

**Take One,
It's Priceless!**

Bucks County

Women's Journal

The Only Educational Newspaper Serving the Women of Bucks County



**A Hometown Hub
in the Making,
An inside look at
Fox & Holly**

Karen Thompson,
Founder &
President, LSL
Brands

page 5



**Unleash Your
Culinary
Creativity at The
Cooking Studio**

Shelby Fahrni,
Chef, Owner, The
Cooking Studio

page 11



**Aches and Pains
of Tech Neck**

Jenna McLane
PT, DPT, WWS
Physical Therapy
and Vestibular
Rehabilitation

page 25



**Lisa Ciao, Owner,
Maid For You**

*Profile on
Pages 14 & 15*



**Maid For You of
Warminster and
Cleaning for A Reason,
Partnering to Promote
Breast Cancer
Awareness in October**



Publisher's Note



Robin Coppinger
Publisher

I love Bucks County!

Those of you who have been reading the Bucks County Women's Journal for a while (and I truly appreciate it) know by now that I love this wonderful area we live in. I love the change of seasons, with each offering its own special beauty. Fall blesses us with stunning landscapes that burst with the colors of the changing leaves. I hope all of you will be able to get outside to appreciate the beauty that surrounds us every day.

Every fall, there are wonderful events and festivals in our area, where you will find scarecrows and pumpkins, arts and crafts, and fabulous food! Get out and enjoy some of these wonderful events before the weather turns too cold!

As always, please let our contributing writers know when the information they have provided has benefited you or your family. Support our local businesses!

Robin Coppinger, Publisher



Like Us on Facebook



Follow us on Instagram
www.instagram.com/buckscountywomensjournal/

Join the Family

Become a part of the growing family of professionals who educate while promoting. This proven successful combination creates community awareness for your business and offers a tremendous growth potential.

Call: 215.872.1814

**or email:
bcwmnsjournal@yahoo.com**



The Women's Journal is published bimonthly and is available free of charge, by subscription, at display stands in approved private and public establishments and through authorized distributors only. Trademark and U.S. Copyright laws protect The Women's Journal. No part of this paper may be reproduced without the written permission of the publisher.

The Women's Journal is not responsible for any editorial comment (other than its own), typographical errors from advertisements submitted as camera ready or any reproductions of advertisements submitted as camera ready. If an advertisement does not meet our standards of acceptance, we may revise or cancel it at any time, whether or not it has been already acknowledged and/or previously published. The advertiser assumes sole responsibility for all statements contained in submitted copy and will protect and indemnify The Women's Journal, its owners, publishers, and employees against any and all liability, loss or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights, and all violations of the right of privacy or other violations resulting from the publication by this newspaper of its advertising copy.

Publisher shall be under no liability for failure, for any reason, to insert an advertisement. Publisher shall not be liable by reason of error, omission and/or failure to insert any part of an advertisement. Publisher will not be liable for delay or failure in performance in publication and/or distribution if all or any portion of an issue is delayed or suspended for any reason. The publisher will exercise reasonable judgment in these instances and will make adjustments for the advertiser where and when appropriate.

The Women's Journal assumes no responsibility for unsolicited material or reproductions made by advertisers. This newspaper will be published by the 15th of every other month. Representations by The Women's Journal COPYRIGHT 1999™

october & november events

October 14

Cocktails at the Castle

Mercer Museum, 84 S. Pine Street, Doylestown. Enjoy an unforgettable evening of culinary delights and tantalizing cocktails at the Mercer Museum's major annual fundraiser that benefits our year-round education, exhibition and community initiatives. <https://www.mercermuseum.org/cocktails>.

October 15 • 12-4pm

Open House And Art Show

Strassburger Farmstead, 407 Keystone Dr. & Bethlehem Pk., Sellersville, Pa. 18960. The Art Show will exhibit local artists at the c1800s Strassburger Homestead. Con-temporary artists exhibiting are Jane Ramsey, color water painter, and Mark McCoy, oil painter who paints outside and inside. Jane is the owner of Simon Fine Arts Gallery in Dublin. Mark exhibits his oil paintings at juried shows and at galleries. Weather permitting Mark will demonstrate plein air painting at this show. Artwork of past Hilltown residents will be displayed. The famous illustrator John Falter lived in Hilltown while creating Saturday Evening Post covers, WW2 posters and numerous other illustrations. Margaret Jurin's artwork will show her diverse talents in: watercolor, oil, silhouette and drawings. She often used local subjects. Art work by J. Ramsey and M. McCoy will be for sale. Free, donations appreciated, Info: 267-614-9174. www.hilltownhistory.org.

October 18 • 6:30pm

Somme Sessions - Red Blends

Hosted by George Parkinson, a member of the Court of Master Sommeliers, Americas since 2006. Stony Run Winery 150 Independent Rd, Breinigsville, PA. Interested in expanding your knowledge of wines? Sign up for Stony Run's "Somme Session". October's session will be focusing on Red Blends. Reservations are required for this exclusive event. Call or email to hold your spot! Email: eventmanager@stonyrunwinery.com. Phone: 610-398-7231.

October 25 • 7pm

Dr. Frank Boston

Hilltown Township Municipal Building. 13 W. Creamery Rd. & Rt. 152, Silverdale, Pa. 18962. The Historical Society of Hilltown Township welcomes George Whitehair, who will present a program on Dr. Frank Boston, a Hilltown resident until his death in 1960. A special doctor and altruistic man: founding Lansdale Hospital and the Volunteer Medical Service Corps, he made house calls, provided meals to needy families, etc. He is gaining local, state and national recognition. Free, donations appreciated, Info: 267-614-9174. www.hilltownhistory.org.

November 15 • 6:30pm

Somme Sessions - Cabernet Franc

Hosted by George Parkinson, a member of the Court of Master Sommeliers, Americas since 2006. Stony Run Winery 150 Independent Rd, Breinigsville, PA. Interested in expanding your knowledge of wines? Sign up for Stony Run's "Somme Session". November's session will be focusing on Cabernet Franc. Reservations are required for this exclusive event. Call or email to hold your spot! Email: eventmanager@stonyrunwinery.com. Phone: 610-398-7231.

December 13 • 6:30pm

Somme Sessions - Sparkling Wine

Hosted by George Parkinson, a member of the Court of Master Sommeliers, Americas since 2006. Stony Run Winery 150 Independent Rd, Breinigsville, PA. Interested in expanding your knowledge of wines? Sign up for Stony Run's "Somme Session". December's session will be focusing on Sparkling Wine. Reservations are required for this exclusive event. Call or email to hold your spot! Email: eventmanager@stonyrunwinery.com. Phone: 610-398-7231.

November 18 - December 31

Holidays at Fonthill Castle

Fonthill Castle, 525 E. Court Street, Doylestown. Throughout the holiday season, historic Fonthill Castle offers daily one-hour guided tours showcasing Henry Mercer's home decked out for the holidays. On weekends in December, explore the special 2023 Holiday Lights Meander route with your loved ones on your own. Knowledgeable tour guides will be available along the holiday route to answer questions and make this a seasonal experience to remember for the whole family. Fonthill Castle's interior features Mercer's renowned, handcrafted ceramic tiles designed at the height of the Arts and Crafts movement, and the castle serves as an early example of reinforced concrete architecture with forty-four rooms, two hundred windows, and eighteen fireplaces. <https://www.mercermuseum.org/holidays>.

Photography		Professional Cleaning Service	
Kym Baldwin Photography, Book Your Fall Family Portrait Sessions ...	4	Maid For You, Getting Your Home Fall-Ready...	24
Fashion		Health & Medicine	
Fox & Holly, A Hometown Hub in the Making	5	WWS Physical Therapy, Aches and Pains of Tech Neck	25
Health & Beauty		Mindful Eating, So How Do We Actually Eat Mindfully?.....	26
Conjured, Small Batch Bath & Body Provisions	6	Murphy Hearing, Your Hearing Healthcare Team	27
Salon 360, Hair Loss? What Are My Options?.....	7	Allison Marie Conway, Addiction is a Human Thing, So Is Recovery ...	28
Life Coaching		Legal	
Healthy Life Planning, Success Starts with Believing in Yourself ...	8	HighPoint Law Offices, Attend a FREE Estate Planning Workshop ...	28
Personal Growth & Spirituality		HighPoint Law Offices, Protecting Your Most Important "Assets"....	29
Spirited Life Coaching, Reclaiming Your Authentic Self	9	Community	
Relationships		Dublin Town Center, Hello Autumn	30
Robert Burns, Technology is Adversely Affecting How We Live ...	10	Making A Difference	
Food & Wine		Keller Williams Real Estate, Doylestown, Coat Drive	26
The Cooking Studio, Unleash Your Culinary Creativity	11	Pine2Pink Has Become Main St	31
The Talking Teacup, Seasonal Magic	12	Cancer Support Community of Phila, Support for the Whole Family ...	32
Keller Williams Real Estate, 13th Annual Pie Auction	12	Fox & Holly, Local Breast Cancer Fundraising Events	33
George Parkinson, Cabernet Franc	13	Habitat for Humanity, Your Team Can Make a Difference	34
Business in Profile		Furry Friends	
Lisa Ciao, Owner, Maid For You, Warminster	14 & 15	Bucks County SPCA, Home at Last	35
Arts & Leisure		Wealth Management	
Mercer Museum, The Dusty Road to Doylestown Hospital	16	Merrill Lynch Wealth Management, 7 key retirement deadlines you will not want to miss	36
Pearl S Buck Estate, Upcoming Fall and Holiday Events	16	Business	
Michener Art Museum, Ethel Wallace, Modern Rebel	17	Golden Design	6
Heritage Conservancy, Upcoming Fall Events	17	Cole Tool & Machine	22
CBCC Bucks Fever, A Celebration of the Arts	18	RPCR, Your Privacy and Using Windows OS	37
Historical Society of Hilltown, Open House and Art Show	18	Per Diem Work Space	37
Art Gallery		Virtual Business Professional	
Silverman Gallery, Presents Spectacular Father and Son Duo	19	Personal Touch Concierge Service, Unlocking Success: ...	38
Real Estate		Get Connected	
Sue Jones Featured Listings	20	Upper Bucks Chamber of Commerce	39
Ask the Professional - Sue Jones on Real Estate	21	Central Bucks Chamber of Commerce	39
Home Organizing		Bucks County Alive	39
Uncluttered Spaces, Professional Organizing Services	22	Top of the Line Design	39
Home Remodeling		Back Cover Worthwhile Wear's Annual Fundraiser	40
Coleman Home Remodeling, Homeowner Remodeling Checklist ...	23		



On The Cover...

Lisa Ciao, Owner,
Maid For You, Warminster

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

BUCKS COUNTY WOMEN'S JOURNAL

CALL US AT 215.872.1814

EMAIL: BCWMNSJOURNAL@YAHOO.COM • WWW.BUCKSCOUNTYWOMENSJOURNAL.COM

PUBLISHER: **ROBIN COPPINGER**

SALES/MARKETING: **KARINNE GRABOWSKI / ROBIN COPPINGER**

GRAPHIC DESIGN & LAYOUT: **GOLDEN DESIGN, LLC**

COPY EDITOR: **GAYLE CRIST**

PHOTOGRAPHY BY: **KYM BALDWIN, OWNER/ARTIST**

KYM BALDWIN PHOTOGRAPHY



The weather is turning crisp and the colors are emerging on the leaves!
There is still time to book your fall family portrait sessions!

I am doing 30 - 60 Minute family sessions at great locations!



PLEASE CALL OR EMAIL ME TO SCHEDULE YOUR SESSION TODAY!
CALL; 215-896-4632 | EMAIL: KYM@KYMBALDWINPHOTGRAPHY.COM



A Hometown Hub in the Making

An inside look at Fox & Holly, one of Bucks County's leading stores in retail and hospitality

Kerran Thompson, Merchandising Manager and Karen Thompson, Founder & President, LSL Brands

It all began 1988 when Karen Thompson opened her first store in Peddler's Village. Thirty-five years later she has built some of the area's most recognizable names in retail, brought to life through more than 10 store locations along the East Coast: Lace Silhouettes Lingerie, Cotton Company, Sunflowers, Village Outfitters and, most recently, Fox & Holly (F&H). The retail store came to fruition in 2017 as a seasonal holiday pop-up in Peddler's Village. Then, the retail brand was reinvented through one of Thompson's biggest undertakings in her career: She opened a pop-up, boutique department store in the big-box setting of the old Bon Ton location in the Doylestown Shopping Center. It quickly won the hearts of the community and continued to stay open due to popular demand until 2020, when Thompson was forced to close the doors during the pandemic government shutdown. She eventually reopened F&H in Peddler's Village where it remains open today and continues to be a hometown shopping hub for the local community. Karen Thompson sat down with me for an inside look at her Fox & Holly journey:

Why did you decide to open a holiday-themed pop-up in 2017?

I love Christmas in Peddler's Village—it's so magical. I love seeing the excitement in people as they enjoy the Village with their families. It makes me so happy to see them make new memories and traditions.

Where did you come up with the store name 'Fox & Holly'?

It was a combination of two thoughts. Foxes are one of my favorite animals, and Bucks County has a lot of red fox in the area. I also had the opportunity to live in one of the most stunning farm homes in Bucks County. It's now the Inn at Fox Briar Farm. I liked the idea of having 'holly' in the name to represent the holiday season, since F&H started as a holiday pop-up. I put the two concepts together and loved how it sounded.

How did Fox & Holly evolve from a small holiday pop-up to a full-size, boutique department store?

The Doylestown Shopping Center had been home to our community's department store for decades. First, it was Hess's in 1959, and in 1994 it became Bon Ton. When Bon Ton announced its closure in 2018, the news was felt throughout our community. It represented so much more than just a place to shop. My family and I had shopped there for years just like so many others. People even started leaving flowers, cards and notes outside of the store once it closed. I knew it wouldn't be easy, but I wanted to give the community their department store back.

What was it like opening a 26,000 square-foot department store as opposed to the smaller boutique settings you were used to?

It was so fun working together with my team... coming up with new ideas, brands, and visuals and to push the limits once again to entertain and maintain a shopping tradition. We had the store ready to open—from renovations to acquiring fixtures and new product—in six weeks. It was crazy! I couldn't have done it without my amazing team.

How did it feel to have to close the F&H department store pop-up location in the Doylestown Shopping Center during the height of the pandemic?

It was a very difficult decision. I was so sad to have to close the pop-up location. Realizing 26,000 square feet might not be the easiest to navigate during a worldwide pandemic, I had to look at all options to create something new again...something, again, unique. I wanted to create a new wave of a boutique department store, filled with the brands our guests love. I have always believed that, when one door closes, another door opens, and when I walked into the new Peddler's Village space that in the past I loved as Left Bank Home and Village Flower Shop, I had a vision... a multilevel shopping experience.

How would you describe F&H today?

Like a fine wine—it just gets better with age! I think the space in Peddler's Village where F&H is today really fits the store's personality. The men's department is inside an old solarium—I don't think



I have ever seen a clothing store in such a unique setting like that before. The split-level aspect of the store also allows us to curate special shopping settings throughout the store. Most recently, we expanded our shoe salon in the lower-level of the store. The goal was to create a department-style store in a boutique setting that was socially engaging, inspirational, and offers a one-of-a-kind, multigenerational shopping experience. I always like to say that I am not just in the retail industry but the hospitality business as well.



FOX & HOLLY

PEDDLER'S VILLAGE SHOP 162
OPEN DAILY 10 AM | 215-302-4300

FOXANDHOLLYBUCKSCOUNTY Get Directions



SOAP | FACE | BODY OIL | PERFUME

Boutique Manufacturer of Small-Batch Bath & Body Provisions



Scan the QR Code to Visit Our Site!



Our manufacturing is done with top-of-the-line ingredients from the best suppliers in the handmade soap & cosmetic industry. Our products are natural or "nearly natural". They surpass any product found in large chain stores or by large skincare companies. Offering wholesale opportunities, lodging and party favors, & private parties. Join us at a "Conjure Your Own" custom class or Visit us at an upcoming festival!



Check out our Seasonal Product Collections online!

CONJUREDSHOP.COM CONJUREDSHOP

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

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

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

- Jenelle, Arizona

golden DESIGN LLC

email lg.goldendesign@gmail.com



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

Hair Loss? What Are My Options?

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

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

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

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

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

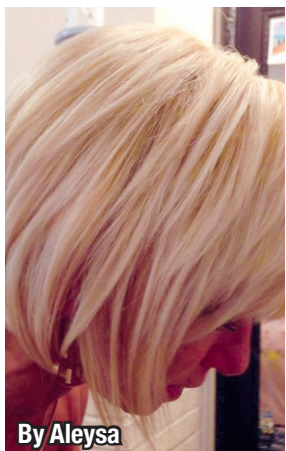
toppers and also full wigs. Never thought you would feel comfortable with one? Well, this is an opportunity to see all your options. There are many different sizes in human hair and synthetic pieces. Set up a free consultation to see what works best for you.

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

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

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

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



By Aleya



By Anita



By Lisa & Kenzie



By Capri



By Kenzie



By Mary



Justa Farm Shopping Center • 1940 County Line Rd
Huntington Valley PA 19006

215.953.8100 • www.salon360pa.com

Owner, Mimi Levy • email salon360inc@aol.com

Success Starts With Believing in Yourself



By Gayle Crist,
Life Coach,
Healthy Life Planning

I bet you know at least one adult who is very successful in her career but totally lacking confidence in her personal life. She might have had a high-level executive position making six figures but then completely fell apart after her divorce. Or she's a creative entrepreneur whose startup company is really taking off, but she's filled with self-doubt when she finally goes back into the dating world after her husband dies.

I worked with many such women over the years. They have high self-esteem as related to their professional accomplishments but will beat themselves up when asked about other aspects of their lives. Even though they're super-achievers career-wise, they're making no progress towards their personal goals.

The problem is they don't have the confidence of a 2-year-old.

My toddler granddaughter thinks she can do anything. She rarely asks for help in climbing at the playground, opening up a colored marker, using a fork, or attempting to put on her shoes. She tries things without fear and then congratulates herself when she completes the task. Her favorite expression these days is "I made it!" She is often quick to tell me "I'm really good at this" when she does something I didn't think she could do.

Oh, to be children again, when we didn't think too long about NOT being able to do something... but just plunged right in and tried it. Kids don't entertain the notion of failure. They don't think about not succeeding. They want to show you how grown up they are and get very irritated if you tell them they need to wait until they're bigger to try something. They'll tell you they ARE big. It's you who can't see that yet.

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

As a grandparent, I'm amazed at what I'm discovering about toddlers that I didn't notice when raising my own kids. My granddaughter's self-image is strong and healthy. Her can-do attitude is amazing. And her determination to do "big girl" things is unstoppable.

If only some of my adult clients were half as self-assured.

As women, we may dream big, but we often let "what if" scenarios stop us from taking the steps towards our goals. Or we focus more on our failures than our successes, forgetting that we already have a track record to fall back on. I constantly have to remind clients that they've succeeded in the past when faced with a similar challenge, and they can do it again—if and only if they believe in themselves.

Believing in yourself. That's the key.

Easier said than done, I know. You wish you felt as capable inside as people perceive you outside. You may project an image of determination and competence, but your inner voice is saying it's not so sure. What if you mess up? Maybe you should say no to the thing you just promised someone you'd handle.

I've been there. Just two years ago, I was contemplating moving into my own apartment after 6 years of sharing a house with my life partner but wondered how I'd do it financially—even though I had the same doubt when I left my first marriage (BEFORE my more-confident side said "Don't worry...you'll find a way. Worst

case scenario: you can stop being self-employed and get a job with someone else.") Turns out I didn't let fear get in the way back then. (It helped that I read that worry can block the flow of money and other good things in your life.) I stopped worrying and wound up attracting some new clients, and my bank account grew. This time, when doubts arose, I reminded myself that I had a track record of success with financial adaptability.

How about you? Do you ever let self-doubt or what-if thinking get in the way of your confidence and belief in yourself? Do those nonconstructive thought processes sometimes derail your plans? Or even cause you to give up?

Not to worry! One of the most important parts of my job as a life coach is to believe in you and your ability to reach your goal even when you don't believe in yourself. I can help you boost your ability to see your strengths, remind you of your past successes, and hold your vision for you so you can move more quickly toward it.

Together, we can brainstorm and imagine the best possible outcome and the steps to get to it. And, because the other important part of my job is to hold you accountable for completing those steps, as a team we'll ensure that you make steady progress until you achieve what you envisioned.

If there's a goal you've been meaning to start on, give me a call. I'd love to support you in making it a reality!

HEALTHY LIFE PLANNING

Need Support for a Personal
or Professional Goal?

A Life Coach can help!

- Brainstorming help as you plan the steps to your goal
- Moral support as you take each step
- Cheerleading to stay positive & focused along the way

GAYLE CRIST, M.S. 267-245-3023 • LIFE COACH

Reach Your Goal This Year!!

Create a Game Plan to Do It Faster & Easier

SAVE 20% ON A 30-MINUTE COACHING SESSION

Normally \$50...now just \$40! • Offer good through November 30, 2023



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

“When you shut down emotion, you’re also affecting your immune system, your nervous system. So, the repression of emotion, which is a survival strategy, then becomes a source of physiological illness later on.” Gabor Maté

You are a mother, manager, wife, sister, daughter. You have a job, you take care of a home, you raise a family, you care for your elderly parents, you support friends through divorce, illness and unexpected events. You’ve worked hard to be a caring spouse, a nurturing parent, a trusted friend.

As women, especially, we think we should be able to do it all. No matter the challenge, we rise to the occasion in our relationships, parenting, careers and financial responsibilities. But, over time, our systems become overwhelmed or depleted. Physical symptoms begin to appear. Back pain, headaches or digestive issues interfere with daily activities. As we transition into our different stages and paths, we may feel a lack of motivation or connection to our joy, a sense of exhaustion or frustration. So, we think positively, write in our gratitude journal, try harder to be better and happier. Yet it inevitably becomes clear that something is missing, a very important something that no amount of trying to be better, thinking positively or helping everyone around us can cure.

We are missing ourselves. Our authentic selves.

Here is what happened.

As an infant, toddler and child, we feel every emotion as a full body experience,

using not only our voice to laugh and cry and yell, but sometimes our bodies to hug, dance, sing, hit, turn away or hide. In a healthy and natural way, we express joy, sadness, anger and fear. We respond to life organically, without shame or guilt. We shift in response to life’s experiences with fluidity and grace. Feeling emotions is transitory, and complete.

This is being authentic. Being present with ourselves, connected to our bodies and our emotions. Not afraid to be who we are.

Authenticity is an essential part of you. It has always been there. It was not taken from you or misplaced. But, in order to belong and fit in with your family and society, you’ve had to hide it, push it down, repress it, surrender it and ultimately lose contact with it.

When a child is faced with the choice of being authentic or staying attached to the family or tribe, it will choose attachment every time. It is, in the child’s mind, a survival strategy. The authentic self slowly fades from view.

This may be why you are feeling somewhat lost and unmotivated, frustrated and unsure about who you are and what you want. You have created a life based on doing and being what you thought you had to be in order to survive.

Because the shutting down of healthy expression is an unconscious, full-body experiential adaptation of the nervous system, this childhood adaptation exists unconsciously into adulthood. For example, the message of “good children don’t get angry”

Reclaiming Your Authentic Self

is interpreted by the child as “angry children are not loved”. So, the child represses the anger, and you, as an adult, continue the adaptation, believing you cannot express strong emotion.

If we, as adults, continue to not respond to our authentic feelings of frustration, overwhelm or missing out on joyful experiences, we tend to revert to some common behaviors:

1. We place other people’s needs before our own and have trouble saying no.
2. We feel duty bound and responsible for everything.
3. We consciously repress strong emotions like anger.
4. We believe that we are responsible for the emotional well-being of others.

And our bodies begin to give us messages that something is not quite right by creating physical imbalances, from chronic back pain to more serious illnesses like autoimmune disorders or cancers.

It is time to regroup.

Your new survival strategy, the one that will create a sustainable, trustworthy experience, is to engage with your own authenticity. You find your authenticity by noticing where you are *not* authentic. The authentic part of you, which has never left you, will notice the above behaviors and consciously choose differently to bring you back into balance emotionally and physically.

Pick your tribe. At this stage of your life, if you are surrounded by those who dismiss you, judge you, minimize you or abuse you, you’ve picked the wrong tribe. Surround yourself with people who are in sync with your values and principles. Establish genuine connections with friends and colleagues who are supportive and celebrate your growth and accomplishments.

Self-compassion is essential. Treat yourself with the same kindness and generosity that you

extend to others. Self-criticism and self-blame are your old survival tools, trying to live up to someone else’s expectations. Authentic connection to self is about self-acceptance and self-love.

Be vulnerable. Choose to share your true thoughts, fears and hopes with trusted friends. You will find that, instead of the anticipated rejection, you are welcomed and appreciated, fostering deeper connections. And deeper connection is what you have longed for from the beginning.

Be curious. Why did you just say yes instead of no? Are you responsible for someone else’s emotional response to your beautiful new boundaries? What would happen if you did get angry?

We are meant to enjoy our lives. Be creative. Spontaneous. Enthusiastic. Excited about life. Play full out. Live from a foundation of peace and confidence. Be *authentic*.

 Spirited
Life Coaching
Intuitive Guidance

Candace Pedicord, MS
Personal Awareness
Forgiveness and Grief Coaching
Doylestown, PA

215.815.5011

candace@spiritedlifecoaching.com
www.spiritedlifecoaching.com

“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.”



Technology Is Adversely Affecting How We Live and Communicate

By Robert Burns, Motivational Speaker, NLP Trainer

Lately, I'm noticing that verbal communication is taking a back seat to texting and email. I was having lunch with a friend, and, while eating, I noticed a young couple sitting adjacent to us in the restaurant both playing with their cell phones (texting). I stood up and went to them and said "It is really a shame that you do not enjoy each other's company enough that you need those things to stay amused." They agreed and put them away until I sat back down, and then the woman took hers out again and continued to text.

Cell phones can also present a safety hazard. For example, while I was driving recently, a man who was looking down at his phone stepped out in front of me, oblivious to his surroundings. He was lucky he wasn't hurt.

Artificial intelligence has its downside too, as students and others use it to "write" and "create" for them. It disturbs me to see how we as a population are letting technology substitute for interpersonal interactions and human creativity.

Here's an alternative to consider: I teach communication skills using an NLP (Neuro Linguistic Programming) format in Doylestown at an affordable price. NLP means: Neuro (the brain and nervous system) + Linguistic (the words we use) + Programming (the influence of the words on ourselves and others). NLP is a very powerful tool that can be used to help both you and others release unwanted habits and behaviors.

More information is on my website at bobburnstalks.org.



Robert Burns

MOTIVATIONAL SPEAKER
NLP TRAINER

- SPEAKING AND TRAINING
- NEURO LINGUISTIC PROGRAMMING
- ERICKSONIAN STYLE HYPNOTHERAPY
- LEARN TO SPEAK TO YOUR CHILDREN SO THEY UNDERSTAND
- ALLERGIES, PHOBIAS AND TRAUMA ALL REMOVED PERMANENTLY IN LESS THAN AN HOUR

(610) 462 0804

ROBERTDONBURNS@GMAIL.COM
WEBSITE: BOBBURNSTALKS.ORG

Change Your Life in 2023

Licenses May Be Available In Your Area

Woman Publishing Entrepreneurs Wanted ... Join other counties that are publishing or have an option to publish in the United States and BE YOUR OWN BOSS! We are looking for a few bright, energetic, creative women and men to publish our trademarked, copyrighted newspapers **IN YOUR COUNTY, IN YOUR STATE, IN YOUR OWN BUSINESS!** Join the fastest growing educational Woman's Newspaper syndicated in the United States. **MINIMAL INVESTMENT REQUIRED!** References provided. Maximum return ... Be your own boss, set your own hours and make your life mean more! **ALL TRAINING PROVIDED!** If you are interested in developing with us in 2023 in your STATE, in your COUNTY ...

CALL 302.344.1005 or 302.344.1006

JOIN THE #1 WOMAN'S EDUCATIONAL NEWSPAPER IN THE U.S.





Unleash Your Culinary Creativity at The Cooking Studio



In the heart of Telford, a culinary gem has emerged, and it's already causing a stir in the local food scene. The Cooking Studio, a haven for food enthusiasts, opened its doors in June of 2023, promising a delightful journey into the world of cooking and gastronomy. Founded and curated by the illustrious Chef Shelby Fahrni, whose culinary prowess has graced both the Food Network and some of the country's finest dining establishments, The Cooking Studio is a place where culinary dreams come to life.

A Culinary Maestro's Dream Come True

Shelby Fahrni, the creative force behind The Cooking Studio, brings a wealth of experience to this venture. Her culinary journey has taken her from the prestigious kitchens of top-rated restaurants to the national spotlight of the Food Network. With a passion for sharing her knowledge and expertise, Shelby has crafted The Cooking Studio as a place where everyday cooks can unlock their inner chefs.

The Cooking Studio's mission is simple: to make the art of cooking accessible and enjoyable for everyone. Whether you're a novice in the kitchen or an experienced home chef looking to refine your skills, there's a class for you. On their user-friendly website, www.lecookingstudio.com, you'll find an array of enticing classes designed to tantalize your taste buds and elevate your culinary abilities.

From mastering the art of pasta making to perfecting the art of sushi rolling, The Cooking Studio's classes cover a diverse range of cuisines and techniques. With hands-on instruction and personalized guidance from Chef Shelby and her team, you'll gain the confidence to create restaurant-quality dishes right in your own kitchen.

A Taste of What's on the Menu

At The Cooking Studio, the menu of classes is as diverse as the flavors they explore. Some popular classes include:

1. **Italian Pasta Perfection:** Learn the secrets of crafting delectable pasta from scratch and savor the flavors of Italy in your own home.
2. **Sushi Soiree:** Dive into the world of sushi-making with fresh ingredients and expert guidance. Impress your friends with your newfound sushi-rolling skills.
3. **Mexican Fiesta:** Spice up your cooking repertoire with a vibrant Mexican cooking class. From salsas to tamales, discover the essence of Mexican cuisine.
4. **Baking Bliss:** Elevate your baking game with classes dedicated to pastries, bread and decadent desserts.

Private Classes and Events

The Cooking Studio also offers private classes and events, making it the ideal destination for gatherings of 8 or more. Whether you're planning a team-building session, a bachelorette party, a family reunion, or a birthday celebration, Chef Shelby and her team can tailor an unforgettable culinary experience to suit your group's tastes and preferences. These private events are a perfect opportunity to bond over delicious food while honing your culinary skills.

The Cooking Studio is not just a place to learn to cook; it's a place to savor the joy of creating and sharing exceptional food. Chef Shelby Fahrni's passion for culinary excellence shines through in every class and event offered at The Cooking Studio. Whether you're seeking to expand your culinary horizons or simply looking for a fun and engaging activity, The Cooking Studio is your culinary destination in Telford.

Visit their website at www.lecookingstudio.com to explore their class offerings and embark 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.



THE
COOKING
STUDIO

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

lecookingstudio.com



Patti Fitzpatrick, Owner,
The Talking Teacup

Seasonal Magic at The Talking Teacup: *A Journey Through Decor and Delights*

As the holiday season approaches, the excitement surrounding festive decorations and all things celebratory becomes increasingly evident. Here at The Talking Teacup, we wholeheartedly embrace this enthusiasm, dedicating ourselves to whisking you away to various eras and locales, tailored to suit each season and unique occasion.

The holiday season, for us, is a time of celebration, marked by the enchantment of decorations, culinary delights, and a joyful atmosphere. Beyond our delectable food and teas,

we strive to create an immersive experience where imagination takes flight.

Our journey begins with meticulous theme planning. With each changing season and holiday, The Talking Teacup undergoes a comprehensive transformation. This time of the year holds a special allure, commencing with the arrival of October.

Halloween, with its boundless imaginative potential, is embraced wholeheartedly at The Talking Teacup, where we transform our tearoom into a Witches' Lair. Throughout October, we host a series of witchy events, infusing the Halloween spirit into every tea experience, offering a must-see teahouse metamorphosis.

Our Annual Witches Brew, the Wicked Tea Party, and

a specially curated Halloween Tea menu from October 15th to the 31st are among the highlights. This year, we introduce the Bewitching Twilight Night, an event of unparalleled allure. Our dedicated Teacup staff spares no effort in planning decor, costumes, food, and teas to ensure guests enjoy an enchanting evening.

Transitioning from the bewitching Halloween season into a more relaxed and autumnal November, we introduce special touches for Thanksgiving, a thoughtful way to continue the holiday celebrations. Our FRIENDS-GIVING TEA, inspired by Thanksgiving, offers an opportunity to savor not only tea and treats but also cherished companionship.

Christmas at The Talking Teacup is nothing short of magical. The season inspires us to adorn our

tearoom with festive decor, elevate our culinary creations, and present teas that embody the holiday spirit. We eagerly anticipate our 3rd Annual Christmas In TEALand event, where we'll decorate, bake, and serve a memorable holiday experience.

As we extend our warm invitation to you, consider

joining us on this seasonal journey, where The Talking Teacup promises to immerse you in the magic, imagination, and exquisite tea experiences that define each moment of our calendar. Be our guest and embark on this enchanting escapade.

Reservations required. Be sure to secure your seat.

"we strive to create an immersive experience where imagination takes flight"

kww
KELLERWILLIAMS.
REAL ESTATE
Office 215-340-5700

WHAT: Our 13th Annual Pie Auction - 2023

WHEN: Tuesday, November 21st
11:00 AM - 1:00 PM

WHERE: KELLER WILLIAMS Real Estate Office
Doylestown Commerce Center
2003 S Easton Rd, St 108
Doylestown, PA 18901



All monies raised go to help those in need.

***Come out and bid on your Thanksgiving Pie
for your Thanksgiving Day!***

***Donated Pies are welcome too ...
please drop off between 9AM & 10AM.***



**SUE
JONES**

Call me with Questions 215-262-4422



By George Parkinson

Cabernet Franc



In a social media post from a wine page I follow, a survey went out asking followers, “why are you not drinking Cabernet Franc”? The post was made during the hottest week in July, resulting in responses like; “It’s too hot for red wine”, “It’s rosé season”, “I’m sticking with beer for now”, or one of the funniest, “You’ll have to pry away my margarita from my cold dead hands.”

As we move into the harvest season of autumn and the weather cools a bit, I thought this wine post deserves some investigation. Cabernet Franc is an intriguing wine grape that is considered one of the most ancient grapes of the *Vitis Vinifera* family. According to Jancis Robinson in her book *Wine Grapes*, recent genetic studies have placed the Basque Country in Spain, Pais Vasco, as the grape’s place of origin. Although the earliest written mention is in the 16th century in the Loire Valley, the grape has a DNA relationship with two ancient cultivars in Spain, which supports this theory.

The grape buds earlier in the spring and ripens earlier in autumn than Cabernet Sauvignon, making it a good insurance plan against the later- ripening Cabernet Sauvignon. We know that Cabernet Franc is parent to Merlot, Cabernet Sauvignon, and Carmenere. The issue of where it exactly came from as I write this is of some question, since it’s believed the parents of Cabernet Franc are long-lost, out-of-existence varieties—making this grape something of an orphan.

Cabernet Franc has a thin skin as compared to Cabernet Sauvignon,

which often results in a lighter finished wine than its offspring. This is one reason that finding a 100% bottling of Cabernet Franc may often be difficult. The wines produced often end up in a blend as found in the Bordeaux region of France or in the Northern California vineyards of Napa and Sonoma. We do know that the grape benefits from cooler temperatures and sandy loam soils. While Cabernet Franc can be vigorous, over-cropping can give rise to excessive pyrazine or green bell pepper notes both aromatically and in mid-palette flavor tones.

Plantings are found all over the globe, with the most celebrated coming from the Estate blends of Bordeaux and the vineyards of Chinon in the Loire Valley. Lately though, the grape is undergoing a popularity explosion in the vineyards of Argentina, South Africa, and all along the U.S. Eastern coastline from New York to Virginia, Michigan, and yes Pennsylvania.

While it has some popularity in California and Washington’s Columbia River Valley, the plantings in California have remained unchanged for a number of years, and it is giving way to plantings of Syrah in Washington. Known by more than 20 synonyms in as many countries, the wine grape can also be found in Italy, Spain, Romania, Greece, China, Uruguay, and Portugal among other growing regions.

The finest examples of the finished wine show red to red/black garnet in color with aromatics including red current, cherry, and cranberry. That pyrazine component or green bell pepper is often a trademark aromatic, but, if crop load is managed correctly and strict canopy management is in place, this vegetal note may be more muted, giving way to brighter red fruits.

The vine is noted for being a hardwood, often making the work of pruning difficult, and the grapes produced are often smaller and a darker blue/black. Yet production in cooler regions of the planet

will result in wines of good flavor depth and long life. In a recent tasting of Cabernet Franc-based wines, examples ranged from rosé wines produced in the Languedoc region of France to those from Chinon and Bordeaux, and from Pennsylvania to Virginia. Blends from Bordeaux, Napa, Sonoma, and Washington State were a testament to the grape’s versatility as a natural blending partner to Merlot, Syrah, Cabernet Sauvignon, and others.

The following are wines I would suggest for the autumn dinner table as I echo the question, “Why aren’t you drinking Cabernet Franc”?

Have a safe and peaceful fall season. Cheers!

Bodega Garzon Cabernet Franc Reserva, Uruguay \$15

Every wine I have had from Bodega Garzon has been wonderful. Rich red fruit aromas with medium toast and medium + body. This is a great bargain.

Achaval Ferrer Cabernet Franc, Mendoza, Argentina \$19

While Argentina is celebrated as Malbec’s kingdom, Cabernet Franc is making a case for top billing.

Somos Cabernet Franc, McLaren Vale, Australia \$30

Long considered the Côte du Rhône of Australia, the region from where this wine comes has climate and soil that are perfect for producing quality Cabernet Franc.

Couly-Dutheil Les Gravieres Chinon, France \$20

Until recently, this was considered the origin of this grape. Chinon is a great example of elegance, power, and flavor.

Stony Run Winery Reserve Cabernet Franc, Lehigh Valley AVA, PA \$29

I believe this is a world-class example of Cabernet Franc. Produced in our backyard and 100% Estate bottling, this wine will make you take notice of true quality viticulture in Pennsylvania.

Steele Cabernet Franc, Lake County California \$20

Winemaker Jed Steele has made exceptional wines for decades, and this Lake County Cabernet Franc is proof of that.

Buttonwood Grove Rose of Cabernet Franc, Finger Lakes NY \$22

All too often, we assign rosé wines to the spring and summer. But rosés are indeed a year-round adventure and perfect for your Thanksgiving table.



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.

Maid For You of Warminster and Cleaning for A Reason, Partnering to Promote Breast Cancer Awareness in October While Preparing Your Home for the Holidays

As the vibrant colors of autumn start to paint the landscape, October arrives with a dual significance—it's not only the time to spread awareness about breast cancer but also a gentle reminder that the holiday season is just around the corner. At the heart of these important initiatives lies the commendable work of Maid For You and Cleaning for a Reason, two organizations that are contributing to both the fight against breast cancer and the preparation for upcoming festivities.

Cleaning for a Reason is fighting breast cancer one clean home at a time. Cleaning for a Reason is a nonprofit organization that recognizes the challenges faced by women battling breast cancer and all types of cancer as well as men and children facing cancer. Since its founding in 2006, Cleaning for a Reason and its partners have provided free home cleaning for more than 47,165 cancer patients and their families across all 50 states and Canada. These services are valued at more than \$15.9 million. Maid For You is proud to be a partner. You can learn more about Cleaning for a Reason or request a cleaning for a cancer patient at www.cleaningforareason.org

Amid medical appointments, treatments, and emotional stress, maintaining a clean and organized home becomes a considerable burden. Founded with the aim of easing this burden,



Lisa Ciao,
Owner, Maid For You

Cleaning for A Reason provides free professional housecleaning services to women undergoing cancer treatments. This invaluable assistance not only alleviates the physical demands of housekeeping but also offers emotional support and comfort during a challenging period.

With Maid For You, Cleaning for a Reason recipients get two free home cleanings. Clients who wish to continue having a professional home cleaning service after their two free appointments are offered the opportunity to join the Flex Program at Maid For You which enables them to continue having home cleanings at cost, 65% of the normal prices, allowing them a 35% discount.

The initiative resonates deeply with the spirit of Breast Cancer Awareness Month. Every October, the world comes together to raise awareness about breast cancer, promote early detection, and support those affected by the disease. By collaborating with Cleaning for a Reason, Maid For You exemplifies a commitment to the cause that goes beyond cleaning surfaces—it touches lives.

Maid For You of Warminster pioneers change in the cleaning services industry. Maid For You is a cleaning service that has not only distinguished itself through its dedication to cleanliness and precision but has also become a pillar of support in the community. Going beyond the traditional cleaning services,



Initial Cleaning
Deluxe Top to Bottom Cleaning
Maintenance Cleaning
Move In/Move Out Cleaning

To learn more and get a quote visit
www.themaifyou.com
 or call
215-370-7993





**MAID FOR YOU IS
 CLEANING FOR
 CANCER!**

Book Your Top to Bottom Deluxe
 Cleaning With Recurring Service and
 We'll Donate \$100* in Your Name to a
 Local Cancer Support Charity

WWW.THEMAIDFORYOU.COM
 *Rules Apply

Maid For You has extended its reach by partnering with Cleaning for a Reason, making a significant impact on the lives of those affected by breast cancer.

Their involvement doesn't stop at cleaning homes. Maid For You spreads awareness about breast cancer and the services offered by Cleaning for a Reason, Cancer Support Community of Greater Philadelphia, The Breathing Room Foundation, and Kin Wellness, encouraging others to support the cause. Their commitment speaks volumes about the power of businesses to promote social change and inspire community involvement.

As fall progresses and October nears its end, the leaves continue to fall, the air grows crisper, and the anticipation for Thanksgiving begins to build. So many of us love this holiday for the values of gratitude, togetherness, and sharing a hearty meal with loved ones. While there's no need to go through the stress of trying to make your holiday perfect, part of what sets a holiday apart as a special day is the extra care, attention, and love that goes into the preparation.

Beautiful (and sometimes crazy, or less than perfect) memories are built around the family conversations at the Thanksgiving table, watching the Macy's Day Parade, walks after dinner together in the fall air trying to work up an appetite or make room for pie, watching the football games, and playing games as a family.

Most of us look forward to a special dish of some kind, where Thanksgiving just wouldn't be Thanksgiving without it. For Lisa Ciao, owner of Maid For You, it's the escarole soup that her mom always made and that remains a beloved family favorite.

As you prepare to make memories on this special holiday, Maid For You's expertise in cleaning can play a pivotal role in creating a memorable Thanksgiving celebration while reducing the work you do. A thorough pre-holiday cleaning ensures that your home is ready to welcome guests, offering them a comfortable and inviting space. The aromas of Thanksgiving dinner are better enjoyed in a fresh, clutter-free environment.

From scrubbing the kitchen to dusting the dining room and polishing the living spaces, a professionally cleaned home can elevate the holiday experience for both hosts and guests. You'll be able to better enjoy your holiday without worrying about whether someone is going to see the grime on your baseboards, buildup of pet hair in the corner of the stairs, or dust on the shelves. And you don't have to wear yourself out trying to tackle it all alone. None of us is superwoman!

As Thanksgiving fades into cherished memories, the excitement for the Christmas/Hanukkah season begins to build. Twinkling lights, festive decorations, and the spirit of giving make this time of year truly magical. But amidst the joy, there's often a whirlwind of preparation, from shopping for gifts to decorating the tree. The season can be packed with activities whether you're baking cookies or making latkes!

Maid For You can once again prove to be a valuable partner during this bustling season. Their expertise in post-Thanksgiving cleanup can ensure that your home transitions seamlessly from one holiday to the next. Imagine having their help to maintain a



clean and organized home, allowing the enchantment of the season to shine through without the stress of a cluttered space.

Moreover, if you're planning to host holiday gatherings or parties, a professional cleaning service can help you get your home ready for the festivities. Cleaning up after the celebrations can also be a breeze, leaving you more time to enjoy the merriment with your loved ones. After all, that is what the holidays are supposed to be about!

October serves as a bridge between two important aspects of our lives—health awareness and festive celebrations. Maid For You of Warminster's collaboration with Cleaning for a Reason, Cancer Support Community of Greater Philadelphia, The Breathing Room Foundation, and Kin Wellness exhibits the potent fusion of community service and corporate social responsibility. By supporting women battling breast cancer, they embody the true spirit of empathy and solidarity.

As you prepare your home for the impending festivities, consider the positive impact on your celebrations and the reduced stress from having a professional cleaning company bring you a clean and organized environment. With Maid For You, you can effortlessly transition from one holiday to the next, soaking in the joy and magic each season brings and focusing on what really counts—the people around you.

In the end, October is more than a mere month on the calendar—it's a reminder that even small acts of kindness, such as a clean home or support for those in need, can contribute to a brighter world. So, let's embrace the spirit of Breast Cancer Awareness Month and the approaching holiday season with a clean heart and a well-prepared home. To learn more about Maid For You's cleaning services and to connect to local cancer support organizations, visit www.themaidforyou.com and be sure to check out our blog posts!

Exhibition at the Mercer Museum
September 29, 2023 - December 31, 2023



The Dusty Road to Doylestown Hospital

The Early Years of the Village Improvement Association



Join Us!

Upcoming Fall and Holiday Events at the Pearl S. Buck Estate



- Oktoberfest, Oct. 22, 12-4 pm
- Ghost Tours of the Pearl S. Buck House, Oct. 27 & 28, 6 & 7 pm
- Fall Wreath-Making Class with Mark Bryan Designs, Nov. 5
- Festival of Trees, Nov. 15, 2023-Jan. 7, 2024
- Holiday Craft Show, Nov. 24-Dec. 3, 10 am-4 pm
- Community Holiday Party with Santa, Dec. 10, 3-5 pm
- Holiday Centerpiece-Making Class with Mark Bryan Designs, Dec. 17



Pearl S. Buck International

520 Dublin Road | Perkasie PA 18944

215-249-0100 | info@pearlsbuck.org | pearlsbuck.org/events

Find out more today!





Ethel Wallace | MODERN REBEL

ON VIEW

OCTOBER 21, 2023 - MARCH 10, 2024



Showcasing the work of a New Hope artist whose batik adaptations made her work a coveted modernist trend among New York's elite in the early 20th century.

Generously supported by the Richard C. von Hess Foundation, Jeniah Johnson and Tom Sheeran, and The Coby Foundation.

Unknown photographer, *Ethel Wallace modeling a batik robe (detail)*, ca. 1920. Collection of the late Kristina Barbara Johnson, courtesy of Jeniah Johnson

UPCOMING FALL EVENTS



Glow Hike
Croydon Woods | 6:45 PM

Experience our trail in an all-new light on this guided after-hours hike.

OCT
20



Flora and Folklore
Croydon Woods | 12:00 PM

Step into the world of the Lenapehoking Indians for indigenous tales, plant wisdom, and a woodland walk.

NOV
11



Autumn Birding
Columcille Park | 9:30 AM

Join us for a members-exclusive introduction to the wonders of birding during this guided hike.

NOV
18



www.heritageconservancy.org/our-events/

FILMFEST

OCTOBER 15, 2023

Refreshments will be available

4 p.m. Screening

5 p.m. Script Table Read

6 p.m. Screening

7 p.m. Filmmaker Panel Discussion

8 p.m. Screening of Winning Films

9:30 p.m. Post Event Gathering
at Chambers 19



← SCAN ME



20 E. State Street, Doylestown

A Special Thank You to
Bucks County Women's Journal!

CENTRAL BUCKS CHAMBER OF COMMERCE

BUCKS FEVER

A CELEBRATION OF THE ARTS

Art Exhibition

Sponsored by: William & Laurie Schutt

Virtual Artists Studio Tour

Sponsored by: Acaedmy Wealth Advisors, LLC

SCAN ME



for more event info

Opening Reception

Thursday, November 2, 2023

5:00 p.m. - 7:00 p.m.

Faulkner Honda

4311 West Swamp Rd. Doylestown, PA 18902

Live entertainment from the Delaware Valley Saxophone Quartet

brad@centralbuckschamber.com • 215.348.3913 • www.centralbuckschamber.com

OPEN HOUSE & ART SHOW

**SUNDAY,
OCTOBER 15 • 12-4 PM**

The Art Show will exhibit local artists at the c1800s Strassburger Homestead. Contemporary artists exhibiting are Jane Ramsey, color water painter, and Mark McCoy, oil painter who paints outside and inside.

Weather permitting Mark will demonstrate plein air painting.

Artwork of past Hilltown residents will be displayed. The famous illustrator John Falter lived in Hilltown while creating Saturday Evening Post covers, WW2 posters and numerous other illustrations.

Margaret Jurin's artwork will show her diverse talents in: watercolor, oil, silhouette and drawings. She often used local subjects. Art work by J. Ramsey and M. McCoy will be for sale.



**The Historical
Society
of Hilltown
Township**

**Strassburger Farmstead, 407 Keystone Dr.
& Bethlehem Pk., Sellersville, Pa. 18960**

Free, Donations Appreciated

"National Register of Historic Places" • Hilltownhistory.org • 267.614.9174

Join us this fall for new paintings by this spectacular father and son duo . . .

THE SILVERMAN GALLERY OF BUCKS COUNTY IMPRESSIONIST ART PRESENTS OUR FALL 2023 EXHIBITIONS:

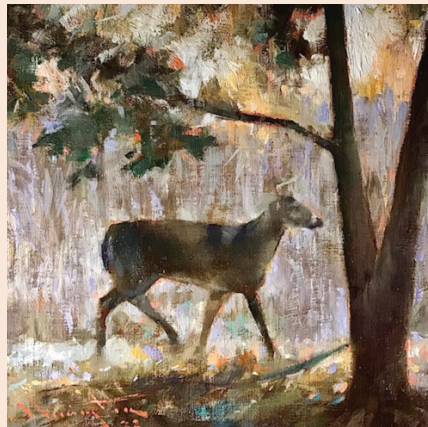
GLENN HARRINGTON: *Recent Paintings*

September 30 - October 29 • Opening receptions: September 30 & October 8



EVAN HARRINGTON: *From The Air*

November 4 - December 11 • Opening receptions: November 4 & 12



Silverman Gallery
BUCKS COUNTY IMPRESSIONIST ART

IN BUCKINGHAM GREEN SHOPPING CENTER
Route 202, just north of PA 413 • 4920 York Road
P. O. Box 1, Holicong, PA 18928 • 215-794-4300
www.silvermangallerybuckscountypa.com

Today's finest artists working in the New Hope Tradition!

Representing: JOSEPH BARRETT • JENNIFER HANSEN ROLLI • JONATHAN MANDELL • DESMOND McRORY • RHONDA GARLAND
GLENN HARRINGTON • DAVID STIER • EVAN HARRINGTON • ANITA SHRAGER • JEAN CHILDS BUZGO • JIM RODGERS • TRISHA VERGIS

KELLERWILLIAMS®

Doylestown Commerce Center
2003 S. Easton Road
Doylestown, PA 18901

Call... Put My 30+ Years

Sue Jones Direct 215.262.4422
Office 215.340.5700 x 164

YOUR PROPERTY
FEATURED
HERE



Lot 12 Homestead Lane
West Rockhill Township \$175,000

- 3+ Acre Premium Lot Partially Wooded with Mature Trees
- Small Private Enclave of 14 Homes
- Dramatic and Secluded Lot with Beautiful, Natural Features
- Your Builder or Ours! See Our Builder Package
- No Time Limit to Begin Construction of Your Dream Home



Newtown
\$10,000 per month



Sellersville 3.29 Acres
\$920,000



Doylestown Borough Apartments
\$1,750 - \$2,500

SOLD BY SUE



Doylestown Township
\$545,000



Warrington Township
\$890,000 Sold in 2 Days



Doylestown Borough
\$2,795/mth



Doylestown Borough
\$1,410,000



Hilltown Township
\$730,000



Warrington Township
\$499,000



Doylestown Borough
\$1,245,000



New Britain Township
\$600,000



Durham Township
\$780,000



Doylestown Township
\$425,000



Sellersville Borough
\$470,000



Buckingham Township
\$1,400,000



Bedminster Township
\$387,000



Warwick Township
\$625,000



Doylestown Township
\$605,000



Springfield Township
\$862,500



Doylestown Borough
\$775,000



Tinicum Township
\$830,000



Lower Makefield Township
\$1,000,000



Plumstead Township
\$465,000



Doylestown Borough
\$540,000



Doylestown Township
\$600,000



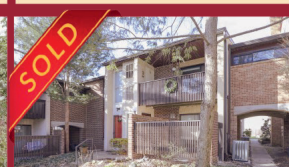
Plumstead Township
\$624,000



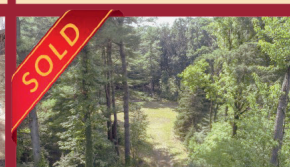
Doylestown Borough
\$495,000



Doylestown Borough
\$390,500



Doylestown Township
\$265,000



Solebury Township
\$585,000



Buckingham Township
\$524,900

Experience to Work for You !

Real Estate

Email at: sue@suejones.com
www.SueJones.com



ASK THE PROFESSIONAL



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

Do Solar Panels Add Value ?

Q. Dear Sue, We are going to be listing our home for sale. We had Solar Panels installed and we are curious as to whether they add to the value of our home, and if so, how much. Thanks! A and C

A. I discussed this with a local appraiser and he advised that yes, they do in fact add value to your home when you decide to sell. The amount would vary based on the price point of your home. Examples would be, for homes in our general area: a home in the \$400,000.00 range, would add \$5,000.00 to the appraised value, and a home in the \$2,000,000.00 range, would add \$50,000.00 to the appraised value. That's great news, isn't it!

Q. Dear Sue, We have sold our home and plan to go into a rental temporarily. Do you have any advice regarding the lease we will be asked to sign? Our thanks, B and S

A. Email me with this subject Line: Renting a Home. I will forward to you the 'Consumer Legal Information Pamphlet by the Pennsylvania Bar Association'. It is a wealth of information for you.

For now, starters are a written lease should include:

- * names and addresses of the tenant and the landlord
- * term of the lease (length of time)
- * rent amount and payment terms
- * amount of security deposit

- * renewal terms
- * notice required to end the lease
- * who is responsible for paying utility bills and other expenses
- * duties of both the tenant and the landlord in relation to the property, such as who is responsible for repairs
- * grace period and penalty for late payments

It is very important that you read and understand a lease completely BEFORE you sign it. Do not sign unless you agree with all the provisions. Once signed it becomes a binding written contract.

Q. Dear Sue, Now that we have received an offer on our home, what should we do to prepare for our property's home inspection? Thank You. C and M

A. Congratulations on this very proactive question. I have a four-page "step-by-step" answer as to how to prepare for your home's property inspection, once it is under contract. **Please e-mail me with the subject line "Preparing for Property Inspection", and I will e-mail you the four-page summary entitled "How to prepare your home for inspection".**

Testimonial Thank You Sue

Dear Sue, Thank you so much for your help selling my Mother's house. You made the process simple and easy to understand, especially with the distance between us. You have gone the extra mile since day one and I appreciate it all ! Please enjoy this gift showing our gratitude ! Best regards, Karen Ferguson

*30+ years experience bringing Buyers and Sellers together.
Choose Experience in 2023 View my Successes at SueJones.com
I Sell Homes in Every Price Range*



From

Doylestown Borough Condo

\$180,000



To

Doylestown Borough Custom Home

\$1,410,000



Awarded TOP 1% Greater PA Region 2022

kw
KELLERWILLIAMS.
REAL ESTATE

SUE JONES
REALTOR, GRI, CRS
Owner/Partner

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



Uncluttered Spaces

An overview of our services:

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

Commercial

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

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

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

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

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



UnclutteredSpaces.com

Facebook | Instagram | LinkedIn

Complimentary consultations are available.

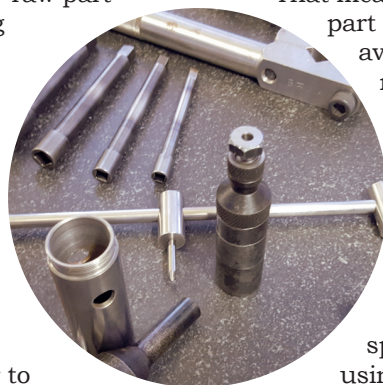
267.629.5414 | Hello@UnclutteredSpaces.com

COLE TOOL & MACHINE

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

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

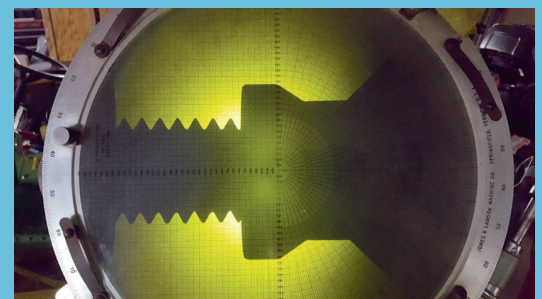
Today, Cole Tool & Machine specializes in single-part, one-off applications. Brian uses his acquired skills to provide various types of applications and support for other machining industries as well as replacement and/or obsolete parts and modifications for automotive restoration



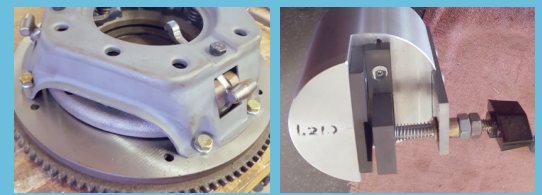
enthusiasts. Whether it's a prototype, single part, spec part, replacement and/or repair part, jigs or fixture, or small parts run, Cole Tool & Machine can meet the client's need.

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

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



COLE TOOL & MACHINE



BRIAN COLEMAN
OWNER/OPERATOR/MACHINIST
PHONE -215 721- 4431
FAX -215 721-7407
BEcole1960@AOL.COM
 PROTOTYPES, SINGLE PART, SPEC PARTS
 REPLACEMENT AND REPAIR PARTS
 JIGS & FIXTURES, SMALL PARTS RUNS



HOMEOWNER CHECKLIST FOR REMODELING YOUR HOME



So, you've decided to remodel your home, right? Congratulations! There's nothing that can compare to the excitement and satisfaction of going ahead with a home remodeling project, let alone the final transformation. So, to make the journey even better, we've put together a quick checklist for homeowners to feel comforted by the fact that you're in good hands now. Let's begin...

- ☑ The extensiveness of the renovation will depend on the end goal. So first know what your particular needs are.
- ☑ Determine your budget (+ the contingency funds) and stick to it—always! Also, know the costs of the raw material as well.
- ☑ Keep that calendar handy to mark the dates and also check your routine. If you think it's a week-long project, keep aside a few more days to avoid disappointments or confusion.
- ☑ Gain a wealth of information to recheck your final plans and identify the challenges you might have to face.
- ☑ DIY renovations reduce costs, but they're disastrous if you get stuck. Know our limits and find a reliable home contractor for the rest of the work. Don't forget to ask for the contractor's portfolio.
- ☑ To ease the process and make it mess-free, secure your stuff and create the needed space for the workers to hop in.
- ☑ Install safety gear if there are

kids and pets at home. Also, designate a renovation-free zone for the family.

- ☑ Plan out your ideas with the contractor. Coleman offers 3D imaging, so you're sure what goes where.
- ☑ It's advisable to get the necessary permits to carry out the renovation processes without any headaches.
- ☑ And, even if it's a spring or summer home remodeling project, make sure you're up to date with the weather forecast.

We hope these points guide you through the nail-biting, but rewarding adventure of remodeling your home. Get in touch with Coleman experts if you have more queries or need a quotation! We can transform any area of your home.

You've come to the right place! Coleman Home Remodeling provides top-notch home remodeling services that you can rely on. No job is too small, or too large for that matter. We handle every project with the utmost professionalism and care. Our experienced craftsmen are highly skilled professionals who have built a reputation for getting the job done quickly, efficiently, professionally, and within budget. We pride ourselves on adhering to our quotes and project scope and ensuring service that is of the highest quality. We treat every

single job, no matter how small, with the respect it deserves. All of our tradesmen and staff are fully bonded professionals who get the job done on time, professionally, and to the highest standards. Coleman Home Remodeling performs work in a radius of the area of Bucks and Montgomery counties in Pennsylvania. Some of the towns we serve are Telford, Souderton, Lansdale, Schwenksville, Harleysville, Collegetown, Oaks, Audubon, Hatfield, Limerick, Sellersville, Quakertown, and other nearby communities. Contact us today to discuss your particular needs. Call us at 215-721-4431.



COLEMAN HOME REMODELING

www.ColemanHomeRemodeling.com

BASEMENT REFINISHING • ADDITIONS
KITCHEN/BATH REMODELING • GARAGES

3-D COMPUTER DESIGN
REFERENCES PROUDLY GIVEN/QUALITY WORKMANSHIP • PORTFOLIO AVAILABLE

FREE ESTIMATES

215.721.4431

Insured • Bonded PA1793





Lisa Ciao,
Owner
Maid For You

Getting Your Home Fall-Ready and Preparing for Thanksgiving With a Special Guest: 10 Essential Tips

Fall is a season of change, not just in nature but also in our homes. As the leaves turn vibrant shades of red and gold, we start to feel the crispness in the air, signifying the arrival of Thanksgiving.

But this year, there's an extra layer of excitement – you weren't planning to host a big dinner, but now it seems you have unexpected guests coming over for dinner! Surprise! Whether you're planning to tackle the preparations yourself or considering hiring professionals like Maid For You, here are 10 tips to ensure your home is fall-ready and the unexpected happens:

1. Embrace Fall Decor: Welcome the autumn spirit into your home by adding touches of fall decor. Swap out your summer accents for warm-toned cushions, cozy blankets, and seasonal wreaths. These small changes will create a welcoming atmosphere that your guests will surely appreciate.

2. Clean and Declutter: Before embarking on any fall preparations, ensure your home is clean and clutter free. Dust surfaces, vacuum carpets, and organize common areas. A tidy home is the foundation of a welcoming environment.

3. Focus on the Entryway: First impressions matter! Spruce up your entryway with a fall-themed doormat, a couple of potted plants, and perhaps a small pumpkin display. This sets the tone for the rest of your home.

4. Cozy Up the Living Spaces: Swap lightweight summer curtains for thicker ones and bring out plush pillows and throws. Layering textures creates a warm and inviting ambiance, perfect for relaxing conversations with your guests.

5. Check the Lighting: As the days get shorter, lighting becomes crucial. Ensure that your lighting fixtures are working

properly and consider adding some soft, warm-toned table lamps or string lights to create a cozy glow.

6. Prepare the Dining Area: Since it's Thanksgiving, the dining area will be the focal point. Polish your silverware, iron the tablecloth, and set the table with elegant fall-themed place settings. Don't forget a centerpiece—a bouquet of seasonal flowers or a decorative pumpkin arrangement can work wonders.

7. Plan the Menu: Coordinate with your guests to plan a Thanksgiving menu that accommodates everyone's preferences. Whether it's a traditional turkey feast or a creative twist on the classics, make sure to have all the necessary ingredients and recipes ready.

8. The Guest Experience, when 'surprise!' happens. If your guests will

be using a guest bathroom, make sure it's spotless. Stock up on essentials like toilet paper, hand soap, and fresh towels. A small vase with fall flowers adds a thoughtful touch.

9. Create a Cozy Guest Retreat: If your unexpected guests will be staying overnight, ensure their sleeping space is comfortable. Clean the guest room, fluff up the pillows,

and provide extra blankets to keep them warm during the chilly nights.

10. Consider Professional Help: If you're feeling overwhelmed with the preparations, consider hiring professionals like Maid For You. Their expertise can take the stress off your shoulders, leaving you more time to focus on spending quality moments with your guests.

In conclusion, preparing your home for fall and hosting your surprise guests for Thanksgiving can be both exciting and nerve-racking. By following these 10 tips, you'll create a warm and inviting atmosphere that not only celebrates the beauty of the season but also makes your guests feel welcome and appreciated. So go ahead, embrace the fall vibes, whip up a delicious feast, and cherish the memorable moments you'll share with your loved ones. Happy fall and happy hosting!

“... go ahead, embrace the fall vibes, whip up a delicious feast, and cherish the memorable moments you'll share with your loved ones ...”



- Initial Cleaning
- Deluxe Top to Bottom Cleaning
- Maintenance Cleaning
- Move In/Move Out Cleaning

To learn more and get a quote visit
www.themaifyou.com

or call

215-370-7993



themaifyou



**MAID FOR YOU IS
CLEANING FOR
CANCER!**

Book Your Top to Bottom Deluxe
Cleaning With Recurring Service and
We'll Donate \$100* in Your Name to a
Local Cancer Support Charity

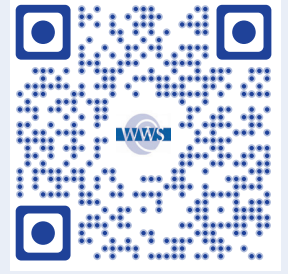
WWW.THEMAIFYOU.COM

*Rules Apply



By Jenna McLane PT, DPT

Aches and Pains of Tech Neck



“... Physical therapy can help you alleviate existing pain and learn strategies to improve your relationship with your devices to reduce pain recurrence ...”

Fall is a very busy time of the year for many. The lazy days of summer have come to an end, and schedules quickly fill up with back-to-school activities. Recreational sports are in full swing, and many families find themselves juggling multiple schedules, homework, and professional duties on the run. I frequently see parents propped up in folding chairs checking in on Slack while sitting on the sidelines at soccer practice. Others are taking meetings on their phone while in line at school or picking up or sending messages in Teams from the waiting area at dance class.

Cellphones and laptops have helped us become more productive, but the 24/7 accessibility of the digital world has led to a host of new aches and pains. One frequently reported problem in our physical therapy clinic is neck pain associated with long hours on devices. “Tech Neck” or “Text Neck” as some call it, refers to the aching, soreness, and stiffness through the neck and upper back associated with prolonged time in front of a screen. Have no worries though, physical therapy can help!

A quick Google search indicates that the average adult spends about 7 hours a day looking at a screen. Some studies indicate that for teenagers, this number is even higher! This is quite a long time for our bodies

to stay in one position, and inadvertently many of us fatigue into a flexed posture, otherwise known as forward head posture, as we stare at our screens.

Forward head posture is the first image that comes to mind when I think of tech neck. This is the individual sitting at a desk or laptop staring straight ahead. Their head is stuck out in front of them, their shoulders and upper back are rounded, and their upper neck is actually in extension in order to keep their gaze forward. This posture, when assumed chronically, leads to muscle imbalance throughout the neck, chest, and thoracic spine.

Physical therapists have been helping people with forward head posture for many years. Individuals with forward head posture may report neck and upper back pain, headaches, shoulder pain, and even chest tightness. This posture has also been associated with jaw pain (“TMJ” or temporomandibular joint pain) as well as some types of dizziness. Dizziness due to neck tightness can be related to impaired position sense known as proprioception. Over time, this posture can also lead to reduced respiratory capacity and can even impair balance due to the weight of the head being displaced so far forward over the trunk.

The alternative posture I witness in patients with tech neck, especially those whose screen time is more cell phone vs. laptop

based, is one of marked upper cervical flexion. The image that comes to mind here is a young adult with headphones in, staring straight down at a screen directly below their nose as they walk down the street. As you see them approaching, you may wonder if they will walk right into you! This individual has a greater amount of upper cervical flexion present and less flexion in their thoracic spine. The weight of their head flexed over puts increased pressure on the neck and upper back. This tends to be present in more of our teenage clients complaining of neck pain.

The reality is our devices are not going anywhere; therefore, we need to learn to live with them in a healthier way. Physical therapy can help you alleviate existing pain and learn strategies to

improve your relationship with your devices to reduce pain recurrence.

Once referred to physical therapy, you will be evaluated for your pain and overall mobility. Movement and posture screens of your neck down to your spine will be completed to determine what contributing factors may be affecting your unique experience. Strength will be assessed to determine which muscles may need to be improved upon for better endurance during the workday. You may learn stretches to reduce pain and will be educated on strategies to improve your posture while working on your device.

If you have been dealing with tech neck pain, consider trying a few simple strategies during your day. First, stop for a moment and imagine there

is a string on top of your head pulling you up tall. Take a deep breath in and exhale slowly. Squeeze your shoulder blades back gently. Then try moving your head straight backward while keeping your chin tucked slightly, to bring your ears in line with your shoulders. This position, called “cervical retraction,” is the opposite of the forward head posture and it can help reverse the rounded posture you likely had been in. Creating awareness about your posture is just the start.

Getting up throughout the day as frequently as you are able and trying to make time for regular exercise whether at the gym or as “exercise snacks” during the day is important to reverse the sitting posture. If these adjustments do not help, please schedule a physical therapy evaluation at WWSPT!



Physical Therapy & Vestibular Rehabilitation

Healing, Function, Recovery and Health

- Orthopedic and Sports Rehabilitation
- Neck and Low Back Pain
- Shoulder Tendinitis
- Rotator Cuff Injury Repair
- Joint Replacement
- Sports Related Injuries • Concussion

www.wwspt.com

1456 Ferry Road, Suite 601

Doylestown, PA 18901 | 215.489.3234



So How Do We Actually Eat Mindfully?



By Joseph Wieliczko, Psy.D.

The practice of mindful eating is really very simple. At its core, it's about bringing awareness to our daily life. We tend to get lost in thoughts about the future, the past and various concerns and anxieties that contribute to problematic eating patterns and ways of thinking and

responding to our emotions. We cannot change our relationship to food without first having greater awareness of our thoughts, emotions and conditioned behaviors that drive the eating problems to begin with. Mindful eating is about cultivating greater awareness using a variety of simple and concrete practices.

As we start to become more aware of our eating behaviors and related thoughts, feelings and impulses, three wonderful things start to occur. One, we start to see choices we never noticed before. Two, having more choices leads to changes in behavior that do not require will power. And three, we start to feel more freedom and ease in our life. I would like to suggest just a few practices.

First, as you sit down to eat, take a few slow, deep breaths before you eat. Relax! Be aware of your breathing in your body as you ground yourself in the present moment. By taking several breaths, we create a greater sense of ease and awareness.

Second, check in with your body. Is your body hungry... not you but your body? Most people don't evaluate their degree of hunger before they eat. They tend to eat out of habit based on what the clock says or what their thoughts dictate and not so much based on the needs of the body. You may want to ask yourself, what am I hungry for? Food, companionship, stress relief, a distraction? Food is not the answer when we need companionship, emotional relief, or entertainment to cope with loneliness.

Third, ground yourself in the awareness of the food. What does the food look like? Notice the texture, the colors, the smell, etc. Now eat slowly with awareness and enjoy! As I like to say "The food is here for you, so you should be here for the food."

My program is an online 8-session group (\$30 per session, \$240 total) which meets once a week for 1 hour with a limit of 12 participants. To register and learn more about mindful eating, go to www.Mindful4life.com.

Mindful Eating & Stress Management Educational Program

Joseph Wieliczko, Psy.D.

- Mindful Eating Online Training Programs
- Private Group Online Training Programs
- Complimentary Presentations to Business, Medical & Social Groups

Web: Mindful4life.com

Email: Drjwieliczko@gmail.com

Phone: 609-578-2549

We Need Your Help!

As the weather gets colder, many of our neighbors in the greater Philadelphia region face the prospect of a winter without a warm coat. **Please join Keller Williams Real Estate as we support a Coat Drive to benefit A Woman's Place (AWP), Bucks County's only Domestic Violence Organization.**

The Keller Williams Doylestown office will be collecting "gently used" and "new" men's, women's, and children's winter coats to be donated to the coat drive. The coats that are collected will be delivered to A Woman's Place for those who are in need and also to sell at the nonprofit thrift store, In Full Swing, located at 225 West State St, Doylestown, across from McCaffrey's "Simply Fresh" Market. All monies collected for those that are sold at The AWP Thrift Store will be to benefit AWP.

Coat donations are being accepted from October 1st, 2023 through January 31st, 2024 at Keller Williams Doylestown Office located at 2003 South Easton Road, Suite 108, Doylestown, PA 18901.

Hours: Mon-Fri 9 am - 5 pm

**Please call
215-340-5700
with any additional
questions.**

kw
KELLERWILLIAMS.
REAL ESTATE



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.



Your Hearing Healthcare Team

Hearing loss affects 48-50 million Americans from all walks of life regardless of gender, age, education, occupation, nationality, religion, and more.

When confronted with hearing difficulty, the first best step in the process is to schedule an appointment with a private practice board-certified & licensed audiologist for a complete audiological evaluation. If the results of this evaluation indicate binaural amplification (hearing aids) are needed, then follow through on this recommendation.

Once the order is placed, teamwork is critical. Your hearing healthcare team is assembled to ensure your success.

Teamwork requires each member to communicate effectively and constructively to solve problems, increase productivity, and reach your goals. Since you are the patient wearing hearing aids, your support network will do all that is necessary and required.

The leader of your hearing healthcare team is your audiologist. This professional has a doctorate in audiology. They will handle: A) The paperwork with you for the sales agreement; B) Complete the form required for placing the order for the new devices; C) Secure the amplification; D) Schedule the initial fitting session to program the hearing aids according to the objective (software formula) and objective (your

preference for frequency response and intensity); E) Provide a customized program for you in tailoring the counseling and aural rehabilitation aspects for care & maintenance of the devices, proper graduated effective use over time, and listening strategies for optimal receptive speech communication; F) Additional follow-up visits for computerized adjustments, service, and counseling review for your success.

The second member of your hearing healthcare team is the manufacturer. This hidden, behind-the-scenes entity produces the device best suited to enable you to hear and understand speech. The hearing aids crafted will process speech and sound through a miniaturized digital component enabling you to hear in a variety of settings with and without noise. Their technical expertise with cutting-edge state-of-the-art technology is key to maintaining the integrity of the input in accordance with your residual hearing in a variety of environments.

The third member of your hearing healthcare team is your family physician. Your personal doctor most likely detected your need for referral to an audiologist for this healthcare issue. They want to know of your follow through on their recommendation to better your health and the progress thereof. Their medical intervention is focused upon

your quality of life. The fourth member of your hearing healthcare team is your spouse, family member, or friend. Often the best meter stick to initially detect hearing difficulty is one of these people. They are with you, in your environment, at home and during activities in which they notice your hearing difficulty. Some of their observations include, but are not limited to witnessing: A) Television volume control set at a higher than normal level; B) Your request for repetition of what was previously stated; C) Noticing your inability to understand speech in the presence of background noise; D) You mistaking some words for other words; E) Inappropriate responses to questions or comments, and E) Seeing that your poor hearing may affect your

safety within your environment.

The last member of your hearing healthcare team is YOU! You are the patient with the handicapping condition surrounding your hearing deficit. Your audiologist, family physician, spouse, family member, and friend cannot do the work for you. It takes you consistently daily effort to follow through with the professional guidance concerning effective use of your new amplification in order to achieve a better quality of life. If you need professional assistance, your audiologist is a telephone call away. If you have a preference to alter or change the device, the manufacturer is more than happy to do so. If you are concerned about the lack of better

health, then your physician will provide guidance on what needs to be addressed, including your hearing and the steps you need to take to heal. During your everyday routine, your spouse, family, or friend provides you with positive reinforcement, support, encouragement, and feedback. Their input is not to badger you into using your hearing aids. They wish to share in your success from the investment you made so you will participate in activities and conversations, find joy in personal interactions, and understand what is said to you.

If you suspect a hearing loss or are having difficulty understanding, schedule your appointment with a private practice audiologist today!

Dr. Patrick M. Murphy, Au.D., M. Ed., CCC-A, FAAA
Board Certified & Licensed Audiologist • Registered Hearing Aid Dealer

Complete Audiologist Evaluation • Medical Consultations
 State-of-the-Art Digital Hearing Aids • Industrial Hearing Conservation
 Home-School Hearing Tests • Three-Year Repair Warranty
 Three-Year Loss & Damage Coverage • Assistive Listening Devices • All Make Repairs
 Custom Noise & Swim Plugs • Batteries By Mail • Earmolds

Most Insurance Accepted Including PA Blue Shield, Personal Choice, Aetna, Keystone First, Keystone Health Plan East, United Healthcare, Keystone 65, Cigna Healthcare, Medicare, and many more



MURPHY HEARING SERVICES

Hearing Help From An Audiologist Who Wears Digital Hearing Aids
 330 North Main Street, Doylestown, PA 18901 • 215.230.9000 • Fax 215.230.9026
 EMAIL: HEARINGDOC@AOL.COM • www.murphyhearing.com

Office Hours: Monday thru Friday 10 a.m. to 4 p.m. Hours are by appointment only. Some Fridays will be utilized to see patients in nursing homes, rehab centers, etc. Saturday morning hours by special appointment.

Addiction Is A HUMAN THING. So Is RECOVERY.



SOMETIMES THE BEST THING A SOBRIETY COACH CAN DO IS REMIND YOU THAT IT'S NOT YOUR FAULT.

That you didn't fall into the alcohol trap because you are bad. Or because you had anything to do with creating your genetics or the culture you grew up in (and are still immersed in) where alcohol is worshiped as a cure for everything they tell us we can't handle or enjoy without it. You didn't choose to want to dive to the bottom of every bottle. **You didn't bring this on yourself.**

We don't recover unless we learn to be patient and kind with ourselves. And when we do, we become very aware, present, and clear about the things that matter...and the things that don't. We become aware of our responsibility to accept the things we cannot change and to have the courage to change the things we can. *And we do.* And then we pray for the wisdom to know the difference. We learn that we don't take responsibility for our addiction; we take responsibility for our recovery. And that, right there, is the difference.

The second best thing, maybe, that a sober coach can remind you is that you are capable, right now, of staying sober. You are going to make your plan for the rest of the day so that you go to bed sober tonight. Whatever it needs to be for you, you will stay inside your soft, strong self and you will drink your water, make your tea, have a bath, listen to sober podcasts, say good things to yourself about yourself, read your sober books, and remember all the ways to remember that you can do this. You can do it sober. And you are. And you are a miracle that way. Even when no one else can see.

Most of us in recovery just need to know that we were not born defective, and we aren't defective now. That we are choosing to do the hardest thing in the world, which is to get and be sober, mostly without much support from a world that doesn't understand us because it is too afraid to look. And in the choosing of sobriety is a depth and breadth of bravery so rarely seen, let alone acknowledged or celebrated. But we should celebrate it. No misguided person chooses sobriety.

Allison Marie Conway
 ADDICTION RECOVERY COACH, CPC/CAC
 ALLISONMARIECONWAY@GMAIL.COM
 INSTAGRAM: @ALLISIONMARIECONWAY
 PHONE
267.304.4535

INTEGRATIVE ALCOHOL ADDICTION RECOVERY COACHING + ALLISONMARIECONWAY.COM



Discover Why HighPoint Law Offices is Considered Bucks Best Estate Planning and Elder Care Law Firm!

Qualify for a Complimentary Consultation with a HighPoint Attorney when you attend the workshop!

Seating is limited, call 215 997-9773, or on line at highpointlawoffices.com/events



Get In The Know — Attend Our Free Estate Planning Workshop

Whether you have never put a plan in place, or it's been many years since you did, an up to date estate plan gives you better control over your future. This free, educational workshop will get you on your way to feeling confident, no matter what phase of life of life you are in.

UPCOMING WORKSHOP DATES:
 Wednesday October 18, 1-2:30 pm
 Wednesday November 15, 1-2:30 pm

Workshop Location:
 HighPoint Law Offices, P.C. • 200
 Highpoint Drive, Suite 211
 Chalfont, PA 18914

"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." - D.G. & R.K.



Protecting Your Most Important “Assets” Why Parents of Young Children Need a Will

By Ashley B. Han, Esq.

When asked what their greatest accomplishment is, or what they are most proud of, parents of young children will often answer, “my children.” Friends of mine often say that, if their house was on fire, they would run past their spouse and make sure their kids got out of the burning house unharmed! Parents often agree without hesitation that their children are what give their lives the most meaning.

When we meet with parents of young children who are interested in doing estate planning, one of the first subjects we talk about is who will raise their children in the unlikely event that they both die while their children are minors. In Pennsylvania, anyone under the age of 18 needs a legal guardian. The best way to ensure that the people you want will be the ones raising your children is to name them in your Will.

At the outset, it is important to understand that a surviving parent has the presumptive right under the law to raise their children (be their guardian). This holds true even if parents are divorced and the custodial parent has died. The only way that a parent does not have a right to raise their children is if they have voluntarily given up parental rights, lost their parental rights, or have died. So, when parents are naming guardians, they are naming a person who would step in and care for their children if both parents have died. We generally advise first naming the person who you would most want raising your children and then naming a successor (or backup) guardian if your first choice is unable to serve.

So, what happens if both parents die without a Will? Who decides who gets the kids? If parents do not name guardians, and minor children are left without either parent, the choice is left to a judge who likely does not know the children or the families involved. Failure to name a guardian in a Will can lead to major disruption in children’s lives. It can also cause discord between the mother’s family and the father’s family, if they both think the Court should name them as guardians. Do you prefer that a judge choose the guardian of your children, or do you want to make that choice? The safest way, by far, is to include your choice of guardian in your Will. Just leaving a note, or simply telling someone who you want to be guardian, does not guarantee that your choice will be the one appointed by the Court. The note is not a legal document (and could be lost), and a conversation that allegedly happened while you are alive is not legally binding.

The decision of who to name as a guardian is deeply personal and often stops couples in their tracks from finalizing their Wills. It is unpleasant to think about your being gone, and it may be hard to imagine anyone else caring for them quite as much as you do. Yet naming a guardian is the most important reason for

parents of young children to make a Will, and it is an opportunity for parents to ensure a seamless transition in care at a very difficult time.

We recommend that our clients think through many factors when choosing guardians. The potential guardians should have a close and loving relationship with the children involved. They should have the time and energy to devote to parenting. We advise clients to think about people with similar values to theirs when choosing guardians. It is sometimes preferable for children to stay in close proximity to the community in which they are being raised. We’ll discuss these and other key issues when we meet with you.

We recommend that you speak with the individuals you name as guardians. Potential guardians may be interested in knowing what financial resources will be available to care for the children. We have many clients who have written letters to the guardians, so that guardians have “instructions” regarding how the parents wish their children to be raised.

We understand that the decision about who should be named guardian feels daunting and overwhelming. Let’s agree that there may be no “perfect” fit. An experienced estate planning attorney will carefully walk you through these decisions and customize your instructions as needed. At HighPoint Law Offices, we regularly work with parents of young children and can help you think through this decision so that you can “do the right thing” for your children in the event that the unimaginable occurs.



Estate Planning • Elder Care Planning
Estate Administration • Business Succession Planning

200 HIGHPOINT DRIVE SUITE 211 • CHALFONT, PA 18914

215-997-9773

INFO@HIGHPOINTLAWOFFICES.COM
WWW.HIGHPOINTLAWOFFICES.COM



Hello Autumn DUBLIN TOWN CENTER



Saturday, October 7, 10AM - 6PM, join us for a fun day celebrating all things apple, with harvest surprises at our businesses throughout the property!



Taco Tuesday at The Station: Where Tacos, Brews, and Sweet Surprises Collide! Join us for the ultimate fiesta every Tuesday!



Sip, Savor, and Swing into the Weekend! Join us for live jazz, wine, cocktails and beer! BYOF as the renovation for our incredible new kitchen have begun!



Whether a work party, family celebration or networking event, we may have the ideal space to make it unforgettable! Have your next gathering at DTC!



Calling all little ghosts and goblins! Join us at The Square for a spook-tacular Trick-or-Treat Parade Saturday, October 28 at 11:30AM! Capture memories at our photo booth and enjoy sweet treats while making Halloween memories to cherish!



Shop local, support small! Join us at The Square on November 25 from 9-7 for Small Business Saturday. Discover unique treasures, support your community, and make a big impact by shopping small!



Mark your calendars for the Dublin Holiday Gathering December 1 from 5:30-8:30pm. Join us for a festive evening with Santa, carolers, a tree lighting, and horse-drawn carriage rides. Fun for the whole family as we kick off the holidays in style!



Don't miss a thing! Scan to experience all that Dublin Town Center has to offer. Live, work and play at DTC, your hometown destination for events, entertainment, shopping and so much more!

PINE2PINK HAS BECOME MAIN ST.

The Popular Non-Profit Unveils a New Name and Identity That Encapsulates the Spirit of the 501(c)(3)'s Mission and Vision

The Pine2Pink Foundation 501(c)(3), an experience-based, community-driven non-profit dedicated to LOCAL breast cancer patients, is now **Main St.** Serving the mission, Main St. will continue to support local breast cancer patients in treatment and recovery across Bucks County. The new identity was brought to light after witnessing years of intimate community involvement from local residents and businesses across Bucks County. Entire towns embraced the Local-for-Local mantra that the non-profit represents. These towns were empowered to create and participate in community-driven initiatives that have impacted the lives of over 1,000 local breast cancer patients. Visit welcometomainst.org to participate and follow the work of Main St.



Your Local Breast Cancer Non-Profit 

Corinna Garis, Director of Marketing Dublin Town Center
Keith Fenimore, Founder of Main St., Robert G. Loughery, President,
Nehemiah Development Company, Inc.

Our new identity is **Main St.** Why Main St.? At the heart center of every small town is a Main St. It is a focal point of a community. Every Main St. typically carries with it nostalgia, meaning and memories. A meeting place for connection, support and celebration.

The symbol supporting **Main St.** is a HUG. A hug is an image and an action that is universally known for exuding unbridled support, friendship, comfort and love. It can be an embrace in the physical sense or a metaphor for a community caring for people in a nurturing way and forging a special bond.

The colors selected for the logo are pink and orange. Pink is the universal color representing breast cancer, and orange is a vibrant color that is meant to exude warmth, positivity and optimism.

Main St. 501(c)(3) reinforces that our friends, neighbors and loved ones battling breast cancer are not alone.

“Since launching Pine2Pink in 2018, our work has profoundly touched not only those we’ve helped but also the residents and businesses of entire towns

across Bucks County who have supported us. The evolution of who we were when we launched and who we have become is best represented by our new name and identity, **Main St.** Main St. personifies small towns, and the image of two people hugging shows the support offered by the people of those towns. We are excited to unveil our new identity as Main St. and we are passionate about continuing to support our local breast cancer community in treatment and recovery in amazing ways,” shares Founder and Executive Director of Main St. (formerly Pine2Pink), Keith Fenimore.

The funds raised by **Main St.** benefit breast cancer patients at Fox Chase Cancer Center Buckingham, Grand View Health, Doylestown Health, and Kin Wellness and Support Center through programs such as food assistance, cold capping, integrative services, counseling and therapy, out-of-pocket expenses, treatment

transportation, comfort bags and treatment center support and improvements.

Along any **Main St.** across the U.S., you’ll find many local businesses. Our non-profit is a collaborator and advocate of these local businesses. Our circle of life is realized when local businesses participate in fund-raising that attracts customers who make purchases that benefit our non-profit. It’s a win/win: when a healthy bottom line generates donations that support local breast cancer patients, everybody benefits.

The new creative vision of the non-profit was realized by the hard work of digital marketing agency Ebow, a long-standing partner of our non-profit. Ebow donated their marketing and design services to create the logo and website. Ebow is a full-service international agency: ebowdigital.com.

The non-profit has grown thoughtfully year over year and

is very happy to announce and welcome a partnership with the Dublin Town Center. This amazing shopping destination is located in the middle of Dublin and houses 33 amazing local retailers and a popular brewery. Over 100 lights will glow pink throughout the sprawling property for all to enjoy. Main St. will be active during the entire month of October in New Hope, Carversville, Perkasio, Newtown, Doylestown, Peddler’s Village, Shops at Valley Square, and now The Dublin Town Center.

This collaboration will provide multiple ‘shopping with a purpose’ opportunities throughout the month of October. Look for fun events as well as raffles and special ‘Eat, Drink and Shop Pink’ offers by participating retailers within the Center. The collaboration will also tie into an initiative by Grand View Health’s new Dublin-based Outpatients Center encouraging the community to screen themselves through mammograms during the month of October! Grand View Health will offer *extended hours for mammography screenings* located next to Dublin Town Center at 145 N. Main St., Dublin, PA 18917.

During the month of October, you can expect **Main St.** to:

- Change the lights in towns across Bucks County pink
- Launch a virtual scavenger hunt
- Partner with local businesses creating special Main St. offers
- Host amazing events

Please show your support by getting involved. Visit www.welcometomainst.org for non-profit news and details and [follow us](#) on our new social channels on Facebook @MainStreet and Instagram @welcometomainst

Visit the Main St. website to donate or participate in community events (www.Welcometomainst.org). Donations can also be made via check and sent to P.O. Box 307, Doylestown, PA 18901.



Support for the Whole Family the Whole Time

“You have cancer”... three of the most frightening words a person can hear in their lifetime.

Fear, anxiety, uncertainty and a sense of isolation are just some of the feelings a person may experience when they hear these words.

We are so fortunate in this area that we have access to high-quality medical care. But healthcare today does not always allow medical professionals to meet the emotional needs of cancer patients and their families due to high patient volume and overburdened staff.

Cancer Support Community at Gilda’s Club, located in Warminster, has been providing a research-backed program of social and emotional support to cancer patients in Bucks County for the last 20 years. Services are provided at six locations across Bucks County and serve patients representing over 65 different cancer diagnoses.

Our staff has achieved and maintained the highest level of clinical licensure in their respective fields and receive clinical supervision on an ongoing basis. Our facilitators are also certified in their respective fields to ensure that those who participate in our program have experts leading their workshops and classes.

At Cancer Support Community, we know that cancer is a disease that affects the whole family. Often, parents try to shelter their children to protect them from uncertainty and stress. We have learned over the years that children often feel stress in the family even when it is not shared openly.

We have developed and built a comprehensive program for children and teens that supports them and their family through treatment and into survivorship. Over the past 20 years, we have served thousands of children, teens and families through thousands of individual program activities.

These programs for children and teens, like all of our programs, are completely free of charge to all who attend because we want to make sure that there is never a barrier for anyone to receive support.

These programs are diverse and are designed for children, adolescents and teens to support them at their respective age and developmental levels. We provide ongoing support groups, educational programs and a summer camp for kids and teens up to the age of 18. Many of the teens who were campers with us become camp counselors and volunteers.

We provide a tutoring program for kids so that parents in treatment can get a much-needed break from worrying about homework and school assignments. Each week, we host a dinner for families so that Moms and Dads can get a break from cooking.

We have also partnered with other local organizations to provide food to those families who experience food insecurity. And throughout the year, we offer activities that are fun for families, including Halloween parties, holiday parties, cookouts and back-to-school events where we provide school supplies to attendees.

Kid Support is a program that helps kids ages 7 through 12 understand what cancer is, how to manage their stress and anxiety, and how to share their feelings in a safe space. This program is offered in the fall and spring, and a parent support group is provided at the same time. This group allows parents to meet other parents in similar situations and find strength through shared experiences.

Our Straight Talk about Cancer program, which is a curriculum-based program, has been provided to 7 area middle and high schools in Bucks County. This program provides facilitated support groups for kids and teens during the school day and offers education and support for teachers and guidance counselors. Our Living With Loss group helps teens who have lost a parent, sibling or family member to cancer. Over the past 2 years, there has been over a 20% increase in requests for these bereavement services, and staff members have continued to meet these needs both in schools and at our location in Warminster.

Everything provided to families affected by cancer is provided *at no charge*, so that there is never a barrier for those in our community to receive needed services.

For more information about the services provided by Cancer Support Community Greater Philadelphia, please contact Program Director Beth Cribb at 215-441-3290, ext. 114 or email info@cancersupportphiladelphia.org.



LOCAL BREAST CANCER FUNDRAISING EVENTS THIS OCTOBER

BENEFITTING:



YOUR LOCAL
BREAST CANCER
NON-PROFIT

**FOX & HOLLY
SPEAKEASY
Gala**

THURSDAY
**OCT
26TH
2023**
6 P M - 9 P M

**ROARING
= PINK**

TOP SECRET LOCATION IN *Peddler's Village*

FOR TICKETS & THE SECRET PEDDLERS VILLAGE LOCATION SCAN THE QR CODE:



CHAMPAGNE • COCKTAILS • HORS D'OEUVRES • MUSIC • DANCING • RAFFLES • SWAG BAGS • & MORE

Peddler's Village

2023 ANNUAL WALK PINK EVENT

SATURDAY, OCTOBER 14TH, 2023 | 8:30 AM - 10 AM

A ONE MILE BREAST CANCER WALK THROUGH PEDDLER'S VILLAGE

SPONSORED BY

Lace Silhouettes Lingerie®
Celebrating 35 Years | 1988-2023

SCAN THE QR CODE FOR TICKETS & MORE INFORMATION:





**Your team...
can make a difference!
HabitatBucks.org/Volunteer**



 | **ReStore**[®]
Habitat for Humanity of Bucks County
Langhorne/Warminster/Quakertown
215-822-2812 x313



Home at Last

buckscountyspca.org

LANDO (pictured) is an amiable cat with big cheeks and an endearing little chirp. Bucks County SPCA rescued Lando from a filthy trailer where he was living with 19 other cats and a dog who were left homeless when their owner was evicted.

Lando was suffering from a very painful eye condition. Our shelter veterinarian performed surgery on his eyes and oversaw his recovery. Lando remained in our care long after the other animals had been adopted. His special needs required a special home, and it took many months to find an adopter.

What a celebration when Lando finally left the shelter for home! His family wrote to tell us that he is thriving:

“He definitely knows we belong to him now! He greets us when we come home, snuggles with us, and likes to carry on little conversations. He deserves so much love after all he has been through, and we will spoil him for the rest of his life.”

“Enclosing a photo which shows how quickly he claimed the most comfortable spot in the house. What a great guy. Thanks for caring for him until he came home to us.”

Lando’s story is made possible by people like you. The Bucks County SPCA is an independent community-supported nonprofit (not funded by the government or ASPCA). You can help us help more animals in need.

Adopt. Donate. Become a foster volunteer. Together, we can give animals like Lando the love and life they deserve. buckscountyspca.org



Your community-supported animal shelter
serving all of Bucks County since 1912.

MONEY SENSE

7 key retirement deadlines you will not want to miss

Taking steps at each of these stages on the road to retirement could potentially help you maximize your income and minimize your taxes.

Years before a typical retirement, key dates and deadlines pop up — things like being able to make catch-up contributions to your retirement accounts in the calendar year you turn 50 or signing up for Medicare Part A at age 65, even if you are still working. If you are not aware of them, they are easy to miss.

“The decisions you make during pre- and post-retirement years can be important in determining how much money will be available during retirement, so it is important to understand these key dates and their implications,” says Debra Greenberg, director, Personal Retirement Investment Solutions Group at Bank of America. It is also a good idea to check in with your financial advisor and tax advisors regularly in the years leading up to retirement to assess your progress toward your goals, she adds.

Below are seven important stops along the way to retirement readiness.

Age 50: Play catch up. You are now eligible to make “catch-up” contributions to 401(k) plans and other employer-sponsored retirement plans (if the plans permit catch-up contributions), as well as to IRAs. For IRAs, the annual catch-up contribution limit is \$1,000. For 401(k)s and other employer-sponsored retirement plans, the annual catch-up contribution limit is adjusted periodically. As an added benefit, you may be able to reduce your current taxable income by increasing contributions to a tax-deferred traditional IRA or employer-sponsored retirement plan. The deductibility of IRA contributions depends on several factors, including your modified adjusted gross income and filing status, so consult your tax advisor.

Age 59½: No more early withdrawal penalty. Once you reach 59½, withdrawals from employer-sponsored retirement plans and IRAs are generally no longer subject to the additional 10% federal tax on early withdrawals — though you still may owe regular income tax on the distributions.

For a distribution from a Roth IRA to be federally tax free, it must be qualified. A tax professional can help you with these rules. But it may be better to keep your retirement savings or investments intact, so you do not sacrifice potential growth, suggests Greenberg.

Age 62: To claim Social Security or not? Age 62 is the minimum age at which you can choose to begin receiving Social Security retirement benefits. But bear in mind that for each year you postpone taking this benefit (until age 70), your monthly check will be larger.

Age 65: Time to apply for Medicare. At age 65, if you are already receiving Social Security, you are automatically enrolled in both Parts A and B of Medicare. But if you are not yet receiving Social Security, you will need to apply for Medicare. Your initial enrollment period (IEP) lasts for seven months, beginning three months before the month in which you turn age 65. Missing your enrollment date may mean higher premiums for the rest of your life, but you can still sign up during one of the designated annual enrollment periods.

Ages 66 to 67: You have reached full retirement age. Your full retirement age for Social Security is the age at which you become eligible for full or unreduced retirement benefits. If you were born between 1943 and 1954, your full retirement age is 66. If you were born between 1955 and 1959, your full retirement age is 66 plus two months for each year after 1954. For example, if you were born in 1956, your full retirement age is 66 and four months. If you were born in 1960 or later, your retirement age is 67. If you were born on January 1, use the previous year to determine your full retirement age.

Age 70: Claim your maximum benefit. If you have waited until your 70th birthday to begin taking Social Security, you will now get the biggest possible monthly benefit, which may be as much

as 77% larger than if you had started receiving payments at age 62. Any further delay in claiming will not increase the size of your check.

Early 70s: Access what you have saved. Even if you do not feel ready to start withdrawing funds from your IRAs and employer-sponsored retirement plans, the government generally requires you to do so once you reach a certain age. The amounts of these required minimum distributions, or RMDs, will vary from year to year, depending on the value of your retirement plan accounts and your age. Failing to take an RMD, or taking an insufficient amount, can result in costly additional taxes. Choosing an appropriate distribution strategy can help you avoid issues and make the most of your retirement assets. For details on the latest legislation and regulation impacting your investment accounts, the age at which you must take RMDs and the amount of your RMDs, be sure to consult with your tax professional.

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



Investing involves risk. There is always the potential of losing money when you invest in securities. Past performance does not guarantee future results. Asset allocation, rebalancing and diversification do not guarantee against risk in broadly declining markets.

Merrill, its affiliates, and financial advisors do not provide legal, tax, or accounting advice. You should consult your legal and/or tax advisors before making any financial decisions.

Bank of America is a marketing name for the Retirement Services business of Bank of America Corporation.

This material should be regarded as educational information on Healthcare and Social Security and is not intended to provide specific advice. If you have questions regarding your particular situation, please contact the Social Security Administration and/or your tax and legal advisors.

This material does not take into account a client's particular investment objectives, financial situations, or needs and is not intended as a recommendation, offer, or solicitation for the purchase or sale of any security or investment strategy. Merrill offers a broad range of brokerage, investment advisory (including financial planning) and other services. There are important differences between brokerage and investment advisory services, including the type of advice and assistance provided, the fees charged, and the rights and obligations of the parties. It is important to understand the differences, particularly when determining which service or services to select. For more information about these services and their differences, speak with your Merrill financial advisor.

Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as “MLPF&S” or “Merrill”) makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation (“BofA Corp.”). MLPF&S is a registered broker-dealer, registered investment adviser, Member SIPC and a wholly owned subsidiary of BofA Corp.

Banking products are provided by Bank of America, N.A. and affiliated banks, Members FDIC and wholly owned subsidiaries of Bank of America Corporation.

Investment products offered through MLPF&S, and insurance and annuity products offered through MLLA:

Are Not FDIC Insured	Are Not Bank Guaranteed	May Lose Value
Are Not Deposits	Are Not Insured By Any Federal Government Agency	Are Not a Condition to Any Banking Service or Activity



By William (Reggie) Cunningham of RPCR

Your Privacy and Using Windows OS

The privacy settings are *general, speech, Inking & typing personalization, diagnostics & feedback, activity history, search permissions, and searching Windows*.

The **General** settings control the use of advertising IDs for more relevant ads while using applications, tracking application launches, and more. **Speech** settings control the use of online speech recognition for apps using Microsoft's online speech recognition technology. **Inking & typing personalization** controls the use of a personal dictionary generated by storing the words you type or write. Inking is a Microsoft technology that allows you to use a digital pen to write notes and documents.

Diagnostics & feedback help keep Windows up to date and secure, provide an option for optional inking and typing data, and let Microsoft use some of your diagnostics data for personalized tips, ads, and recommendations. The **feedback frequency** setting controls how often Windows asks for your

feedback. **Activity history** setting controls storing activity history on your computer and sending it to Microsoft. Activity history includes the websites, apps, and services you visit.

Search permissions customizes adult content filtering when searching, including apps and services associated with your Microsoft account. **Searching Windows** provides customization of searching in Windows, e.g., searching for files on your computer.

Location lets you control Windows' ability to know your physical location like a GPS would. It also controls the ability of apps to use Windows' location services and various aspects of the location services (e.g., location history).

Go to www.rpcr.com/your-privacy-and-using-windows-os for more about privacy settings. You should evaluate the privacy settings on your Windows computer, learn what they are, and set them per your preferences.

Did you know Windows records data about you and what you do while using your computer? The data it collects include what you type, websites you visit, apps you run, and more. However, Windows privacy settings let you control the data it collects and how that data is used.

Windows privacy settings are located in "Privacy & security" under Windows settings in Windows 11 and "Privacy" in Windows 10.



www.rpcr.com/BCWJ

Providing information technology support and services

Services

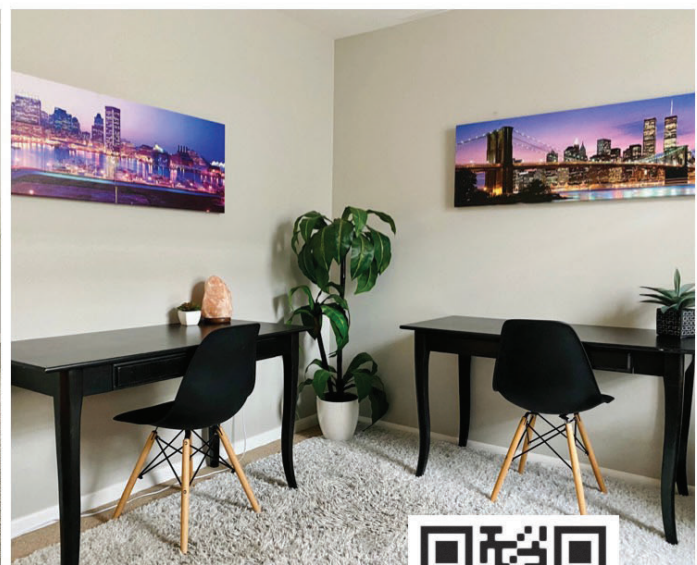
- Website development and hosting
- Web application development
- Computer and network support
- Proactive system monitoring
- Cybersecurity & Backups
- Disaster Recovery
- Business Continuity
- Consulting



528 W Market Street • Perkasie PA 18944

FLEXIBLE WORKSPACES

PRIVATE OFFICES • MEETING ROOM • COWORKING

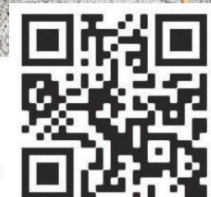


Follow us



✉ INFO@PERDIEMWORKSPACE.COM
 WWW.PERDIEMWORKSPACE.COM

Scan Me



By Nickey Hollenbach
Owner, Personal Touch
Concierge Service®

Unlocking Success: How to Choose the Perfect Virtual Assistant(s) for Your Business

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!

Today, we will delve into a topic that holds immense potential for your business journey: finding a virtual assistant (VA) who is tailored to your unique needs.

As fellow business owners, we recognize the importance of time management. Bringing the right virtual assistant on board can be a transformative step for your business and has the potential to give you more time back to work on the tasks you excel at, that create revenue and you enjoy.

Before we dive in, let's keep in mind that the VAs you interview may not meet ALL of your business needs, but, if they are open to learning your needs, you will have a well-rounded virtual assistant to help you reach your goals in no time. A substitute for that is to work with a multi-VA company who would have an expert in almost any field you may need.

Here are key insights to guide you in making a well-informed decision.

It is vital first to understand your business needs. Begin by breaking down your business operations, think workflows and processes.

What tasks demand most of your attention and energy? Managing appointments, tending to emails, or managing and growing your social media presence?

Draft a list of these tasks—this set is the foundation for navigating the realm of virtual assistants.

In our fast-paced world, time is of the essence, and, as small business owners, we often find ourselves juggling numerous responsibilities. This is where a virtual assistant can be a game-changer, helping you to reclaim your most precious resource: time.

Much like assembling a puzzle, every virtual assistant brings his or her distinct skills. It's crucial to find an assistant whose strengths align with your requirements.

Do you seek a creative content curator, an adept scheduler, or an analytical number-cruncher? Sketching this profile guides you towards a fruitful partnership.

And remember: VAs aren't mind readers. There will be a time in the beginning when onboarding your VA will be vital to your success—just as you would onboard an in-person assistant. If you give guidance from the start, your administrative assistant will be able to learn your "voice" and work style so they can work independently without the need for you to micro-manage them.

Consider the specific needs of your business. Are you in the creative industry, where content generation is key, or do you run a tightly scheduled service where appointment management is paramount?

Understanding your unique requirements is the first step in finding a virtual assistant to integrate into your business seamlessly.

In a virtual landscape, adequate communication bridges distances. As you evaluate potential VAs, focus on their communication skills. Are they adept at conveying their ideas and responsive in their interactions? An invaluable asset is an assistant who understands your directions and maintains seamless communication.

Communication is the lifeline of any successful virtual collaboration. You need a virtual assistant who comprehends your instructions, provides timely updates, and is responsive to your questions. Effective communication ensures tasks are completed efficiently, even in a virtual setting.

Not all virtual assistants possess the same skill set. Each excels in specific areas. Some may be skilled in SEO optimization, customer engagement,

social media management, content creation, customer service, bookkeeping, email campaign management, or launch experts.

Working with a multi-VA company could be very advantageous for your business needs if you are looking for a multi-experienced virtual admin.

Not only should you consider their skill sets but also their personality, ethics and voice. If you are task-oriented and partner with a more laid-back VA with time constraints, they may not align well with you and your business needs.

Your virtual assistant should be able to adapt to changing circumstances, whether it's a sudden surge in workload or a shift in your business's focus. Their ability to handle these changes gracefully is essential for a successful partnership.

Imagine a partner who is as committed to your business's progress as you are. During interviews, gauge their passion and dedication. Inquire about their strategies for tackling challenges and ensuring value delivery. Authentic

dedication can fuel remarkable outcomes.

Passion and dedication are qualities that can't be overstated. A virtual assistant who genuinely cares about your business's success is more likely to go the extra mile, proactively tackle challenges, and consistently deliver value to your business.

Beyond tangible attributes and personality, trust your intuition. A virtual assistant who resonates with your business's ethics and aspirations will likely be a harmonious fit. Trust your instincts—they often guide you toward the right choice.

Ultimately, hiring a virtual assistant is not just about skills on paper; it's about finding a partner who understands your vision and aligns with your business values. Trust your gut feelings, which often lead you to the right path.





Personal Touch Concierge Service®
www.ptconciergeservice.com

484-919-0637
www.ptconciergeservice.com
Nickeyh@ptconciergeservice.com

Nickey Hollenbach
Managing Member



Check with the Chamber

Upper Bucks Chamber of Commerce
ubcc.org

Find quality local businesses listed with the Upper Bucks Chamber of Commerce.

Whether you are remodeling a kitchen or you need someone to cater your next affair, discover just what you are looking for in your own community. Our strong list of local businesses include Home Remodeling and Construction Trades; Attorneys; Caterers, Restaurants and Confectioners; Financial and Insurance Companies; Event and Meeting Venues; Real Estate Resources; Hotels and Lodging Accommodations; Auto Dealers and Mechanics; Medical Professionals ...and many more waiting to be there for you.

Check the Chamber for local resources!

21 N. Main Street
Quakertown, PA 18951
phone: 215.536.3211
www.ubcc.org



CENTRAL BUCKS CHAMBER OF COMMERCE

Take advantage of all that the Chamber has to offer you and your business!

Scan here to join today!



ONGOING CHAMBER EVENTS

Mix and mingle with world class guest speakers and community leaders

FREE Workshops & Seminars • Link at Lunches • Young Professionals Meet Ups
Chamber NET • Art & Cultural Events • New Member Orientation

Bailiwick Office Campus, Suite 23 • 252 West Swamp Rd • Doylestown, PA 18901
www.centralbuckschamber.com • 215.348.3913 • brad@centralbuckschamber.com

BUCKS COUNTY *Alive*

WHERE TO GO ★ WHAT TO DO



FINDING FALL FUN

Looking for something to do this weekend? Check out one of our area's largest event calendars for fall festivals, Halloween happenings, craft shows, live music & theater and so much more! There's always something for all ages.

BucksCountyAlive.com

Brought to you by **mikula web SOLUTIONS**

web design • hosting • web marketing
www.mikulaweb.com



TOP OF THE LINE DESIGN LLC

photography • graphic design • website design

**LOGOS
BUSINESS CARDS
BROCHURES
BANNERS
NEWSLETTERS
ADVERTISEMENTS
& MUCH MORE**

250 FREE BUSINESS CARDS
with purchase of a LOGO DESIGN
VALID THRU Nov. 30, 2023
ask for details

Follow us on  Facebook

Call or Text: 215.431.7566
brsdesign@comcast.net

A WORTHWHILE EVENING

GALA

WORTHWHILE WEAR'S ANNUAL FUNDRAISER

**BENEFITTING SURVIVORS OF
HUMAN TRAFFICKING**



Since Worthwhile Wear's inception in 2012, we've had the privilege of helping hundreds of women realize their true worth and raise awareness about trafficking with hundreds of thousands of individuals across the country. But more important than the number of people we reach is what we hear from the women we serve because they are the voice of freedom:

How that [trafficker] was treating me- I couldn't talk, but The Well taught me, no, I HAVE A VOICE!

-Program Graduate

Please join us for another memorable gala fundraiser on **Friday, November 10, 2023**, at Franklin Commons in Phoenixville, PA. The work we do is not possible without the support of a generous community that sees the value in the women we serve and who want to hear their voices.

For event details and to purchase tickets visit, **WorthwhileWear.org**

Our Goal: HELP US RAISE \$325,000!

We are so grateful for all those that have joined us in our efforts, but our work isn't done. As we look ahead, our goal to reach and serve more women around the country will be accomplished through the expansion and further development of these Worthwhile Wear programs:

- ◆ **Community Outreach** (*Worth It*)
- ◆ **Long-term Housing** (*The Well*)
- ◆ **Survivor Employment** (*Worthwhile Thrift*)

Funds raised at this gala will allow more women to experience hope and healing through these life changing programs for years to come.



WORTHWHILEWEAR.ORG
Black Tie Optional