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Bucks County

Women's Journal

The Only Educational Newspaper Serving the Women of Bucks County



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a Culinary
Adventure at
The Cooking
Studio!**

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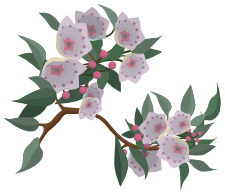
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Coaching invites you
to consider
many things...*

Including what may
change your life ...

Find out more on pages 14 & 15



Candace Pedicord, MS



Publisher's Note



Robin Coppinger
Publisher

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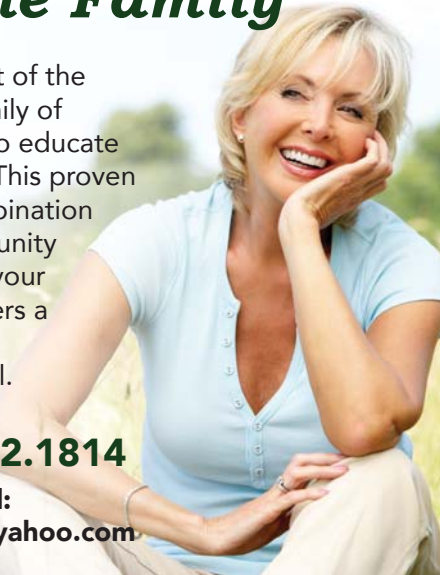
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february & march EVENTS

February 3 • 2pm

Past Life Regression Workshop

612 N Shady Retreat Rd Doylestown unit 67, Investment \$25.00. Please call (610)462-0804 to register.

February 16 & 17 and March 22 & 23

Fonthill Castle Evening Tours

Delight in the splendor of a guided historic evening tour at Fonthill Castle. Fonthill Castle was the home of Henry Chapman Mercer and an early example of reinforced concrete architecture. Discover Mercer's renowned ceramic tiles during these intimate 45-minute guided historic tours of the castle's unique rooms and artifacts. Fonthill Castle, 525 East Court Street, Doylestown, \$25 Adult/\$20 Member Adult/\$10 Youth (6-17)/\$5 Child (5 and under). Please note there are steep stairs and narrow, uneven passageways on this tour. <https://www.mercermuseum.org/fonthillcastleeveningtours/>.

February 17 • 2-4pm

Intro to Hypnosis

612 N Shady Retreat Rd Doylestown unit 67, call (610)462-0804 for more information.

March 16

Bucks Mont Regional National History Day Contest

National History Day is an annual academic enrichment program for students in grades 6-12 that encourages thoughtful historical research, project-based learning, and a dose of friendly competition. Students enter, as individuals or as a group, in one of five distinct categories: papers, websites, documentary films, performances, and exhibits. The Bucks Mont Regional Contest is coordinated by the Bucks County Historical Society. National History Day is successful because of the contributions of our volunteer judges. Volunteer judges are instrumental in providing feedback for student projects and helping students grow as researchers and budding historians. Learn how to become a volunteer judge at <https://www.mercermuseum.org/volunteerjudges/>.

March 16 & 17

Certification class in Neuro Linguistic Programming

612 N Shady Retreat Rd Doylestown unit 67. Upon completion you will be awarded a certificate allowing you to work with others. Please call for more information and investment (610)462-0804.

March 27 • 7pm

Stories Behind Peace Valley

Join author Kathryn McKenna for an interesting presentation about the history of the park and Lake Galena. This presentation offers a glimpse into the history, businesses, mining operations, lake project and the lives and activities of those who lived and worked there before the manmade lake was created. Lake Galena and the village of New Galena were named after the discovery of the mineral in the valley that changed the future of the residents and businesses forever. Held at Hilltown Township Building, 13 W. Creamery Rd. & Rt. 152, Hilltown Township, Free, donations appreciated, www.hilltownhistory.org.



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Karen Thompson, Founder, Lace Silhouettes Lingerie est. 1988

By Taylor Jackson, Lace Silhouettes Lingerie

They may not be visible, but bras play a key role in the foundation of our wardrobe as women. A proper-fitting bra can be the key to looking and feeling your best! Do you ever notice your shirts bunching or gapping on you? Or do you find your back and shoulders are sore by the end of every day? It's possible you're wearing the wrong size bra, and simply changing the size and/or style can make a huge difference. These five tips will help you get the proper fit that you (and your girls) deserve!

1) The band is more important than the cup
That's right, the band is your true *breast friend!* While the cup holds your breasts, the band is actually responsible for 90% of the support in a bra. This means getting your correct band size is crucial to having the support you need. With the right lift and support, you can look 10 pounds lighter, and your clothes will fit 10 times better.

2) Snug is your friend
Many women prefer to wear a bra with a looser fitting band because they feel it is more comfortable and/or want to minimize the appearance of back fat. However, it actually has the opposite effect long-term. Wearing a looser band causes the bra to ride up and sacrifices the support you need. This results in shoulder and back pain, and no one wants that!

Keep in mind, the snug fit shouldn't be suffocating. You should be able to fit your finger in between the band and your skin and pull it out one inch. There are also a lot of great bras designed with special bands that you give you the support you need while maintaining a smooth silhouette.

3) The type of bra is just as important as the size

Step one in finding your dream bra is getting fitted for the proper size. This gives you the support you need. The next, and equally important, step is finding the right style for you. This gives you the shape you want. Molded, seamless cups are a great option for providing an overall smooth and rounded shape, but they aren't necessarily for everyone. A molded cup has its own shape, and your breasts have to fit that shape. There are 9+ different breast shapes; some will fit the molded shape, and some won't. Seamed bras are another great option to try. The seams act like support beams; the bra conforms to your breast shape and lifts them higher. Some seamed bras even have side support, which pushes your breast tissue forward and gives the effect of a slimmer profile.

4) Care is key for longevity

While no bra is made to last your entire lifetime, proper care can extend their life (and save you money!). The best way to care for your bras is to handwash them and hang them to dry. Washing can be done after every 2-3 wears. I highly recommend trying Soak®. It is

the easiest way to handwash your bras. All you have to do is fill your sink with water, add one teaspoon of Soak®, and place your bra(s) in the water for 15 minutes. Once the 15 minutes are up, ring them out and hang them to dry. It's that easy! You can purchase Soak® at Lace Silhouettes Lingerie, a local boutique in Peddler's Village. If you don't have time to handwash your bras (which I totally under-

stand), putting them into mesh bags before putting them into the washer is a big help. Even if you put your bras in the washer, always hang them to dry.

5) Get a professional fitting

The truth is, shopping for bras can feel overwhelming sometimes. The good news is you don't have to do it alone. Lace Silhouettes Lingerie has been in business for over 35 years,

and we have knowledgeable fitters who will give you personalized one-on-one attention. We will help you every step of the way from proper size to the perfect style. Bra fittings aren't just one and done. Your bra size can change throughout your lifetime, especially before and after pregnancy and with weight fluctuations. A good rule of thumb is: when it's time to replace your bras, it's also time to get fitted again.

Five Things Every Woman Should Know About Her Bra

Karen Thompson, founder of Lace Silhouettes Lingerie, opened her first store in 1988, located in Bucks County, PA. Thompson had a vision to create a unique shopping experience for women, one that they did not get in other places. Each woman is treated like "a guest in our home." Thompson and her staff service guests with everything from bras, to panties, to pajamas and everything in between. Today, Lace Silhouettes has grown to five other stores in Bucks County; Cotton Company, Village Outfitters, Sunflowers, Signatures, and Fox and Holly as well as store locations in New Jersey. For over 35 years, Karen and her staff remains true to the goal of inspiring and empowering women to look and feel their best every day.

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- 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? Do You Have Options?

When you look in the mirror, do you notice a change in the thickness of your hair? Is it much harder to style or won't hold a style?

You may have noted that today it doesn't matter how old you are; all ages can have changes in the density of their hair. I always recommend talking to your doctor because there may be health issues causing your hair loss. Changes in your diet and stress can also cause a change in your hair.

As our hair changes, so should our shampoos, conditioners, and styling products. Ones that will add density and a thicker feel to the hair will definitely help in styling your hair.

If the strength of your hair has changed, causing more breakage, deep conditions treatments along with your conditioners a few times a month can also help. Professional hair products from coloring to all styling products are much better for your hair because of the higher quality of ingredients. Yes, they do cost more, but you are paying for much safer ingredients for your hair and scalp.

Another option that can give density and body to your hair is a body-enhancing curl—just enough to give fullness and movement to your hair.

A professional consultation will offer you some options that will satisfy your concerns and give you some new ideas that may help. Simple bangs or front fringe can fill in a thinning area or you

can opt for a full piece for complete coverage. There are both beautiful synthetic pieces and human pieces available. Consultations are free and private!



By Alyssa



By Anita



By Jackie



By Lisa

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Ready to Write Your Life's Next Chapter?



By Gayle Crist,
Life Coach,
Healthy Life Planning

It's a brand new year! We've assessed the ups and downs, achievements and missed opportunities, successes and mistakes of the last year. So now we should be ready to embark on a new adventure with a clean

slate and a fresh attitude as we continue on our life's journey. Right?

Well, maybe.

For many, the beginning of a new year—instead of feeling like a fresh start—can seem like the continuation of a book they didn't enjoy reading. That's because they're not seeing it as a chance to write a new chapter that leads to a different and better ending. They don't fully understand the power they have to redefine their priorities, re-envision the outcome, and thus realize their dreams.

The reasons for this could be:

- The old stories they've been telling themselves for decades are too deeply entrenched in their psyche, preventing them from moving forward
- The self-esteem and determination needed to let go of those stories and transform them into new ones aren't strong enough
- They don't have the support they need along the road toward changing themselves/their situation and/or trying new strategies

If any of these reasons sound familiar to you (or to a loved one or cherished friend), 2024 may be the time to take action to address them.

Let's talk first about **old stories**. Though you may be unaware, you might have preconceived notions about yourself or interpretations of past events that are inaccurate at best or destructive at worst. Examples could be:

- I'm not important (In my childhood, Mom paid more attention to my younger siblings)
- I'm a victim (In the past, people abused me, and I never healed from that)
- I can't trust anybody (Years ago, I was betrayed by someone close to me and now have trouble trusting others)

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 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. Contact Gayle at 267-245-3023 or coach@healthylifeplanning.com.

Seeking counseling to confront, move past, and rewrite these old stories is crucial before you can proactively start your next chapter.

And how about **self-esteem and determination**? Are yours strong enough to enable you to release old stories holding you back, so you can feel motivated to forge onward toward your goals? If not, counseling to rebuild self-esteem is priority #1. A trained psychologist will work with you to uncover whatever damaged your self-esteem and provide guidance, tools, and support as you begin to accept and love yourself again.

Strengthening your determination is also vital. After your self-esteem begins healing, a life coach can help you take the next steps as you begin to feel more worthy, so you can believe in yourself, commit to your goals, and then follow through consistently. All of this helps embolden you on the path to success.

The **support** you need so you can change your attitude and behavior and then feel ready to try new strategies/approaches is a coach's specialty. A life coach is a natural motivator whose positive attitude can inspire you when you need a boost. He/she sees the best in you, reminds you of your past successes, and encourages you to keep going and/or try again when you get discouraged or off track.

Can you imagine how many more successes you'd have with that kind of cheerleading?

When I was providing dating coaching services, women clients would often come to me with stories of how the way they were mistreated by

their husband before their divorce did a number on their self-esteem...leaving them feeling weak, inferior, stupid, etc. Not a good way to be when you need strength and confidence to retake control and redesign your life as a single person—or put yourself out there in the dating world. I helped them see they were more than capable of starting over and creating a happier, healthier new life on their own—and of attracting a new man who would love them as they were.

Now, as a life coach, I often see women who are at a transition point, wanting to make progress on a long-held goal but either afraid or unsure of how to proceed. Often, they're allowing their old "stories" to hinder them from believing they can accomplish it. Or they're too scattered or overwhelmed to organize their thoughts well enough to plan the necessary action steps to reach the goal.

So they call me:

- I help them reconnect with their excitement/passion as they envision achieving the goal. This ignites the important positive energy they'll need to start and continue working toward it.
- We brainstorm about the baby steps needed to reach the goal, and I provide a game plan and timetable for starting and finishing each step.
- I hold them accountable for completing each step and offer extra encouragement as needed.

If you're ready to write your life's next chapter, let's talk. I'd love to partner with you to make 2024 your best year ever!

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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, MS

"You form your experience. You form your past, your present, and your future. You are responsible for each daily moment, individually and en masse. En masse, your beliefs bring about the world conditions that you know. Individually, they form your intimate daily life... Your beliefs become reality. What you believe IS and becomes real in your experience. There are no other answers. There is no area in your life to which this does not apply." Seth, audio collection

Over 50 years ago, I found the Seth books, and they changed the course of my life. The wisdom and truth of the concepts within the channeled recordings of Jane Roberts resonated deeply. They gave me some relief in the struggles I experienced in trying to live from the rules, beliefs, and paradigms I was born into.

Since that time, the world has amplified those teachings through the emergence of various principles and teachings like Quantum Physics, The Course in Miracles, and the awesome healing potential of the imagination in hypnotic regression techniques.

The bottom line? We are limited only by the thoughts, beliefs, and actions we choose. There is no such thing as reality other than the reality we create with our thoughts. We live in an energetic universe, where there is nothing solid; there is only light, blinking in and out of existence. We are infinite and eternal, capable

of creating any life or experience that we choose. We have been trapped in the beliefs, constructs, and projections of those around us. We have allowed ourselves to lead limited lives of struggle, confusion, and suffering as a result.

Let me repeat. You are infinite, whole, and magical. There is nothing holding you in place other than the ideas you have accepted, through no fault of your own, from the time you were teeny.

You are infinite, unlimited energetic manifestations in a world that is bound by time and space. If, when, and as you allow your unlimited essence to enter into this time-dependent reality, you can create the health, wealth, and relationships that you want with surprising ease and grace.

Sound impossible? Only because some might believe so. When you were small, you accepted that others were more powerful than you and therefore knew better than you what was possible. *Yet how is it possible that any set of beliefs or rules is more powerful than the infinite energy of that which created you?* Remember that whatever created you IS you; there is no separation between the energy of creation and the energy that is YOU. You are composed of the same energy that moves the universe in all its creativity and expansiveness.

You are unlimited in what you are and what you can create, even in a world that

feels limited by time, space, and fear.

There is no better time than now to stop and consider that we are living lives according to someone else's interpretation of what is possible or not. In our earliest experience, we learned the world is not safe. That when we conformed out of fear of being abandoned, life got a little better. And so the play of our lives developed, layering misconception after misconception into our being until we come face to face with our struggles and wonder how we got here.

Here are some basic truths that can begin to set you free to create the lives and the miracles you know are possible deep within your soul.

You are infinite, eternal, and creative energy in motion. There is no separation between who you are and the energy that created you and all things. You are consciousness

and potential. You are completely unlimited in what you can create and experience. This applies to every creative being. Everyone is infinite and deserves lives of joy, creativity, and ease.

Focus on what you want, not what you don't want or don't have. If you are not enjoying the experience you are having, whether it be poor health, a broken relationship, or stress about your finances, create a different experience. Focus on and imagine what you DO want. Your imagination is the most powerful tool you have. Use it wisely.

You are not stuck. You have deliberately created your life to stay safe. At some point in your existence here, beginning in the womb, you decided that it was not safe to be, to be you, to be seen and heard, to take risks. It was safer to not make waves, to do as you were told, to hold yourself back so you would be acceptable.

So, you hold your health, wealth, and relationship potential at a set point that can never be interpreted as selfish or disrespectful. You are not a victim of circumstance. You are a deliberate creator.

You are the sole author of your life. As such, you can create whatever life you desire simply by changing the thoughts and beliefs you hold. Many of your current patterns and core beliefs are unconscious, developed through early conditioning or even from generational influence. Be deliberate in uncovering what ideas and trances you have accepted as truths.

Embrace these concepts knowing that your expanded life circumstances depend on it. Your life of joy, wonderful health, abundant wealth, and fulfilling relationships is absolutely possible. Lean into the magical and exciting adventure of who you are and what you can create. Isn't it time?

How You Create Your Reality

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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."



How's Your Relationship With Yourself?

By Robert Burns, Motivational Speaker, NLP Trainer

May I ask: how well do you get along with the most important person in your life? That person is you.

I have heard so many people *talking* to themselves, and, when I do, I often say that the reason is they like talking to intelligent people. In addition, they enjoy *listening* to intelligent people.

What do you seriously think of yourself? Whether you feel positively or negatively, the real question is: What are you going to do about it? Imagine how different your life would be if you just took the time to sit down and realize how powerful you truly are in terms of the inner emotional strength that we all possess.

I suggest that the next time you look in the mirror, you give yourself a thumbs up and a wink and tell yourself to have a great day. You will be amazed how great you feel after 4 or 5 days of doing that. Bless all of you.



Robert Burns

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Embark on a Culinary Adventure at The Cooking Studio!

Dive into the heart of Telford, PA, where The Cooking Studio stands as a culinary haven, enticing locals with its magical blend of expertise and passion. Unveiling its culinary wonders in June 2023, this

enchanting establishment, curated by the renowned Chef Shelby Fahrni, is more than just a cooking school; it's an invitation to unlock your inner chef and immerse yourself in the joy of creating exceptional dishes.

A Symphony of Culinary Mastery

At the helm of The Cooking Studio is Chef Shelby Fahrni, a culinary virtuoso whose journey from the finest restaurant kitchens to the bright lights of the Food Network has culminated in the creation of a space where culinary dreams come alive. With a fervent desire to share her knowledge, Chef Shelby has crafted The Cooking Studio as a hub where aspiring chefs, from novices to experienced home cooks, can hone their skills and unleash their culinary creativity.

The Cooking Studio's mission is crystal clear: to make the art of cooking accessible and enjoyable for everyone. Whether you're a kitchen beginner or a seasoned home chef looking to elevate your skills, there's a class tailored just for you. Navigate the user-friendly website at www.lecookingstudio.com, where a tempting array of classes awaits, promising to tantalize your taste buds and boost your culinary prowess.

From crafting pasta like a true Italian to mastering the art of sushi rolling, you can find a diverse range of cuisines and techniques at The Cooking Studio's classes. Picture yourself gaining hands-on experience and personalized guidance from Chef Shelby and her team, instilling the confidence to recreate restaurant-quality dishes right in your own kitchen.

A Culinary Symphony of Flavors

The menu of classes at The Cooking Studio mirrors the diversity of flavors they explore, making each class an unforgettable experience:

- Sushi Making
- Fresh Pasta Making
- Paella Party
- Valentine Cookie Decorating
- Steakhouse Favorites
- Gnocchi Lab
- Pierogi & Polish Specialties
- Beef Wellington
- Italian-American Fare

Exclusive Culinary Experiences

The Cooking Studio goes beyond traditional classes, offering private events for groups of 8 or more. Whether it's a team-building session, a bachelorette soirée, a family reunion, or a birthday bash, Chef Shelby and her team can tailor an unforgettable culinary experience to suit your group's tastes. These private events provide a unique opportunity to bond over delectable creations while honing your culinary finesse.

The Cooking Studio isn't just a place to learn to cook; it's an immersive experience that allows you to relish the joy of crafting

and sharing exceptional food. Chef Shelby Fahrni's dedication to culinary excellence radiates through every class and event. Whether you're seeking to broaden your culinary horizons or simply looking for a fun and engaging activity, The Cooking Studio beckons you to join its culinary community.

Embark on a Culinary Adventure

Visit their website at www.lecookingstudio.com to explore the treasure trove of classes on offer and book your spot on a journey to culinary mastery. At The Cooking Studio, the art of cooking is waiting for you to embrace it, one delicious dish at a time. Book your class today and let the culinary adventure begin!

"... whether you're seeking to broaden your culinary horizons or simply looking for a fun and engaging activity, The Cooking Studio beckons you to join its culinary community ..."



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lecookingstudio.com



Patti Fitzpatrick, Owner, The Talking Teacup

Raise a Cup of Tea for Your Health

our favorite hot beverage because it includes nutrients that contribute to different aspects of health.

Tea is associated with a lower risk of cognitive issues, heart disease, stroke, and diabetes. One cup of tea brewed with tap water includes flavonoids, catechins, polyphenols, potassium, phosphorous, magnesium, copper, zinc, calcium, and fluoride.

The list of ways tea contributes to good health goes on and on. Black tea contains theaflavins and thearubigins (antioxidants); one study found that they help alleviate high cholesterol. The same study showed that black tea theaflavins and thearubigins also contribute to lowering the risk of hyperglycemia, or high blood sugar.

Green and black teas also contain important polyphenols, which are micronutrients that are found in plant-based foods. The polyphenols found in these teas have been associated with the healthy regulation of cancer cell growth and survival, leading to a lower risk of developing cancer.

Some teas, including chamomile, help people relax at the end of the day so they can wind down and sleep better. Chamomile tea also has been found to help postpartum women get better sleep and alleviate depression.

Add to all this the fact that tea has lower caffeine than coffee. One 8-ounce cup of black coffee contains 96 milligrams of caffeine, while the same amount of brewed black tea

contains 47 milligrams. Green tea contains only 28 milligrams. Herbal teas don't contain any caffeine.

So a happy get-together with family or friends at The Talking Teacup has healthful benefits in the pot of tea brewed for each visitor, plus the nutrition

found in our delightful dining experience.

Seatings at the Talking Teacup are by reservation only. Call 215-997-8441.

The Talking Teacup is located at 301 West Butler Avenue, Chalfont PA <https://thetalkingteacup.com/>

As the cold winds blow us through January and February, we will enjoy the wonderful comfort that comes from cozy, warming pots of tea.

But year round when we pour ourselves a cup, we also have the comfort of knowing we are improving our health in a variety of ways.

Here at The Talking Teacup, we take our tea very seriously; it's more than

"we take our tea very seriously; it's more than our favorite hot beverage..."



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By George Parkinson

Grüner Veltliner



It was once thought that, given the shorter growing season, the extreme winter cold, and early to late spring frosts, Riesling would be the grape for the wine producers of the Northeastern corridor in the U.S. Today, with climate change issues; access to other wine grape materials; and a better scientific understanding of terroir, viticulture, and oenology, some other varietals have come forward as a better option to growing wine grapes and making wine in these areas.

Grüner Veltliner, a white grape variety of Austria—but also grown in Northern Italy, Slovenia, Hungary, Slovakia, and the Czech Republic—is showing great promise in places like Maryland, New Jersey, Pennsylvania, Michigan, and New York.

According to Jancis Robinson in her book *Wine Grapes, DNA*



Grüner Veltliner grapes from Stony Run Winery

profiling has found that Grüner Veltliner is a natural cross between Traminer and an almost extinct wine grape named St. Georgener. Grüner also has a sibling or grandchild relationship with Pinot. The vine produces midsize berries of green to yellow color. The wines, depending on vinification methods, can be fruit forward showing peaches, pears, and apples to melon aromas as well as floral notes of hyacinth, tulip, and freesia. A versatile grape, Grüner Veltliner may be produced as a sparkling wine, with dry to sweet styles as well as full-barrel fermented styles like those of Burgundy's Chardonnay.

The vine is late ripening which helps it avoid frost issues in most places. It has no problem achieving ripeness, can grow in most soil types, and is high yielding. Given to producing very good acidity, these wines can be excellent food partners for sushi, grilled fish, pork, veal, chicken, and pasta.

Grüner Veltliner is often misunderstood by the consuming public as a sweet wine, yet dry, crisp unoaked Grüner is full of flavor and a great aperitif as well as a wine for a full-course meal. Eastern vineyard owners who grow this grape cover a great many terroir differences. These include New Jersey's outer coastal plain AVA with sandy loam soils; the rolling hills of the Lehigh Valley AVA; the vineyards of the Great Lakes AVAs including Lake Erie; the Finger Lakes in New York; and the wineries located in Michigan's Old Mission Peninsula AVA and in somewhat warmer, lower elevations of Maryland and Virginia.

A recent blind tasting of Grüner Veltliner produced from these areas showed color scales of translucent straw to bright gold with a wide range of aromatic notes including apricot, peach, tulip, cantaloupe, and pear. The wines were slightly sweet to bone

dry, with one or two showing rich yeast and cream notes without losing the aforementioned aromas. While all the wines were available to purchase DTC (direct to consumer), it will not be easy finding them on your local wine store shelves.

The following is a list of some producers we tasted. Some may be out of stock due to limited production. I suggest all these producers deserve a visit, and it may be time to recognize that great wines produced in the United States need not all come from California, Washington, or Oregon.

This spring, venture into the many vineyard producers of wine grapes located in the Northeast and try Grüner Veltliner.
Cheers!

Dr. Konstantin Frank, Hammondsport NY
<http://drfrankwines.com>

Ryan William Vineyards, Burdett NY
<http://ryanwilliam.com>

Fulkerson Winery, Dundee NY
<http://fulkersonwinery.com>

Monroeville Vineyards and Winery, Monroeville NJ
<http://monroevillewinery.com>

Mount Salem Vineyards, Pittstown NJ
<http://mountsalemvineyards.com>

Galen Glen Winery, Andreas PA
<http://galenglen.com>

Stony Run Winery, Breinigsville PA
<http://stonyrunwinery.com>

Waterfire Vineyards, Kewadin MI
<http://waterfirewine.com>

Chateau Grand Traverse, Traverse City, MI
<http://cgtwines.com>

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.



Candace
Pedicord, MS

“You aren’t stuck as the person you were as a child, or at the turn of adulthood. You’re not

a finished product. You’re living your life in just one of an infinite number of ways, as a single shade of the person called You. The most fascinating work of a lifetime is charting the course of your own evolution.” – Lucy Fuggle

I did not consciously set out to be what I am still becoming: a therapist, coach, past life regressionist and hopelessly faithful to the notion that despite how we limit ourselves, we are living in an infinite universe of possibility and potential. *Something* moved me and intrigued me, nourished and motivated me. Dare I say *loved* me into the work I am doing.

The journey has not been easy. 7 decades of being nurtured and abandoned, invited and rejected, confident and lost. 7 decades of hope and despair, relief and struggle, peace and upheaval.

In other words, 7 decades of being human.

“The Earth School is the most difficult in the universe—only the bravest souls sign on for this assignment.” These are the words from one of my most influential teachers, Dolores Cannon. Her teachings and books have resonated with thousands who know there is more to life than what we have been conditioned to believe and experience. Thousands who are looking for answers about who they are, why they are here, and how to create lives of health, abundance, and joy.

I was one of them. And you may be, too.

The blending of my particular brand of coaching and support has its roots in traditional psychology and metaphysical principles. I understand from experience and training the difficulties of learning how to be in a physical world that is fraught with loss and traumatic experience and betrayals.

The Infinite You

I also believe with every fiber of my being that our journey here is as a spiritual being having a human experience. That there are miracles and opportunities and a way to dance with the cosmic energies to create, intentionally, lives of purpose, joy, and happiness. In spite of and in contrast to the accepted notions that struggle is inevitable.

As I write this article in 2024, after 25 years of private practice, I acknowledge that humanity is at a pivotal point in its evolution. We are waking up to a new potential, one that would have us take more responsibility for our thoughts and emotions. One that acknowledges the interconnectedness of all life and consciousness, freeing us to create from the inside out, living into lives we love.

Believing in a new paradigm of freedom at a time when the world feels chaotic may seem surprising and even irresponsible. But it is exactly because the old paradigms of fear and greed and control at the expense of our planet and fellow human beings are no longer working that we are able to consider a new way of being.

For me, the way forward is also about remembering. Remembering we are more than our bodies, minds, and emotions. Remembering that we are created from stardust, all of us, and that we are eternal and infinite entities, perhaps choosing our lives here specifically to raise the consciousness and awareness of humanity through our own experience of trust and creativity.

There are some basic spiritual truths that create the foundation of the work I offer.

First, we live in and are part of an infinite universe composed entirely of energy.

To be fair, our limited brain can hardly wrap its head around the concept of the infinite, much less live from that place. We can barely check things off our very limited to-do list! Infinite possibility exists because energy is infinite, always expanding through our experience and direction. Our energy influences universal energy through thought, emotion and our powerful imaginations. Creating unlimited, no-holds-barred, anything-is-possible lives is our birthright and our potential.

Second, any belief that we are finite, separate, or limited is based on perception, not reality.

We are all one, as much as we want to separate ourselves from the distasteful and difficult. We are nothing like that mean neighbor down the street or the terrorists that threaten our way of life. Right? And yet, here we all are, on the planet, each with the gift of awareness and consciousness, made up of the same energy that created us all. Look within to find where your vibrations are a mirror or reflection of the world around you. We are not separate from our world. *We are* our world.

Third, we are the sole authors of our reality.

Everything we experience in our lives is the result of the thoughts, beliefs, and emotions we hold, most of which are unconscious and deeply rooted in our earliest experience here. Some may even be the result of generational pain or past life experience. Accepting full responsibility for our life circumstances holds the potential of creating what we DO want to experience. You can feel guilt, shame, or despair at having created something you didn’t want, or you can truly embrace that yes, you did create your circumstances and get busy creating something better. Did we innocently buy into the notion that we are undeserving, not good, smart, or worthy enough? Let’s get to that deep root and release it. You have the power to change your life. *Always.*

My coaching is unique, as are you. Everything in your life has brought you to this moment, as you read through this article and consider the truths that have helped me liberate so many from lives of struggle and grief. Let me share a bit more about how I got here and what I can offer you.

When I was young, I would stare into the night sky and feel a deep yearning for something I could not name, a time and a place where I was unconditionally loved and valued, a place I could truly call home. I felt out of place and rhythm in my earthly home, not understanding the rules and limitations that felt discordant with creativity, expression, and freedom.

However, as a rule, no one in my world paid attention to these things. I was their "free spirit". So, I turned to my imagination and books to help me connect to my deeper knowings and insights. I started with the Seth books, Ruth Montgomery, Edgar Cayce, and more. Today, the concepts and truths from these early wisdom teachings have moved into the mainstream where they belong, but they were my foundation years and years ago.

A seemingly random event changed the course of my life in 1990. A friend of mine experienced a terrifying domestic assault, launching me into 25 years of service with the local domestic violence shelter,

A Woman's Place. The seeds were thus sown for the work I was born to do. I went back to school and got my masters in counseling with a focus on trauma. I became a grief and forgiveness coach. I studied how the mind works and became an NLP master practitioner and a certified hypnoterapist. I incorporated EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Technique) into my work. I certified with Heart IQ in relationship coaching. I left the medical model of therapy in favor of focusing on the power of the subconscious in healing and transformation.

Infinite Love



I began to fully explore the effects of trauma and loss on our ability to live full and creative lives. Our memory of those moments in which we lost our sense of safety, our sense of connection, worth, and goodness, follow us through lifetimes. We learn to fear speaking our truth or trusting in our hearts.

Life moved me again in the early 2000s as I searched for healing from a difficult divorce. I experienced my first past life regression session and fell in love with the process of letting the imagination

create a story that had the power to heal physical and emotional imbalances. I integrated the power of the subconscious into my practice. I experienced miraculous healings in my own life and in the lives of my clients. I continue to offer this modality as an adjunct to the coaching programs and sessions I facilitate.

If you are interested in exploring how I might support you, either individually or as a couple, we can begin with a conversation. I will illuminate what you cannot see. I will say things to you that no one else would dare say. I will listen to what you are asking for and hear what your heart is longing for. I will recognize your unlimited potential and challenge you into dreaming bigger. I will invite you into a coaching relationship that has the potential to create change at a deep level. It is not uncommon for us to work together for many months or even years, although it is possible to create an agreement that allows for a less-intensive experience.

In the meantime, use your imagination, your most powerful tool, to create new experiences and deep healing of any and all physical and emotional imbalances. Focus on what you want and deserve. Let your intuition guide you. Dance with Source, step out of the way, and let life usher you into fullness. Create the compassionate relationship with Self that will bring you the joy and abundance that is your Divine right.

Blessings!

"Life happens FOR and THROUGH us, not TO us. It is this distinction that separates us from the disillusioned and discouraged. We are part of the flow, part of creation, part of life. We cannot separate ourselves through limited beliefs and conditioning, no matter how prevalent they are or have been. Ultimately, we are children of God, of the Universe, and we are reflective of all that surrounds us. There IS no separation between us and all that exists. Open our hearts, minds, and live in inquiry; ask questions that have no answers, challenge our beliefs, and let go of certainty, relishing the unknown. This is our path. This is joy."



Candace Pedicord, MS

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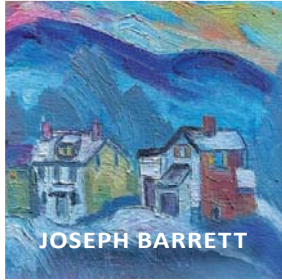
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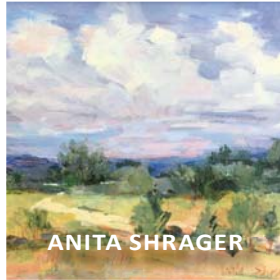
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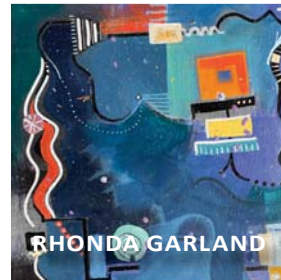
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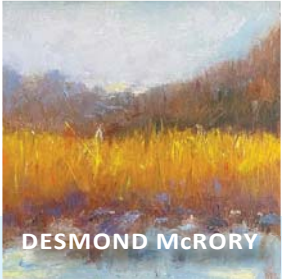
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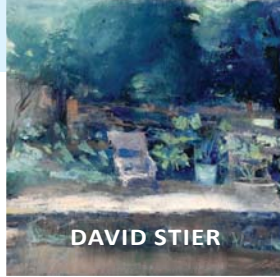
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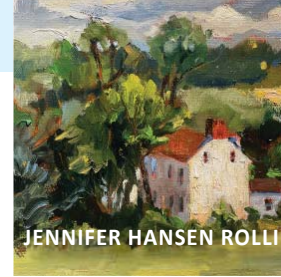
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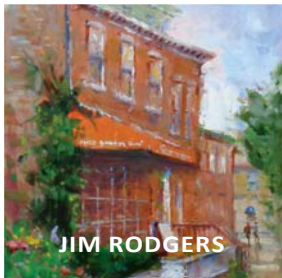
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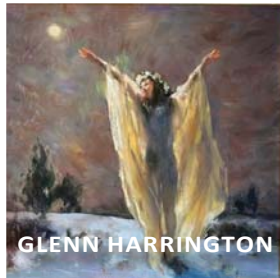
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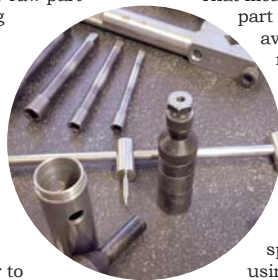


COLE TOOL & MACHINE

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.



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REMODEL YOUR BATHROOM WITH COLEMAN REMODELING

By Brian Coleman
Coleman Home Remodeling

Since 1994, Brian Coleman, owner of Coleman Home Remodeling, has been remodeling kitchens, bathrooms, and basements in Bucks and Montgomery Counties. He also provides plumbing and electrical services.

Brian recently completed a bathroom in Sellersville in a retirement community. The shower stall was severely small, and the doors only allowed less than 20 inches of access on either end. The jacuzzi tub was enormous, and it was never used by the homeowner. The customer wanted to discard the jacuzzi tub and convert that area into a nice walk-in shower.

We removed the existing shower and converted that area into a linen closet with shelving and a light in the ceiling. We rerouted the electrics for the jacuzzi tub to provide lighting for the closet.

Since the walls were already removed, this was easily done through the studs and up into the ceiling. We also installed a light switch outside of the closet.

During the demolition of the jacuzzi tub, we saved the tiles so we could reuse them to finish the floor up to the new shower area. This gave it a look as if the shower had always been there from the day the house was originally constructed. We soaked the tiles in a bucket of water to allow the separation of the mastic and thinset, so they could be reused.

The new shower consists of marble bench seat and a marble threshold. We added grab bars for safety, with



Before



After



After

additional blocking within the walls for good support. The shower assembly is a flow valve with temperature control and a shower head with a shower wand with a diverter. We made two "pie cuts" in the corners for shampoo and soap. Then, we installed glass shower doors at a height to reflect good balance for the entire project.

The tile in the shower finished at 7 feet and the shower door at just over 6 feet. We laid the tile in the floor of the closet and also the wet bed for the shower. This gave it a nice look, as if the tile continued through the wall into the closet. We capped off the original drain for the shower and built the concrete floor back in. We then relocated and centered the new shower drain.

We matched the paint for the walls and then blended in for all the new areas where the walls were replaced or added in. The door and all the trim work was matched to reflect what existed in the house as well.

Next time you're interested in remodeling your bathroom, please give us a call.

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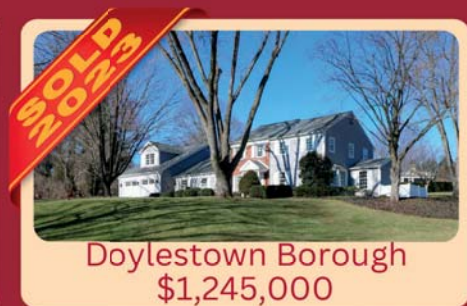
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Sue Jones on Real Estate



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

Real Estate Advice: When Spouses Divorce

Q. Sue, I am going through a divorce. Do you have any advice regarding our home?

A. The following advice is supplied to me by a Certified Divorce Financial Analyst, as common errors people make :

1. Not listing the real estate in the Summons and Petition.

Result: This might prevent you from getting a divorce, might prevent you from selling the property until you go back to court to amend and correct the decree, might result in your spouse getting more of a share of that property, and other problems.

2. Not using the correct "legal description" for the property or using the street address instead of the legal description.

Result: These are not enforceable.

3. Having verbal or written "side" agreements about the property that are not part of the divorce decree.

Result: These are not enforceable, and, if your ex-spouse changes his or her mind, you are out of luck.

4. Assuming you are not responsible for the mortgage because your ex-spouse was awarded the house.

Result: The court cannot order the lender to take your name off the mortgage.

Being on the mortgage is between you and the lender. Having your name on the mortgage for a house awarded to your ex-spouse may prevent you from qualifying for another mortgage. If your spouse fails to make payments on the mortgage, the lender may try to collect from you.

5. Deeding the property between spouses before the divorce is final.

Result: Some people think that, if their spouse is not listed on the deed for the property, the property does not need to be part of the divorce proceedings. There are two mistakes here. First, all real estate is part of the divorce proceedings, even if the deed is in only one name. Second, a deed between spouses during the marriage is not effective. Under the law, a spouse has a "marital interest" in all real estate owned by the other spouse. You cannot deed away that marital interest while still married to each other.

**Email me your questions:
Sue@SueJones.com**

Testimonial Thank You Sue

Hello Sue ! When my brother Patrick wrote me that he had ran into you recently, I was inspired to reach out. Thank you for making our transition South seamless and for all the work you put into our sale during a pandemic. So glad to hear you are well and making Doylestown a consistent real estate Mecca. You are truly one of a kind Sue, and Denny and I wanted to send you some warm wishes. - Janet

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Creating Space and Time for Your New Year's Priorities

Lisa Ciao, Owner Maid For You

By the time you're reading this, January has passed and we've settled into 2024. Quite possibly by this time, that new year's resolution or intention has fallen

by the wayside. It's a bit of a predictable routine for many people, especially as life gets busy and the newness of the year wears off. Yet whenever a new year launches, we continue to be captured by that feeling of fresh and new, and we can't help but want to change things up somehow and perhaps prioritize a specific area of our life.

Whether it's a new year's resolution to lose weight, to spend more time with family, or improve ourselves in some way, the feeling of starting over ushered in by a new year causes us to reexamine our current status and set intentions for something new and better.

Yet, for so many of us, those good intentions are simply intentions, not actions. We want to help you keep those intentions and resolutions.

Personally, I'm not a new year's resolution person, but I am a new year's focus person. And my focus for this year is self-care. As an entrepreneur and business owner, I know goals and a plan are essential for forward motion, whether it's personal or professional. I also have seen that, if we don't change existing habits or patterns and create space for that new thing to take root, then we fall back into old patterns.

What do we need to do to create that space for those new year's priorities? We need *time*.

There are 168 hours in a week, and we all have the same 24 hours in a day. How we spend that time matters. In our 168-hour week, we have our work time, perhaps our commute, meals,

and sleeping, and what's left is our valuable free time.

I want to emphasize that it is **valuable** because time is limited and precious. Time is a thief as any parent can tell you. And at the end of our lives when we look back, our biggest regrets tend to be centered around how we spend our time. Time is the one thing we cannot get more of. We can create more of almost every resource by hiring and delegating, but we can't create more time.

So I implore you to consider: How do you spend your time now and where do you actually *want to spend your time*?

For many of us, housework and yard work are probably not where we want to spend our time. We don't jump out of bed first thing on Saturday morning excited to go pick up a broom and sweep our floor and then excitedly move on to the bathroom to scrub the toilet. After a long hard week, your precious time should be spent doing what you want—not cleaning.

Your weekend should be spent checking out the new shop or restaurant you keep hearing about, exploring beautiful Bucks County, snuggling in on the couch watching a movie with your family, having lunch with a friend, going on a date with the special someone in your life, playing with your kids, curling up with a good book, and maybe even getting in a nap.

Life is short, and your time is limited. Spend it where it matters most, *with the people you care about*.

At Maid For You in Warminster, our trained, trustworthy, vetted, professional cleaning technicians are here to get your home sparkling

clean and healthy so you can spend your Saturdays doing anything you want rather than cleaning. Let us SAVE YOUR SATURDAY!

This February, I'm all about gifts. Valentine's Day is almost here, and February happens to be my birthday month, so I'm giving you a special gift so you can share the gift giving with someone special!

Give the gifts of clean and time by signing up for a year of clean! Since February is my birthday and I'm turning 63, when you sign up for a deep clean with recurring service, you'll get a **63% discount on your deep cleaning**, plus, as part of our customer loyalty program, you'll also get **another \$200 in free services** throughout the year with a free refrigerator cleaning and free baseboard cleaning. Interested in a one-time clean? You'll get a \$63 credit on your deep cleaning. Stipulations apply.

The gift giving gets even better! When you prepay your services for the year, you'll also get a *luxury gift basket* valued at \$150 with a bottle of local wine, gourmet chocolates, bathroom spray from Anthony's Center For Independent Adult Opportunities, and a beautiful candle from Shane & Pepper Candle Company. The last two items mentioned support children and adults with disABILITIES. A clean home and luxury goodies that support charitable causes sound like a win-win to us!

This special is only for the month of February... so hurry and call us today! It's time to create space for those New Year's priorities and give your sweetie the gift of time and relaxation by having someone else clean your home. Plus, you can spend that time together. Celebrating Galentine's Day Instead? Perfect! This is the ultimate form of self-love and self-care.

What are you waiting for? Your free Saturdays are calling!

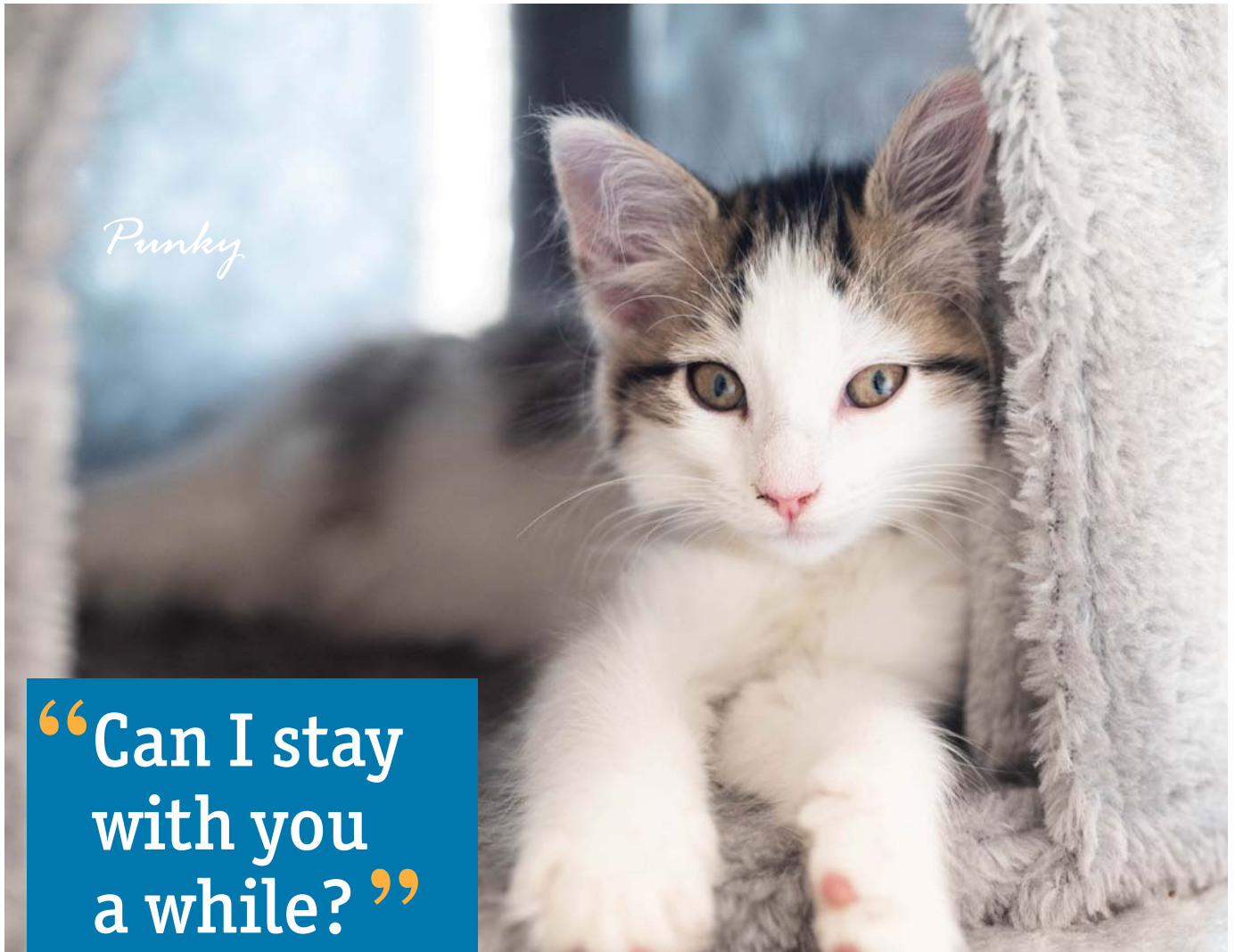
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An Opportunity to Start Anew in 2024!



By Joseph Wieliczko, Psy.D.

Many of us want to make changes in 2024, including our relationship with food. There is one important thing we can do that most people rarely think of.

We tend to view our experiences as a continuum of past, present, and future.

There is no separation between the three in the minds of most people. For instance, if you are on a diet and you eat too much for lunch, you may think "I overdid it for lunch; I blew it for today." That way of thinking has a consequence. When dinnertime comes, you may have thoughts of "Well, I ate too much for lunch, so it doesn't matter how much I eat for dinner." This example shows how we assume the past (how much you ate at lunch) determines how you approach the future (dinner). These associations (or assumptions) are something we create in the mind. This is what I call "a construction of the mind."

We can choose to unlink the past, present, and future and see them as separate entities. So the

future (how much you will eat for dinner) is a new moment independent of what you did in the past (how much you ate at lunchtime). We can choose to see every moment as a new beginning, which it is. An opportunity to start anew.

People continually see the past as a forecast of the present and the future. Such associations are unwarranted and tend to perpetuate a feeling of "I could never change" and "Things will always be the same." Making the shift is very simple. All we have to do is see the present moment for what it is. It is always a new beginning. The new year is filled with infinite moments offering you the opportunity to start anew.

A wonderful and anonymous quote I found years ago reads as follows:

"In any given moment, we have two options: To step forward into growth or back into safety."

We have so much potential that many of us never tap into because of our way of thinking.

My program is an online 8-session group (\$30 per session, \$240 total) that 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

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Joseph Wieliczko, Psy.D.

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Bucks County





By Wendy Webb Schoenewald
PT, OCS

Low Back Pain: Choose Physical Therapy First



“... Physical therapy is known to be valuable and effective in managing acute and chronic LBP, ...”

If you have lower back pain (LBP), you are not alone. Spinal pain is one of the most common reasons people visit a doctor or miss work. A new study from The Lancet shows LBP is the leading cause of disability globally. LBP can be experienced at any age, most commonly occurring between 40 and 55 years old. The World Health Organization estimates the number of cases will rise from 619 million in 2020 to 843 million by 2050 in the present care model.

Recent analysis shows that earlier intervention of physical therapy in the sequence of care for LBP reduces cases of LBP, cost of care, and need for surgical interventions. Physical therapy involves patient education, hands-on manual therapies, specific stretches, and strengthening exercises that focus on trunk muscle activation and building endurance to reduce pain without the use of pharmaceuticals.

There are two main categories of LBP, related to different structures in the spine, that can be treated by physical therapists: acute low back pain and chronic low back pain.

Acute LBP lasts for a few days to a few weeks. Most of us experience this type of pain with no residual loss of function, so we don't always seek medical attention. It is usually localized to the lumbar region and can involve aching pain or muscle spasm. It can resolve in a few days with self-care or physical therapy exercise for postural correction and flexibility. In today's world of over-the-counter (OTC) medicine, most people use pain relievers to

reduce the pain temporarily. However, we really need to correct the mechanical activity that is the root cause of pain to take away and keep away the pain. This brings us to the second type of LBP, chronic LBP.

Chronic LBP is pain that can last for 12 weeks or more, even after the underlying cause of the pain has been treated. Twenty percent of patients who develop chronic LBP have symptoms lasting over a year. This lasting pain doesn't always mean a serious underlying cause is the culprit. Often, pain causes weakness of the spinal muscles and core, reduces aerobic capacity, and limits flexibility leading to bad postural habits which prolong symptoms.

Chronic pain tends to be localized to the lumbar region but may also radiate into the buttocks or lower legs. The further away from the spine the pain travels indicate greater inflammation and nerve irritation. Physical therapy assessment and treatment is crucial at the chronic stage.

Most LBP is mechanical, meaning the structure of the spine—bones, muscles, discs, and nerves—has a disruption. Mechanical pain diagnoses include sprain or strain injuries, traumatic injuries like a fall, degenerative discs, arthritis or inflammatory diseases, sciatica, spinal stenosis, spondylolisthesis, herniated discs, and osteoporosis.

Physical therapists are trained to evaluate and treat these conditions and to provide exercise and education on postural correction or habit changes to correct the triggers of LBP. PT should be initiated within 1-2 weeks of LBP onset before use of painkillers or imaging.

In a 2017 study by Fritz et al, researchers found physical therapy is a cost-effective approach to improve strength and reduce pain for patients with acute LBP, therefore helping prevent chronic LBP. Therapists provide patients with exercises they can do daily to reduce pain or prevent irritation of LBP. Combining OTC medication to give short-term relief with exercise and posture correction is the best way to manage mechanical spinal pain.

What lifestyle changes would PTs recommend to prevent or manage LBP?

First, a therapist would assess lifestyle risk factors that might predispose or aggravate LBP and educate patients about better choices. The most common adjustment is good posture: avoiding slouching and actively sitting up straight. When people are seated scrolling on their phones, slouching is common—head down, shoulders rounded,

and spine in flexed posture. Sitting up straight and gazing down at the phone is a better option.

Avoid sitting for prolonged periods. Unfortunately, prolonged sitting is common in office settings. Sitting posture can be aided by using an ergonomic chair and a lumbar lordosis support to create extension of the spine. For those at a computer, use a standing desk intermittently. When your workday ends, avoid sitting. Yes, that means you are allowed to lay down on the couch and unload your spine.

Often people sit slouched without pain but have pain when standing up because the tissues of the spine are overstretched in the slouched posture. When this happens, do some standing backward bending stretching, then walk with long strides to balance the spine with extension movements.

Driving for long distances can cause the same type of symptoms, so it's important to ensure your seating alignment in your vehicle is best for your size. Before departing on a trip, sit straight in the driver's seat and align your mirrors. This way, if you slouch, you won't be able to see in your mirrors and it will serve as a reminder to use good posture.

Other factors that reduce risk for LBP include aerobic exercise training, whether walking daily or getting to a gym 3-4 times a week, monitoring your weight, and avoiding smoking.

Physical therapy is known to be valuable and effective in managing acute and chronic LBP, and studies suggest it is most beneficial when implemented earlier in the care process. Ask your primary care provider about the skilled clinicians at WWSPT and **choose physical therapy first** in your care.



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Armgard Kucas is the memory care coordinator at The Birches at Newtown. Her true passion is advocating for people living with dementia and educating staff to provide the best care to keep residents as independent as possible while maintaining their dignity. She also facilitates The Birches' monthly support group for family caregivers. Her many certifications include certified dementia care manager, certified dementia practitioner, and certified Alzheimer's disease and dementia care trainer.

Taking a Positive Approach to Memory Care

Teepa Snow, a nationally renowned dementia care specialist, developed the Positive Approach to Care® program that empowers caregivers with practical, hands-on techniques to improve their daily interactions.

Her approach enhances the lives and relationships of those living with brain change by fostering an inclusive global community with a mission to develop awareness, knowledge, and skills with all people that will transform what exists into a more positive dementia care culture.

Snow's ability to understand dementia and recognize that people living with this condition can still enjoy a rewarding life is translated in her GEMS States Model. This classification model differs from commonly used scales by identifying six different brain states and the shifts in skills and abilities a person can experience in any given moment, focusing on the present—not what was lost.

"Just like gems, each person is precious, valuable, and unique, and, given the right setting and care, can shine," she said.

Learning Positive Approach and GEMS® provide care partners with the skills to deliver proper care and support. They can then change their actions accordingly for a better connection and encourage participation in care tasks and activities.

At The Birches at Newtown, our memory care neighborhood, known as Daybreak, has invested in the methodologies of the Positive Approach and GEMS States, constructing person-centered care plans that highlight each resident's current abilities, rather than focusing on what has been lost, helping them experience happy, purposeful moments.

Our care team believes that each resident has a life full of experiences that will always be a part of who they are. Through Snow's teachings, we help our residents shine in a

new way and encourage families to share in-the-moment experiences whenever possible.

For more information about Daybreak and our positive approach to memory care, please call 215-240-4829 or visit www.thebirchesatnewtown.com.

Why choose The Birches?

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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.



Procrastination

During my thirty-eight years of private practice, the common denominator for patient success with amplification is motivation. When a patient is motivated to acquire better hearing, their quality of life will always improve.

However, those who aren't motivated are doomed to self-inflict personal issues naturing in psychological, sociological, and personal happiness. Most appear to procrastinate in making the move into better hearing by way of new hearing aids.

Procrastination is defined as the act of unnecessarily and voluntarily delaying or postponing something despite knowing that there will be negative consequences for doing so. Psychologists have identified the drivers of procrastination to include low self-confidence, anxiety, lack of structure, the inability to motivate oneself to complete the unpleasant task, or fixated on negative thoughts.

Procrastination may be a detriment when it comes to your own healthcare. I knew one person who had been evaluated by a gastroenterologist and found to have intestinal issues requiring periodic monitoring following an initial procedure. They decided not to do anything and often stated they 'didn't want to hear any bad news.' They became incapacitated in a nursing home. Another person I knew had fallen from a second floor balcony and refused any medical

treatment. The next day, this person was rushed to the hospital because the situation became dire. Both of these people died from procrastinating due to ignoring and delaying the required healthcare.

It has been determined that three things need to occur to hurdle the procrastination blockade. First, the person needs to utilize a calendar to establish, in writing, tasks to be completed by a certain date. Second, the steps must be realistic and achievable. Finally, any and all excuses must be eliminated.

I am going to help you break free of procrastination regarding your hearing in a few easy steps.

Initially, the person needs to have **awareness and acceptance** of issues related to their hearing. You need to realize that your hearing has changed and others have noticed that you are having difficulty with receptive speech. The affected person has difficulty understand speech at a distance or in the presence of background noise, asking for others to repeat, mistaking some words for others, giving inappropriate responses to questions and comments, and requiring the television volume placed at a higher than normal level.

Next, a private practice audiologist must be contacted for a **complete audiological evaluation**. This written appointment must be placed on your

calendar and kept! After completing the patient information form and providing copies of insurance cards, the audiologist will take a case history of your concerns, work & medical histories pertaining to hearing, and ask several questions. Once the evaluation is complete, they will review the test results and issue professional recommendations based upon the tests and your case history.

If these **recommendations** include the requirement for new hearing aids, get them. The audiologist will show and explain the various styles & technology levels available and select the most appropriate for you. Styles included completely-in-the-canal, in-the-canal, half shell, full shell, behind-the-ear,

and receiver-in-the-canal. Technology is entry level, mid-level, and premium level. The last two styles listed are available in a variety of colors and rechargeable option, if preferred.

Once the options for amplification are reviewed, decide upon the style and technology level for your order. Then a deposit is placed to **order hearing aids** since almost all insurance carriers do not pay for amplification. Turnaround time is about two weeks. No interest financing is available through a third party company, if desired.

The audiologist will contact you to schedule a **fitting appointment** which you will enter on your calendar. This session will take about one

hour to be properly fitted, adjusted, and to receive appropriate counselling and aural rehabilitation which is critical for your success. Follow up sessions are included for further consultation, adjustments, review positives and negatives, and fine tune your listening strategies and expectations.

Your primary objective is to break free of procrastination regarding your hearing problems and create a better life. To do nothing is to prolong the negativity, misery, and agony because you are unable to hear properly. Help is available to anyone.

Once the procrastinator takes that first step towards finding the answers they need, everything will fall into line, only if they at least try!

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SOBER CURIOUS? 14 QUESTIONS TO HELP YOU EXPLORE YOUR RELATIONSHIP WITH ALCOHOL



Trying to understand whether you need to get permanently sober can be a very confusing endeavor, especially because we live in a culture that glamorizes not just drinking but *excessive drinking*. If you are having trouble answering the question: “Do I *really* have a problem?” – try going 30 days alcohol-free while answering these more useful questions and prompts.

1. Choose one book or podcast about sobriety and read or listen for 10 minutes each day this week. What is something you learned about alcohol, drinking, or sobriety that surprised you?
2. Do I more often tell myself these 30 days alcohol-free are a drag or a gift? What if I choose to stay present with my commitment in each uncomfortable moment instead of wishing it to be over?
3. What would I like to have at the end of my 30 days alcohol-free? A mental, emotional, or physical change of some kind? An answer to a particular question, concern, or fear?
4. If I could define it in any way I want to, without stigma or judgment, what does “sobriety” mean to me?
5. What do I believe (admire/respect/reject/judge/idolize) about sober people?
6. What have I expected drinking to do for me? What has it delivered? Have the negative consequences been “worth it”? Why?
7. How do I feel about myself when I wake up not hungover on a weekday/ weekend/after a special event/on vacation?
8. What do I notice when I don’t think of (or use) drinking as a reward? What rewards do I enjoy and look forward to instead?

9. What is better about my day when I stay sober? What is better about my evening/night?
10. How do I calm, reward, celebrate, and enjoy myself without drinking? How does staying sober affect these things?
11. What about not drinking is hard and/or scary for me?
12. What is my favorite thing about not drinking?
13. What about not drinking feels empowering to me?
14. Is there a voice in my head telling me to drink today? Would I be disappointed if I did? What will I do instead that will feel good?

Be gentle with yourself. This is not an easy exercise, and it takes time. At the end of the day, the question that truly matters is: *Is my life all I want it to be if I keep alcohol in it?*



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“I came here with my dad to help him understand what is available for his situation. I’ve also learned what my husband and I should be doing now to protect our assets.” -



What Is a Living Will and Why Do I Need One?

By Ashley B. Han, Esq.

People often call our office and state that they need a Living Will so that they can decide who inherits their assets when they die. They may very well need a Living Will, but a Living Will does not do what they think it does; it does not determine who gets your stuff when you die. Other estate-planning documents, including a Last Will and Testament, dictate who inherits your assets when you die. A Living Will is a particularly important document for other reasons.

In simple terms, a Living Will governs a very extreme, end-of-life situation when you are no longer able to communicate. The term “Living” Will can be very misleading. A Living Will, sometimes also called an Advance Medical Directive, memorializes an individual’s wishes or intent about certain health procedures when that individual is terminally ill, in a vegetative state, or in an irreversible coma. A Living Will is essentially a set of instructions to health care providers from the individual who executed it. If certain conditions in the Living Will are met – if you are in a persistent coma or permanent vegetative state, if you suffer from a terminal condition and an attending physician has determined that there is no realistic hope of significant recovery – health care providers are instructed not to keep you alive by artificial means.

A Living Will is NOT a Do Not Resuscitate Order (DNR). In other words, a Living Will does not state that health care providers will not use artificial means (or try to keep you alive) if you are otherwise healthy and suffer an accident or a sudden injury or illness. DNRs are documents completed by a medical doctor, not an estate-planning attorney.

The individual preparing a Living Will with an estate-planning attorney can tailor it according to their wishes. There are advantages to a Living Will being drafted in general terms; this can give health care providers more discretion and allow for some input from family members. Some people may want specific treatment or may want to provide more directions to health care providers based on their personal preferences or situation. Although these are difficult decisions to make, giving them thoughtful

consideration with an experienced estate-planning attorney can bring peace of mind and comfort to you and your loved ones.

A Living Will IS essential to ease the burden on family members at a difficult time. A Living Will contains instructions directly from the individual who created it to health care providers, so that family members and loved ones will not have to make the decision to withhold treatment when that difficult time comes. Although we hope we are never in this situation, we do not know what the future holds and need to be as prepared as we can be. If you are interested in learning more about Living Wills or any other estate-planning documents, contact HighPoint Law Offices today!

“... the individual preparing a Living Will with an estate-planning attorney can tailor it according to their wishes ...”



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NEARLY HALF A MILLION BUCKS COUNTY RESIDENTS ARE CALLED UPON TO DONATE TO THE LOCAL CANCER COMMUNITY THROUGH BUCKS GIVES A BUCK

Bucks Gives a Buck is a new ambitiously unique campaign designed to motivate the entire community of Bucks County to get involved in a meaningful way

There are over 438,000 adults living in Bucks County. What if all of them donated one dollar to support our local cancer community? Bucks Gives a Buck is the vehicle that will take that “what if” and make it a reality. This campaign, launched by Kin Wellness and Support Center, a nonprofit that provides free care to hundreds of local Bucks County cancer patients and their caregivers, will launch this fun and ambitious campaign on January 18, 2024. The campaign will run for 6 weeks starting January 18 and lasting until the end of February 2024.

The good people of Bucks County will be asked to donate one dollar via the nonprofit’s website at welcometokin.org or by mailing a check. The website accepts credit cards, GPay, PayPal, Venmo, and bank transfers, making it very easy for those who want to give. Checks can be made payable to Kin and mailed to 2325 Heritage Center Drive, Suite 113, Furlong, PA 18925.

Keith Fenimore, the Executive Director and Founding Member of Kin, explains the genesis of the idea: “When I was kid, my dad took me to Eagles games, and the guys outside the stadium selling pretzels would scream “What the f**k, it’s just a buck.” That phrase stuck with me!

All these years later, I decided to take a less profanity-riddled approach and ask my community to donate a buck to help our local cancer community through Kin, and **Bucks Gives a Buck** was born! It is a worthy cause, obtainable and accessible to most everyone in the county, and a very nontraditional approach to fund-raising, which I love!”

Those who donate will be asked to “Pass the Buck”. This campaign’s success depends on everyone who donates to share the campaign. A “Buck” flyer has been created so people can literally “pass the buck” through social media. The dollar flyer has the website, mission, and QR code to donate online. There are also window decals and banners that will be placed throughout the county.

As Bucks County Commissioner Diane M. Ellis-Marseglia shares, “Every one of us has been touched by cancer. This project allows our whole county to come together and show you are never alone; we are on the journey with you.”



Kin, a 501(c)(3) nonprofit, is an all-inclusive Wellness and Support Center that cares for over 400 local Bucks County cancer patients, providing FREE services to them and their caregivers. Since Kin is a 501(c)(3), all donations are tax deductible.

Bucks Gives a Buck has the support of talented minds behind the scenes helping to bring the vision to life. Special thanks to: Mike Strigl, Stefan Boubliil & Gina Alvarez (The Apt.), Dave Douglas (ebow) & Courtney Taylor (Taylor Outfitters) and Chris Millili.

Learn more about ways to support Kin at www.welcometokin.org, call 267-544-5981, or email at hello@welcometokin.org.

Kin, inspired by Corinne Sikora, is an all-inclusive 5,000-square-foot retreat in Buckingham Township, offering support, fitness, therapy, and integrative services. Kin is inspired by local Bucks County resident Corinne Sikora, who battled both brain and breast cancer. The Center is FREE to Bucks County residents battling cancer regardless of where they are receiving treatment, and it welcomes caregivers as well.

Free programs include nutrition, yoga, fitness, one-on-one counseling, support groups, workshops, massage, reflexology, reiki, chiropractic, acupuncture, and facials. Kin is a unique Center that looks to satisfy the

emotional, social, and physical needs of cancer patients. The success of Kin is made possible through generous donations from the local Bucks County community. Kin’s mission is to help people find calm and peace and center themselves in a restorative environment. The nonprofit strives to bring people to a place where they feel empowered to manage their diagnoses through treatment, recovery, and beyond. Kin is run and operated through the nonprofit Main St. Missions Corp. 501(c)(3). By the Community. For the Community.

“... the good people of Bucks County will be asked to donate one dollar via the nonprofit’s website at welcometokin.org or by mailing a check ...”



HELP YOUNG ADULTS TRANSITIONING FROM FOSTER CARE/HOMELESSNESS

Local 501(c)(3) nonprofit, Marvin's Home, creates the warm feeling of home



Mel McDaniel, founder of Marvin's Home, knows firsthand the challenges of chronic housing instability. Raised by parents in a now-defunct religious order that constantly uprooted and relocated its members and their children, she understands the profound longing for a stable and secure home. She was voiceless, powerless, and yearned for a "real home".

Mel's background in social work and interior design led her to the creation of Marvin's Home, named after Marvin, her trusted rescue dog. The mission: to provide comfortable and intentional home furnishings for those in need. Her dedication and passion for our mission have made Marvin's Home a beacon of hope for young adults facing the challenging transition from foster care or homelessness into independent living.

WHAT MARVIN'S HOME DOES

At Marvin's Home, we believe that everyone deserves a safe and comfortable place to call home. To help achieve this, we provide gently used furniture and home goods, along with some brand-new basics like pillows, to offer a sense of belonging, safety, and comfort. Most of the individuals we help don't have any memories of these feelings that so many of us take for granted. For many, it is the first space they can call home.

We often partner with Valley Youth House, a Pennsylvania-based nonprofit that offers essential services such as housing, counseling, skills training, and more to vulnerable and homeless youth. They refer their clients who are working towards independent living once they have secured a place to live. They arrive with not much more than clothes. We work with them to understand their needs and preferences and transform the empty space into a home. Witnessing their reactions during the "reveal" of their furnished homes has been nothing short of extraordinary.

Our dedicated volunteers collect and transport furniture and furnishings, often generously donated by Mel's interior design clients and now by individuals all over the region. We're also fortunate to have support from Redirected Wood Company, a local business that crafts exquisite handmade tables for our installs. Manna on Main Street, another local charity, also partners with us to provide a bag full of pantry items for each install.

HOME ON MAIN

What happens when we have furniture donated that won't work with an upcoming Marvin's Home project? Home on Main is a unique upcycled home store that opened in the fall of 2022 as a companion shop to Marvin's Home. The concept is simple: gently preowned items and one-of-a-kind vintage pieces are carefully curated and sold, with 100% of the profits going directly

to fund all of Marvin's Home activities. You can stop in at 810 W. Main Street, Lansdale for a shopping experience that supports our work. We have now partnered with Small Batch Kitchen, a local, woman-owned company that makes incredibly delicious jams and spreads and so much more!

HOW YOU CAN HELP

Marvin's Home relies on the generosity of our community and supporters to continue making a meaningful impact. Donations can be made in the form of household goods, items purchased from our wish lists, or cash. There are also many ways to volunteer.

All furniture and home goods donations need to be approved before they are dropped off or before a pickup is scheduled (and please note a fee is charged for pickup services). You can email details to info@marvinshome.org. We do not take items that are too large, heavy, or damaged. We also do not accept used bed frames or mattresses. Lamps, side tables, dressers, chairs, sofas, and artwork are all examples of what we use.

For the brand-new necessities, we have wish lists on Amazon, Target, and IKEA. You'll find items like hand towels, bed linens, shower curtains, and other items you generally wouldn't want used.

We're always looking for individuals of all ages willing to volunteer! We have many projects such as painting furniture, making art, sorting sheets, and moving furniture. Our Home on Main location is big enough to host larger groups, and we've been fortunate to have many volunteer groups from schools, churches, and businesses.

For more information about Marvin's Home and Home on Main, visit our website: marvinshome.org. Together, we can show these young adults that the community cares about them and is here to help them on their path to a brighter future.



Healthy Homes, Healthy Lives: Building Wellness Through Affordable Housing



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JOIN US FOR OUR BIGGEST FUNDRAISING EVENT OF THE YEAR

The goal of the evening is to raise funds to support NOVA's continuum of programs that make NOVA a leader across the region in victim services and violence prevention initiatives.

INTERESTED IN BECOMING A SPONSOR?

We have a variety of sponsorship levels available to match any level of support. All proceeds support NOVA's programs and services to support, counsel and empower victims of sexual assault and other serious crimes in Bucks County.

Our continued success depends on your support. Visit the link below for more information about our sponsorship opportunities and purchase tickets.

novabucks.org/50thGala



Teens: Has Cancer Affected Your Life?

Cancer Support Community Greater Philadelphia wants to hear YOUR story.



Every cancer experience deserves to be heard!

Are you a childhood cancer survivor?

Have you helped a family member or friend deal with cancer?

Are you grieving a loss from cancer?

Roughly 9,000 people in the Greater Philadelphia Area are newly diagnosed with cancer each year, and it's our mission to ensure that none of them goes through it alone. Human connections and the knowledge we gain from one another are critical to the vitality of life. They also contribute to improved health outcomes for people with cancer while promoting the emotional well-being of those close to them.

Cancer Support Community Greater Philadelphia is holding its **11th annual Ben Strauss Youth Essay Contests** for Teens to share their stories about how cancer has been in their lives.

A cancer diagnosis can unleash a storm of emotions, questions, and unexpected discoveries, not just for the person with cancer—but for family and friends too! We are looking for **honest, detailed, personal essays by writers in 6th–12th grade** who demonstrate an authentic ability to move readers by sharing their experience with cancer.

There will be cash prizes for multiple winners in both the high school and middle school contests. Please visit www.cancersupportphiladelphia.org/teen-essay-contests for eligibility guidelines, rules, judging process, and to register.

In Philadelphia and the four surrounding counties, CSCGP offers free psychosocial and educational services to people with cancer, along with their family members and friends. From diagnosis to treatment and beyond, our staff of licensed mental health professionals facilitate evidence-based counseling and support groups, as well as healthy lifestyle classes and social gatherings, for adults and children alike. To learn more, please visit our website or call 215-441-3290.



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Why Work With a Virtual Assistant Company in 2024?



By Nickey Hollenbach
Owner, Personal Touch
Concierge Service®

Personal Touch Concierge Service® is a multi-VA company. We have 5 divisions: Administrative; Social Media Marketing and Management; Website Design and Maintenance; SEO Performance Management; and Bookkeeping Services. Please visit our website for a full description of all services we provide – and as always, please feel free to contact us!

So, what are the most needed skill sets, you ask? Let's dive into them...

AI & Automation

In 2023, we saw the explosion of AI (artificial intelligence) and automation take the internet by storm. Don't get me wrong: AI has its place in our tech world, and it is excellent to use as a place to flush out ideas, create workflows, or help put the final polish on specific tasks; but it still needs a human touch and hopefully always will. (Otherwise, no one will have a job!)

Many business owners are looking for virtual assistants who can "train" their client's AI app by writing "prompts" and asking AI to output exactly what the client is looking for, resonate for them in a way that brings out their voice, speak to their demographic, and meet their workflow and content creation needs to help them work more efficiently and faster. A VA who has these skill sets is in high demand for 2024.

Why use a human VA if there's AI?

Content Creation. If the exact same prompt/question is put to an AI, you may get the same response or content. Post that content without some human editing, and you've got duplicate content. Google is not a fan of duplicate content, and it will impact the visibility of whoever's content Google doesn't prioritize. That could mean downgrading your website or just not having you come up in search results.

Complex Problem Solving. Human virtual assistants can handle complex problem-solving tasks that

require critical thinking, creativity, and a nuanced understanding of human emotions and context.

Natural Language Understanding. Despite advances in AI, human virtual assistants excel at understanding natural language nuances, cultural references, and the subtleties of communication.

Empathy and Emotional Support. Humans are naturally empathetic, making human virtual assistants well-suited for providing emotional support and understanding in various situations, such as customer service and client management.

Cultural Sensitivity. Human VAs can adapt to diverse cultural contexts, taking into account regional differences, language variations, and cultural norms that might be challenging for automated systems/AIs.

Adaptability. Humans possess the ability to adapt

quickly to new situations, unforeseen challenges, or changes in user preferences. This adaptability is a valuable trait.

Ethical Decision-Making. Ethical decision-making often involves complex moral considerations. Human VAs can navigate ethical situations more effectively by considering a wider range of factors than an automated system would.

Online Collaboration

VAs who can manage your digital needs are well worth investing in. They are here to help with all your online management needs. They can be a driver in setting virtual meetings, coordinating and managing complex project timelines, streamlining your online management apps, plus much more. Managing these types of tasks on your own is undoubtedly a drain on your productivity and time.

Digital Marketing

A VA who can manage your social media needs and your SEO, Analytics, Pay-Per-Click (PPC), and Google Ads—and knowing which one(s) to use for you and when—is very much in demand. Working with a VA with these skill sets will become vital to your success

and help you continue to stay relevant with your clients.

Number Crunching and Report Builder Skill Sets

Many freelancers will proficiently use many everyday tasks and features of Microsoft Office and Google Workspace apps, especially Excel or Google Sheets. Still, the ones who should make it onto your team should be more than proficient in these robust programs. And, if they are well versed in CRM (Customer Relationship Management) programs, such as HubSpot, Salesforce, and Pipedrive to name a few, that is a massive plus for you, too!

Working with a multi-VA company is a huge help to you and your business and less expensive than hiring employees. Find out how beneficial it is to have your own team to help you when you need it!



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Why?

As a small business owner, you wear many different hats most of the time. And, because of this, you may not be as effective at growing your business because you are too busy managing it. It's important to outline what YOU need to do yourself and what you can delegate to someone else. Work ON your business—not IN it!

I get it. You have a certain way you like to do things when managing your business, and it might seem like you are the only person who can do these tasks. But when you examine your entire task list, you will see that bringing someone in to assist might be the perfect way to go. Does the CEO of a company do everything himself/herself? No!

First, write down every task you complete for your business. Then right beside that, mark "VA" for the tasks you can delegate or dislike and "ME" for the tasks you would like to do or that can only be completed by you due to your expertise. This is a great place to start. In completing this process, things might pop out that could possibly be handled by someone else.



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By William (Reggie) Cunningham of RPCR

Protecting Your Wired and Wireless Home Networks

Update and patch regularly
One of the foundational practices of network security is keeping your systems up to date. Cybercriminals often exploit vulnerabilities in outdated systems to gain unauthorized access. Ensure Windows security patches and application patches are applied regularly.

Strengthen router security
Your router is the gateway to your home network, making it a prime target for hackers. The first thing you should do for a new router is change the default username and password. Utilize a robust and unique password (or passphrase). Also, keep your router's firmware up to date to patch potential vulnerabilities and enhance its security features and possibly performance.

Implement WPA3 encryption for Wi-Fi
Securing your Wi-Fi network with a good security protocol is essential. Upgrade your Wi-Fi encryption to WPA3, the latest and most robust encryption standard

available. Of course, check that all devices on the wireless network are compatible with WPA3.

Regularly back up your data
In a security breach or a ransomware attack, having recent backups of your data is crucial. Backups are your first line of defense when disaster strikes your network resources. Set up automatic backups for your Windows devices to an external hard drive or a secure cloud service.

Regularly test your backups to ensure you can quickly recover your data if needed.

Conclusion
Following the basic steps in this article can significantly reduce the risk of falling victim to cyber threats.

Go to www.rpcr.com/how-to-protect-your-home-network to read the full article.

Introduction

Through the internet, we have access to a wealth of information and resources for personal or business use in our homes. Cybercriminals also have potential access to our home network because of that connectivity. Therefore, securing our home networks is essential to safeguard sensitive information and access to it.

In this article, I will highlight the essential steps to ensure the security of your home's wired and Wi-Fi networks.



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