psalm 46:10 "Be still and know that I am God."

**every
hand
makes a difference**



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MONEY SENSE

Tips for today's sandwich generation

More people are finding themselves caring for aging parents while raising or supporting children. Here are five tips from Bank of America on how to deal with the financial pressures.

HEADS UP, BABY BOOMERS AND GEN X, Y AND Z: One day, you may be part of *another* generation — the sandwich generation — if you're not already feeling the squeeze. Nearly a quarter of U.S. adults — and 54% of those in their 40s — find themselves caring for aging parents while raising or supporting their own children, according to Pew Research Center¹. And with longevity increasing and people delaying having children, it is very likely those numbers will grow.

People who care for parents and kids at the same time can feel incredible financial stress. Maybe you have built up a nest egg, but then Mom or Dad becomes ill, and you also have a son or daughter heading to college or trying to get on their feet. While the desire to help a family member comes from the best of places, it is easy to underestimate the potential cost to your own future.

To manage the competing demands, try separating everyone's needs into three buckets — yours, your parents' and your kids'. That way, you can better understand what you can (and cannot) do based on the resources you have. Then talk with your advisor about ways you can structure your financial help.

Prioritize your future first

"You are not doing family members any favors if you ignore your own financial well-being in order to help them," says Cynthia Hutchins, director of financial gerontology for Bank of America. You may be tempted to stop saving for retirement. But try to contribute at least enough to your 401(k) plan to earn any matching contributions from your employer and ramp your contributions back up as soon as you are able, including taking advantage of the "catch-up" provisions for people 50 or older.

A study by Bank of America found that women who leave the workforce to provide care give up an average of \$324,000 in salary and benefits², notes Nevenka Vrdoljak, managing director, retirement strategies, in the Chief Investment Office for Merrill and Bank of America Private Bank. If your spouse is working, ask them to create a spousal IRA, building tax-advantaged savings on your behalf.

Finally, though your parents' health may be top of mind, don't forget yours. Contributing to a health savings account (HSA) now could help with your own healthcare expenses later on. And consider long-term care insurance, Hutchins advises. "People greatly underestimate their chances of needing such care at some point in their lives." Planning ahead can help manage the costs later on.

Next, focus on your parents' needs

Become familiar with your parents' financial situation and discuss ways they might bolster it before the need becomes critical. Explore local resources to help ease the strain of running errands, suggests Hutchins. Helping parents use a ride-sharing app or public transportation could save you time and allow them to maintain their independence. Grocery and meal delivery apps and medication management services are useful time-savers for caregivers. Check your local agency on aging for more tips and useful resources.

Also, "get siblings involved in sharing the costs and responsibilities," says Hutchins. To fill gaps, the family could bring in a geriatric care manager — a professional who can help with in-home needs, coordinate medical services and even recommend assisted living or continuing care communities, if that becomes necessary.

Teach your kids financial independence

Just as with your parents, you want to help your kids without jeopardizing your future — remember, they have time on their side. "Teach your children the basics of budgeting, saving and investing — especially the power of compounding — early on," suggests Vrdoljak. And start funding a 529 education savings plan early.

Having a clear strategy for your own finances can help you set boundaries. If you are helping grown children with expenses — maybe they have asked you to contribute to a mortgage down payment or bills coming due — be sure those conversations include their own spending habits, Vrdoljak suggests.

And use those discussions to encourage your children to build up an emergency fund and start saving for retirement. If you are pitching in with ongoing expenses, come up with a timetable for how long you will help.

Love does not mean an endlessly open pocketbook. "Be open with your kids about what you can and cannot afford," she suggests. "Then loop them into a 'family budget' — a plan that everybody agrees on and is comfortable with."

**For more information, contact
Merrill Financial Advisor
Beth Fizell-Jenkins in the
Doylestown, PA, office
at 215.340.3390
or elizabeth.fizell@ml.com.**



¹ The Pew Charitable Trusts, "More Than Half Of Americans In Their 40s Are 'Sandwiched' Between An Aging Parent And Their Own Children," September 20, 2022.

² Chief Investment Office, Bank of America, "Financial Security for the Caregiver," Winter 2022.

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By William (Reggie) Cunningham of RPCR

The Importance of Diligence in Cybersecurity

Hackers and cybercriminals constantly evolve their techniques, and any negligence in security measures can lead to identity theft, fraud, or privacy breaches.

Data Breaches and Hacking

Threats: Organizations and individuals face significant risks from data breaches and hacking attempts. Cybercriminals exploit computer systems and network vulnerabilities to gain unauthorized access to sensitive data, including customer information, trade secrets, and intellectual property. Diligent security practices can minimize the risk of such attacks and protect valuable data.

Financial Loss Prevention: Cyberattacks can have severe financial repercussions. Ransomware attacks, for example, can encrypt critical files or systems and demand a ransom for their release. Falling victim to such attacks can lead to financial losses, operational disruptions, and damage to an organization's reputation. Diligent security measures, such as regular software updates, strong passwords, and employee training, can help prevent financial loss due to cyberattacks.

Protection Against Malware and Viruses: Malware and viruses can infect computer systems through various means, including malicious downloads, email attachments, or compromised websites. These threats can cause system slowdowns, data corruption, and unauthorized access to personal or corporate networks. Staying diligent with cybersecurity involves using reputable antivirus software, regular system scans, backups, and safe browsing practices.

In conclusion, staying diligent with cybersecurity is essential to protect privacy, prevent data breaches, avoid financial loss, and counter malware and viruses. By practicing effective cyber security measures, staying informed about the latest cyber threats, and regularly updating security practices, individuals and organizations can surf the web and use online resources safely and with greater confidence and resilience.

The internet plays a central role in our personal and professional lives. However, cybercriminals are creating new ways to access and misuse personal or organizational data. Therefore, it is paramount to remain diligent with cybersecurity to protect data and systems from unauthorized access and subsequent misuse. This article highlights several reasons why maintaining diligence in cybersecurity is crucial.

Privacy Protection: Diligent cybersecurity practices help safeguard our personal information, such as financial data, social media accounts, and online transactions.

Go to www.rpcr.com/the-importance-of-diligence-in-cyber-security for the full article.



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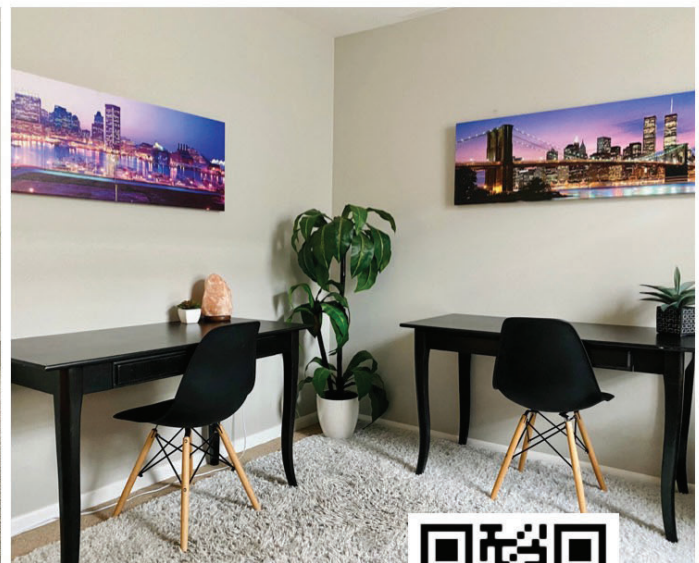
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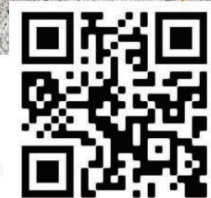
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Comparing Human Virtual Assistants and AI

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By Nickey Hollenbach
Owner, Personal Touch
Concierge Service®

Have you been dabbling with ChatGPT or other AI apps to help you with your business?

We see a new world opening up with AI-type apps. But we have also discovered that AI won't replace a human virtual assistant (HVA). Don't get me wrong; AI is super cool and helpful, but it needs a human to guide it.

Many small business owners believe that AI's knowledge is solely derived from Google searches and SEO strategies, but this is not entirely true. AI doesn't rely on these methods to gather information and generate responses. Instead, it has been trained on vast amounts of data, enabling it to gather relevant knowledge and generate meaningful sentences efficiently.

AI-generated content has many pros, but there are cons that need to be considered as well.

PRO: Lightning Fast! AI can generate content in minutes vs. what may take a human an hour or more to write. And you won't find AI having writer's block.

PRO: Better SEO? The question mark is due to the cons we discuss below. But, for a particular topic, AI will pull SEO-optimized content it finds that's already out there on whatever topic you're writing about. It's great to use for content ideas.

CON: Plagiarism Concerns. As HubSpot explains, "AI pulls from multiple sources to create the content users search for, but you wouldn't know that because it never provides citations. The legal risk is that an author or artist can sue for blatant plagiarism of their original work if it's too closely related."

CON: Google and Potential Devaluation. Experience.

Expertise. Authoritativeness. Trustworthiness. That is E-E-A-T, a concept that used to be E-A-T, but, in December 2022, Google added the "experience" to the concept. What Google is saying is that where the author has actually experienced the topic they are writing about, it will reward the page. In other words, if you are writing about the best diner in an area, you must have actually visited it. If you've been working on SEO the whitehat way, using AI-generated content without altering it in your own words could hurt the progress you've made! Make sure you also assess any content you use generated by an AI for offensive, inaccurate, or jumbled content. And most of all, duplicate content that AI may have written for someone else with the same search criteria.

Human Virtual Assistants (HVA) have unique skill sets that set them apart from AI apps because they are human...they have emotional intelligence, empathy, the ability to read between the lines and interpret information, and the ability to understand emotions and respond with genuine care. These traits help drive individualized results in particularly complex situations.

By empathically listening with intention, they can identify problems efficiently and provide personalized guidance. AI apps do not possess these skills. Here are some skill sets HVAs have over AI:

Adaptability and Critical Thinking

HVAs excel in meeting diverse challenges due to their adaptability and critical thinking skills.

They can analyze situations, think creatively, and develop tailored solutions beyond rigid algorithms—whether it's problem solving, customer

service correspondence, strategic planning, or decision-making. HVAs bring agility and ingenuity to every endeavor they take on.

Natural Language Fluency and Communication

Language is an intricate art form, demanding more than technical precision to express it.

HVAs can navigate cultural nuances, humor, and verbal tone effortlessly.

They excel at this through crafting compelling content, managing customer interactions, and conveying complex ideas with authenticity and personalization.

Building Trust and Long-Term Relationships

Trust is essential in any healthy relationship, and HVAs excel at cultivating it.

By consistently engaging clients, HVAs develop strong trust-based bonds that provide personalized support services.

So, now let's talk about what Artificial Intelligence (AI) offers:

Efficiency and Speed

Artificial intelligence systems are designed for efficiency, with rapid task execution capabilities that provide quick insights and recommendations. Businesses can use AI to gain rapid automation for faster completion of certain tasks.

Continuous Development

AI technologies are constantly developing and improving. AI tools release new features and capabilities regularly to give businesses access to the latest advances in technology.

So, which is best? Can you have the best of both worlds? Let's look at some tips on helping you decide how to use HVAs and AI:

Selecting HVAs or AI Depends on Various Considerations

HVAs excel at tasks that require individualized attention, critical thinking, and empathy—ideal for complex problem solving or client interactions, personalized support, or client relations.

Artificial Intelligence excels at data-driven tasks that require efficiencies, such as repetitive routines and analysis.

Security and Privacy Considerations

HVAs provide increased security when handling sensitive data, unlike AI systems which rely heavily on data for their functioning,

creating potential privacy and misuse issues related to personal information shared via such systems.

When performing confidential tasks or sensitive tasks, HVAs win on this.

Client Preferences and Relationship Building

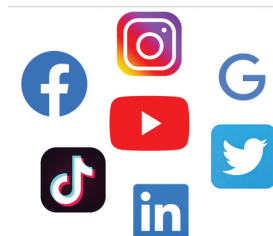
HVAs' ability to establish meaningful connections could prove invaluable if your business relies heavily on building customer trust and long-term relationships.

A human virtual assistant trained in AI prompting would be a priceless addition to your team.

HVAs bring emotional intelligence, adaptability, critical thinking, and the ability to build trust and lasting relationships.

AI offers efficiency, continuous improvement, and scalability.

If you opt for using AI, leveraging human virtual assistants can enhance productivity, customer satisfaction, and overall success in your small business.



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ubcc.org

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