

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

# Bucks County *Women's Journal*

*The Only Educational Newspaper Serving the Women of Bucks County*



**The Space  
That Sets Us Free**

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MS

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in Bloom**

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Always Need  
Humans**

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*Anne Corso, Executive Director, Michener Art Museum*

*Find out more on pages 16 & 17*





## Publisher's Note



Robin Coppinger  
Publisher

### Find the Beauty

*Fall has always been my favorite time of year. It's like nature's grand finale before the darker days of winter. Colors burst from our Bucks County hillsides in a tapestry of beauty. The chill in the air invigorates me and lifts my spirits.*

*Getting out into nature is a great way to free ourselves, if only for a little while, from the daily challenges we all face every day. It's a time to forget the negative news that bombards us and appreciate the beauty and wonder that surrounds us.*

*There are many fall events in our area, with pumpkin patches, apple picking, great music, delicious food and much more. Take advantage of the many opportunities to get out and enjoy this beautiful season. I hope you take some time to do so.*

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

*Robin Coppinger, Publisher*



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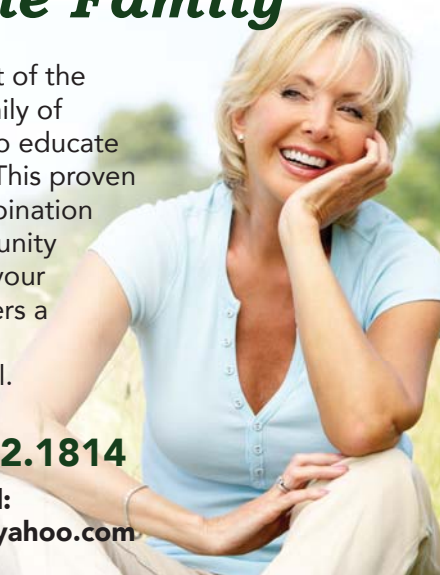
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## october & november events

**October 1 & October 2, October 5, October 8, October 9  
October 15 & October 16, October 19, November 19, November 23**  
Tour times vary

**Behind the Scenes Tours: Fonthill Castle from Tower to Crypt**  
\$50 Adult/\$25 Youth 14-17. Looking for both adventure and history? Join one of our Behind the Scenes Tours of Henry Mercer's Fonthill Castle and explore the site's tall towers, hidden passageways and "secret rooms" for an unforgettable and immersive historical experience. This intimate 90-minute special-access tour goes beyond the daily tour route and offers deeper insights into Fonthill Castle's unique architecture and the lives of its inhabitants.  
<https://www.mercermuseum.org/behind-scenes-tours-fonthill-castle/>

**October 11 • 10:00-11:00am  
2nd Saturday Strolls at Croydon Woods**

Join a nature walk through the beautiful Croydon Woods Nature Preserve led by our environmental educators every second Saturday of the month! Register at [heritageconservancy.org/fall-events-bucks-county/](http://heritageconservancy.org/fall-events-bucks-county/)

**October 11 • Mercer Museum Cocktails at the Castle**  
**VIP Admission Time: 5-10pm, General Admission Time: 6-10pm**  
\$400 VIP Admission \$250 General Admission/\$225 BCHS Member General Admission (21+ only) 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. Cocktails at the Castle is a highlight of the fall calendar, and features a dizzying array of culinary samplings from area restaurants, caterers, and bakeries, as well as crafted cocktails, live music, and dancing. <https://www.mercermuseum.org/cocktails>

**October 12 • 1:30-4:00pm w/speaker @ 2:00  
The Historical Society of Hilltown Township  
Presents: Pre-European Occupation**

Bruce Hentschel, a field walking Arrowhead hunter, searches fields and streams for pre-European occupation sites in the Delaware Valley. He will discuss the physical conditions and artifacts found in fields and on campsite locations from the Delaware River to the Schuylkill River. Artifacts will be on display. Have you found an artifact? Bring it to share.  
Held at the Strassburger Farmstead, 407 Keystone Dr., Sellersville, Pa.  
FREE! DONATIONS APPRECIATED, [www.hilltownhistory.org](http://www.hilltownhistory.org)

**October 18 • Mercer Museum  
Spill the Tea! The Making of the Doan Exhibition, 10am-3pm**  
FREE. This modern and unique market on the Green outside of the Mercer Museum features over 50 vendors, including carefully-curated artisanal handmade items, antique & vintage finds, original art and more! Enjoy food and live music while you shop. <https://crafterymarket.com/mercermuseum-oct-2025>

**October 22 • 7:00pm  
The Historical Society of Hilltown Township  
Presents: Bucks County Caves & The Doan Gang**  
Clint Flack, lifelong collector and expert on local history, will present a program on the Doan Gang, a group of British Loyalists. Did they really hide out in Bucks County caves during the American Revolution? This presentation will discuss myths and legends of the Doan Gang, and unveil the latest findings on their hideouts in Bucks County.  
Held at the Hilltown Township Building, 13 W. Creamery Rd., Hilltown, Pa.  
FREE! DONATIONS APPRECIATED, [www.hilltownhistory.org](http://www.hilltownhistory.org)

**November 8 • 10:00 - 11:00am  
2nd Saturday Strolls at Croydon Woods**  
Join a nature walk through the beautiful Croydon Woods Nature Preserve led by our environmental educators every second Saturday of the month! Register at [heritageconservancy.org/fall-events-bucks-county/](http://heritageconservancy.org/fall-events-bucks-county/)

**November 22 • 9:00 - 10:30am  
Thanksgiving Bird Count**  
Join us for our very first Thanksgiving Bird Count at our Russell-Mandel Preserve in New Hope! During this Member-exclusive event. Join and register at [heritageconservancy.org/fall-events-bucks-county/](http://heritageconservancy.org/fall-events-bucks-county/)

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Anne Corso, Executive Director,  
Michener Art Museum

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Business in Profile feature  
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## BUCKS COUNTY WOMEN'S JOURNAL

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*When starting a career, you never know how exciting it will end up being. In my years as a stylist, I have had the opportunity to work at Disney World as a Stylist/Makeup Artist. After I moved to Philadelphia, I began teaching hair coloring for two different companies for almost 20 years. I have also been working with custom and synthetic hair pieces for men and women for 25 years. I can't begin to tell you how rewarding it has been to create a new look, color and style just to make clients happy. This has not just been a career but also an amazing learning experience that will last me a lifetime to share with everyone.*

## Who Is That Person *in the Mirror?*

I asked myself that same question several months ago because I noticed my hair was getting very thin.

For some of us, a new haircut can help. Color can also add body to your hair. Just one color all over or highlights can give you that extra body you are looking for. If you have tried these options, and it just isn't enough, it might be time to talk to a doctor.

A physician or nutritionist might have options to adjust your diet and add vitamins that might help with the growth and strength of your hair. Be patient, though, because it does take time. New hair can grow very slowly. So, while you are waiting to see a difference in your present look, you do have options.

At Salon 360, you can come in for a free consultation to discuss what your concerns are and options for hair additions. Trust

me: knowing you have options and knowing you can have the hair you have always wanted can change your self-confidence.

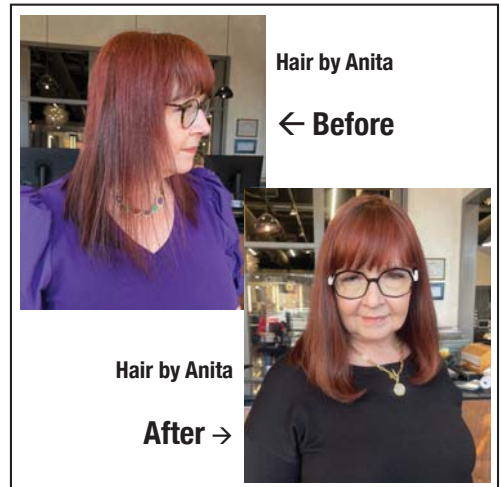
Feeling good about yourself is very important. I purchased my own hair addition several months ago because of hair loss due to stress, and I can't begin to tell you how much better I feel.

People always ask me this question: "Will people notice I have something different about me?" The answer is that 99% of people will know you look better but can't figure out why.

I truly believe that, if you look and feel better about your appearance and your self-confidence is back, there's no reason to live your life based on other people's opinions.

Call and set up your consultation today and let's find some options that can work for you!

**Salon 360 is a full-service salon for hair and nails for men and women, and we would love the opportunity to take care of you.**



**At Salon 360, we provide complete hair, skin, and nail services. Call and set up a private consultation today. Together, we will explore the best options to create your new look. 215.953.8100**



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## The Craftery Market

Step outside and savor the season. The Craftery Market invites you to experience an elevated approach to shopping, where artisans and communities come together to celebrate craftsmanship, creativity, and thoughtful design. Discover a curated collection of unique, handcrafted goods and vintage finds.

Our markets are always free to attend and offer more than shopping: enjoy exceptional food, locally crafted drinks, and live music. Recognized as the premier outdoor market in the Greater Philadelphia area.

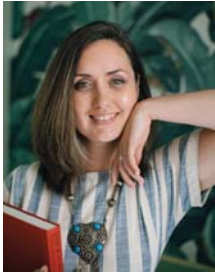


### Upcoming Markets:

- [September 13, 2025](#) | 10am-3pm | Branch Creek Taphouse in Souderton, PA
- [October 4, 2025](#) | 10am-3pm | The Square in Dublin, PA (during the annual Apple Fest!)
- [October 18, 2025](#) | 10am-3pm | Mercer Museum in Doylestown, PA
- [October 25, 2025](#) | 10am-3pm | Bishop Estate Vineyard & Winery in Perkasie, PA
- [November 22, 2025](#) | 10am-3pm | Market Street in Downtown Perkasie, PA
- [December 13, 2025](#) | 11am-4pm | Holiday Market, Mercer Museum, Doylestown, PA



For more details, visit [CrafteryMarket.com](http://CrafteryMarket.com) or on socials @TheCrafteryMarket



## How Positive Affirmations Saved My Life

Whitney Anne Ellis,  
Certified Life Coach  
Phone 908-975-9443  
Email: info@WhitneyAnneEllis.com  
www.WhitneyAnneEllis.com

SCAN ME



### Everything you want in life is on the other side of your mindset.

If “positive affirmations” sound too woo-woo for you, go ahead and move on to the next article. This message is for the ones who already know mastering your mindset isn’t optional—it’s the way to unlock your best life.

You know who you are. You journal in the morning. You pray. You meditate. Your nightstand is stacked with self-help books.

And yet... behind closed doors, you have dark days. Moments where you feel helpless, lost, confused, and downright low.

Why? Because some part of you still believes that negative voice in your head.

Our thoughts are like records on repeat. Play the same track enough times and it becomes your truth. If you’ve been listening to the *I Am Not Good Enough* album for years, it’s no wonder you feel stuck.

- Your thoughts impact your feelings.
- Your feelings drive your actions.
- Your actions create your results.

Like dominoes, once the first thought tips, the rest follow.

**The good news?** The reverse is true too. Swap the record for *I Can Handle Anything That Comes My Way* or *I am Worthy of All I Desire*. Put that affirmation on repeat and watch how your perspective and life changes.

This is how you rewire your brain. Neuroscientists call it neuroplasticity—the ability to form new thought patterns. Every time you repeat an affirmation, you’re training your brain like lifting weights. The more you practice, the stronger those positive pathways become until resilience and optimism are your default.

Brain scans even show affirmations light up the same reward centers as joy, love, or praise. They calm stress, lower cortisol, and boost performance.

Each repetition is a “pathway of possibility,” teaching your brain to believe in YOU until the belief becomes automatic.

As Oprah Winfrey said, “Create the highest, grandest vision possible for your life, because you become what you believe.”

So the question is: What are you believing?

### Nearly 15 years ago, I was at one of my lowest points.

I was playing the *I Don’t Matter* album on repeat. And when you believe you don’t matter, you feel awful.

I was severely depressed, barely able to get out of bed. My thoughts kept me tied down, and my actions reflected it. I hid under the covers, letting negativity knock the light out of me.

Then one day, I was sick and tired of being sick and

tired. I couldn’t stand myself anymore.

I made two decisions: get up and make my bed every day and change the way I was thinking.

I scribbled down new thoughts on cheap index cards: “I am worthy of being happy.”

“I can change my life one small step at a time.”

I carried those cards everywhere, reading them constantly.

And slowly, things began to shift. My brain started to make new connections.

One card, one thought, one step at a time—until the darkness lifted.

It was slow magic. I was reprogramming my brain. My entire state of being began moving in a positive direction. Like going to the gym, I was doing the reps. And it worked!

Today, I still carry affirmation cards. I find them tucked in books, hidden in drawers, lingering in pockets. I call them self-love notes. They remind me to keep going.

### I can honestly say affirmations saved my life.

I am happy to be alive.  
I am joyful.  
I am powerful.  
Above all, I am transformed.

Since then, I’ve become a Life Coach, helping women reclaim their power and transform their lives by teaching them how to manage their mind, body, and money.

And two years ago, an intuitive voice spoke to me and said: “**Make beautiful affirmation cards that bring hope to people.**”

So I did.

I created *A Deck of Hope: 52 inspiring affirmation cards* to support you no matter what you’re going through.

I’m on a mission to get *A Deck of Hope* into as many hands and lives as possible. You can help by sharing them with your community or introducing me to retailers, corporations, and nonprofits who

want to spread encouragement. Together, we can spark hope on a scale far greater than I could accomplish alone.

I also encourage you to purchase *A Deck of Hope* for yourself or as a gift for someone who could use daily encouragement.

Because once you transform your mind, you transform your whole life.

I am living proof.

And if you need 1:1 support from a Life Coach, I am here for you.

Learn more about my private coaching at [WhitneyAnneEllis.com](http://WhitneyAnneEllis.com)

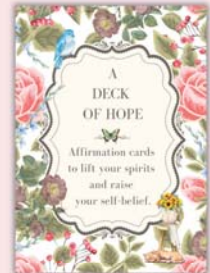
I love helping ambitious women become the CEO of their lives.

## A DECK OF HOPE

52 positive affirmations

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## What's Weighing You Down?

By Gayle Crist,  
Life Coach,  
Healthy Life Planning

I recently read a quote that really resonated with me: "If you want to fly high, you need to

give up what weighs you down." In other words, if you want to rise to greater heights and achieve more in your life, you must release any burdens or obstacles that are holding you back or keeping you stuck.

Burdens/obstacles can be things like:

- lack of confidence
- fear
- other people's expectations
- old attitudes that no longer serve you
- preconceived notions that are no longer valid or relevant

Here's another way to think of it (which is what I suggest to clients who are trying to declutter their homes/offices or their lives): **You need to let go of the old to make way for the new.**

Or, as literature professor and author of *The Hero With a Thousand Faces* Joseph Campbell, said, **"We must be willing to let go of the life we've planned, so as to have the life that is waiting for us."**

I and many of the clients who I supported during the divorce process can relate to this. We all had a certain life planned that didn't work out, and we had to let it go so we could move forward and create the life that was waiting for us as single people. My new life after divorce included, among other things, meeting two women who became my best friends, starting a second business to enhance my income, buying a house on my own, and learning enough about online dating to write a how-to book about it.

These were all fortuitous chapters in my life that led me to greater happiness and success that I didn't originally envision. I am grateful for every one of them because they made me who I am today.

---

*Gayle Crist, M.S., has been a life coach since 2002. She helps people create healthier, happier lives; find more life balance; navigate life transitions such as separation/divorce; start a business; get organized to complete an important project; write/edit their first book; or follow through on other life goals. Gayle is also a writer, editor, and proofreader and the author of How I Met My Second Husband Online at Age 50. Contact Gayle at 267-245-3023 or g.crist@verizon.net.*

What about you? Have you come to a crossroads in your life in the past where you had to let go of something or someone you thought you wanted or needed and then went on to greater heights after letting go?

Sometimes, we don't realize how burdened or bogged down we are with something until we make the tough choice to take that weight off our shoulders. We're stuck in a cycle of complaining or feeling like a victim but don't take any action to change things. Then, if we're lucky, a circumstance or person gives us a wake-up call... so we understand that we need to do something new and different.

Such a wake-up call came for me during my first marriage when my then mother-in-law made a comment after I returned from my youngest brother's funeral (We were very close, and he had been killed by a drunk driver at age 20; so I was in a terrible state of shock and grief). As I cried uncontrollably in her living room, she said "Stop the histrionics. You need to get over this and move on."

Her lack of compassion and cruelty led me to vow then and there to have as little to do with her as I could. I was only 1 year into that marriage, but things were never the same with my husband after that. He didn't defend me against her then or in future conflicts, and that contributed in a large way to my decision to leave him, even though he was the very capable and helpful father of my 2 kids. I knew I had to stand up for myself from

then on, so I often refused to go with him to visits at her home and/or kept my distance from her when we did visit.

Maybe you're feeling ready to stand up and/or speak up for yourself right now...or you feel held back or blocked from making healthy choices for the dreams you crave or the life you sense is waiting for you. If so, you have options. You °can be:

- A person who **MAKES** things happen (by creating and implementing an action plan right now for the life you envision)
- A person who **WATCHES** things happen (by sitting back and waiting for life to unfold while taking no action on the plan that exists only in your imagination)
- A person who asks **"WHAT HAPPENED?"** (as you become paralyzed with fear or other burdens and wish you had a plan and the ability to act)

I'm guessing you'd prefer to be a person who **MAKES** things happen. But maybe you're not sure where or how to begin. That's when a life coach can help.

My job is to listen to you, help you decide on the action steps you want to take toward your goal, and then hold you accountable for doing what you say you will. I'll support you, believe in you, and encourage you so you can overcome whatever obstacles have been weighing you down. Let's talk. I look forward to being your cheerleader!

## HEALTHY LIFE PLANNING

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

By Candace Pedicord, MS

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

– Viktor Frankl

Life does not spare us the sting of unexpected words, difficult relationships, or events that feel out of our control. A sharp remark from a loved one, a shift in our circumstances, a sudden change in health or fortune—these are the stimuli that brush against us daily, often without warning. For many of us, the instinct is immediate: we react. We defend, withdraw, lash out, or collapse. And yet, as Frankl so beautifully reminds us, there is always a moment—a breath, however brief—where *something else* is possible. Where we *choose* our future instead of enduring it.

That moment, that pause, that space, is the hinge upon which our freedom swings.

Freedom is not the absence of difficulty. It is the presence of choice. When we forget the space, life feels like a relentless series of causes and effects. We are pushed and pulled, controlled by circumstance, defined by other people's words and actions. But when we honor the space, freedom returns. Freedom says: I am not what happens to me. I am how I choose to meet what happens to me.

There is nothing more empowering than that realization. Because

then, even in the most challenging seasons, no one can take away our ability to choose our inner stance. We may not control the storm, but we can control whether we stiffen in resistance or turn our face to the rain.

If we choose to watch the news, fake or not, the preciousness of the space between stimulus and response matters. The collective stimulus is loud, relentless, and piercing. Our response is just as immediate: anger, fear, despair. We meet outrage with outrage, accusation with accusation. We scroll, we argue, we despair. The space Frankl spoke of feels almost non-existent in this climate—like the world is pulling us from stimulus straight into reaction, leaving no breath in between.

But here's the truth: the space is still there. It has not disappeared. It only requires us to remember it. Frankl's words invite us to a radical reorientation: what if that sliver of space, however small, is the most powerful place we can stand?

The pause is deceptively simple. It is one breath. It is one count to three. It is a choice not to immediately let the body and mind dictate what happens next. That pause interrupts the automatic. And in the interruption, new possibility emerges.

Consider the way a musician holds silence between notes. Without the pause, music collapses into noise. Without the space, there is no rhythm, no rise and fall, no beauty. In the same way, our thoughts crowd in upon one another, taking us out of the

moment and into the fray of self-induced suffering. We believe life is doing something to us, and we are powerless passengers.

We are not powerless. Life happens through us and for us, not to us. Choice is always available...in that pause.

The pause is not passive. It is not giving up. It is the most active stance we can take—an act of conscious authorship. It says: I will not be defined by this moment, but I will define my relationship to it.

When we recognize the space, we gain access to something extraordinary: the ability to choose growth. Not comfort. Not familiarity. Growth.

Growth often feels counterintuitive. It asks us to lean toward the discomfort instead of away from it. To see criticism as a mirror, rejection as redirection, failure as education. In the space, we can reframe the moment, allowing it to sculpt us rather than diminish us.

## The Space That Sets Us Free

This is not easy work. Growth rarely feels good in the moment. But it is liberating work, because it returns the authorship of our lives back to us.

Like any skill, the art of choosing our response is cultivated through practice. We build it moment by moment, with intention and patience. A few ways to begin:

**Notice your triggers.** Pay attention to the moments when you react without thinking. Is it a tone of voice? A delay? A particular criticism? Awareness is the first step in expanding the space.

**Use the breath.** When something stirs you, breathe deeply before speaking. The breath reconnects you to the body, slows the rush of reactivity, and invites clarity.

**Ask better questions.** Instead of "Why is this happening to me?" try "What is this teaching me? Who am I invited to become through this?"

**Celebrate small wins.** Each time you respond with intention instead of reflex, honor it. This reinforces the truth: *you are capable of freedom in every moment.*

Over time, the space grows larger. What once felt like an automatic reaction becomes an open field where choice, wisdom, and peace reside.

Every great act of courage, every meaningful change, every moment of healing is born in that space. The space is not empty; it is alive with potential. It is where the person you are meets the person you are becoming.

When you next find yourself pressed by circumstance, remember this: no one can take away the space of freedom unless you surrender it. It belongs to you. And in that small, luminous pause lies the path to your growth and your freedom.



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

## November 4th Is Election Day!



In these tumultuous times for our country, one of the best ways for us to weigh in on the debate about the future of our democracy is by exercising our right to vote. On November 4th, we can do just that by participating in the 2025 Municipal Election. On the ballot, there will be candidates vying for important positions in municipal and county government as well as judgeships on various courts. These prospective leaders will have a significant impact on the schools, public safety, infrastructure, services, and administration of justice in our communities

Yet, many voters do not participate in local elections. For example, in Bucks County, the voter turnout for the 2023 Municipal Election was the largest in 20 years at 42.56% of registered voters. But this turnout was far short of the General Election turnout in 2024 which reached 81.79%. Very often, voters don't participate in local elections simply because they are unfamiliar with the candidates.

### Vote411

To address this problem, the League of Women Voters offers a comprehensive and easy-to-use online resource, [Vote411.org](http://Vote411.org). It provides voters with the information they will need to confidently take part in the 2025 Municipal Election. At [Vote411.org](http://Vote411.org), you can enter your address to see just the specific candidates on YOUR ballot. This is particularly helpful as the number of candidates countywide can be overwhelming. [Vote411.org](http://Vote411.org) can help you evaluate the characteristics, skills, and experience of those running for office, and it includes candidate responses to questions posed by the League. You also can print out your choices and take them along with you to the polls.

### What are the key positions to be filled in the 2025 Municipal Election?

#### Local Government Offices

The Bucks County row offices on the ballot this year are District Attorney, Sheriff, Controller, Prothonotary, and Recorder of Deeds. Also, voters in boroughs will be electing candidates for Mayor and Council

Members, while voters in townships will select their choices for Supervisors. Also on the ballot will be municipal candidates seeking to fill the roles of Controller/Auditor and Tax Collectors. Certainly, the people who fill these Bucks County row offices and various municipal positions will be critical to the smooth operation and effective leadership of our communities.

#### School Board Candidates

Another compelling reason for voters to trek to the polls on November 4th will be filling the open positions for School Director in their districts. All voters should want to help select the individuals entrusted to oversee educational programs for children and youth as well as district personnel and school properties.

When looking over this part of the ballot, voters may be surprised to see that some candidates for School Director are listed with both Republican and Democrat labels under their names. This means that those candidates "cross-filed" and successfully ran on both party ballots in the May Municipal Primary.

While Pennsylvania school board elections are partisan, a state statute allows candidates for School Director to file for nomination by more than one political party. The candidate first must secure separate nominating petitions for each party which are to be circulated by only registered voters of the respective parties. Critics of cross-filing suggest that it is confusing for voters and can hide partisan leanings. However, candidates who embrace cross-filing contend that voters can better focus on their qualifications, and they prefer to signal their intention to serve the entire community.

#### Understanding Judicial Retention

Another very important reason to vote on November 4th is the selection of judges for various Pennsylvania courts. In Pennsylvania, when seeking their first 10-year terms as justices/judges on the Court of Common Pleas or on the appellate Commonwealth, Superior, and Supreme Courts, candidates run as members of a political party. However, after completing their first term, those seeking reelection do so by merit retention elections. Voters must select either "Yes" or "No" as to whether to keep the judge/justice on the bench for another 10-year term. Those seeking another term do not have a party affiliation listed by their name on the ballot. This is intended to convey their political neutrality as justices/judges. If voters in November choose not to retain a judge/justice, the governor, with the consent of the PA Senate, would choose a temporary

replacement, and the seat would be up for election in 2027.

While voters routinely have voted "Yes" on such retention elections, observers expect greater attention on them this year, particularly for three seats on the PA Supreme Court. As that Court has ruled on many critical issues including election law, redistricting, and individual rights, we should very much care about who sits on the bench there.

Judicial candidates generally receive little media attention, and voters often are not familiar with those seeking judicial seats as well as their functions in the courts.

Other good resources to check before heading to the polls are the Pennsylvania and Bucks County Bar Associations, which provide ratings for judicial candidates based on integrity, judicial temperament, competency, knowledge, and experience.

#### Vote on November 4th!

By voting in the Municipal Election, we as voters can use our voices to show that we care about the quality of life in our neighborhoods and the way our tax dollars are being spent. Casting a ballot on November 4th is a powerful way to show your commitment to our communities and our democracy. Your voice matters!



### EMPOWERING VOTERS. DEFENDING DEMOCRACY.

The League of Women Voters of Bucks County is a nonpartisan organization dedicated to providing voter education and services and advocating for issues. We envision a democracy where every person has the desire, the right, the knowledge, and the confidence to participate.

Eileen Walkowiak is a member of the League of Women Voters of Bucks County.



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# Heritage Conservancy's Arbor Circle Supporters Gather at Manoff Market and Cidery

On an afternoon in early September, a special group of Heritage Conservancy supporters gathered at Manoff Market and Cidery to celebrate the organization's land conservation efforts. The event was held to honor and thank the organization's Arbor Circle members.

The bucolic venue was chosen with the intention of highlighting their partnership with and showing support for local farms. The Manoff farm embodies Heritage Conservancy's important work protecting family farms and agriculture in Bucks County and the surrounding area.

Owners Gary and Amy Manoff started their farm in the 1980s, working with Heritage Conservancy to lease—and eventually, in 2020, to purchase—the 35-acre property. The farm is protected under an easement that ensures it can never be developed, even if it changes ownership. It will remain a family farm for generations to come.

The Manoffs are part of the fabric of Central Bucks, from their years selling to the community at the local farmers market to the farm store they run now, along with their tasting room. Both are popular local gathering places.

With their more recent endeavor into artisanal cider production, they are leaning into the local food economy by using what grows well in Bucks County. Their hard ciders are sophisticated, many made from heirloom apples that impart complexity and nuance similar to what one might find in wine.

Chelsea Manoff oversees the production of the farm's artisanal cider, which event guests got to sip as they learned more about the farm's history and operation. Hors d'oeuvres were provided by Roots to River Catering, a nearby farm.

Heritage Conservancy President Bill Kunze thanked the supporters of Heritage Conservancy who gathered for the event. Director of Development Katie Paone-Kulp and Associate Director of Development Heather Gaghan also greeted the group of donors who gathered, acknowledging their ongoing contributions to local land conservation efforts, as well as the Conservancy's historic preservation and educational outreach.

Attendees were able to learn more about the farm and the cider-making process by watching a video in the farm's recently completed cellar and on a tour of the property given by Gary and Amy Manoff. Guests learned about the planting and harvesting of apples and got to ask questions.

During the event, visitors enjoyed the Manoffs' sweet, seasonal peaches. The farm also grows blackberries, strawberries, blueberries, and, of course, a wide variety of apples.

"At Heritage Conservancy, we are happy to partner with and support local businesses like Manoff Market and Cidery," said Katie Paone-Kulp. "They are a vital part of our community and important partners in land conservation. We are excited to share their work and their beautiful space with our loyal circle of donors."

The Manoff Market and Cidery is open Monday through Saturday (Wednesday to Saturday in winter). In season, they host weekly "locals night" happy hours and events that include authors and food trucks.

Learn more about Heritage Conservancy's Arbor Circle and the various local opportunities it offers at [heritageconservancy.org/join-heritage-conservancy-arbor-circle](https://heritageconservancy.org/join-heritage-conservancy-arbor-circle).



Heritage Conservancy staff pose with the Visit Bucks sign, which is currently stationed at Manoff Market and Cidery.

Dick Henriques, Scott Reines, Katie Paone-Kulp, Pam Fleming, Scott Fleming, Trish Reines



Amy and Gary Manoff, farm owners



John Bartle and Lynn Bush



Gary Manoff leads guests on a tour of the orchard

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### *Festival of Trees*

November 12, 2025-January 4, 2026

Each year, Festival of Trees showcases beautiful trees and vignettes designed by Bucks County's best artists, decorators, and local community groups to convey the spirit of Pearl S. Buck's legacy as an author, humanitarian, and activist. Limited evening Candlelight Tour dates available.

### *Juried Craft Show*

November 28-December 7, 2025, 10 am-4 pm, \$5

Enjoy a unique shopping experience at this high-end craft show which offers jury-selected gifts, decorations, food, jewelry, apparel, and more from professional crafters, artists, and chefs. Produced by the Pearl S. Buck Volunteer Association.

### *Festival of Trees Community Day*

December 14, 2025, 1-4 pm

Be our guest at Community Day, which features complimentary tours of the Festival of Trees, live holiday music, a visit from Santa, and more!



520 Dublin Road | Perkasie PA | 18944  
215-249-0100 | [info@pearlsbuck.org](mailto:info@pearlsbuck.org)  
[pearlsbuck.org](http://pearlsbuck.org)

Plan your visit today  
<https://pearlsbuck.org/events/holiday-events/>



## KEEP BUCKS COUNTY

# Beautiful!

### Protect the places you love.

Include local conservation in your year-end giving!

Heritage Conservancy is dedicated to safeguarding our region's **land**, sharing its rich **history**, and fostering connections between **people** and the environment.

Support these efforts with a gift this fall and invest in the beauty, health, and sustainable future of your Bucks County community.



# Donate today!



## Inspire Your Child's Creativity at the Michener This Winter

Experience the only museum-based art classes in Bucks County at the Michener Art Museum. Gallery and inquiry based learning are the cornerstones of our classes, programs, and events. From hands-on painting and printmaking to stained glass and sculpture, there are endless opportunities to learn more about local artistic traditions. Winter workshops open for registration now. *January classes will open in mid-November.*

Studio workshops and series classes are available for children age 3-17 and adults. All levels and skills are welcome. Materials included unless otherwise noted.

Additional programming, including gallery talks, studio visits, and lectures can be found online.



CHILDREN'S CLASSES:



ADULT'S CLASSES:



PUBLIC PROGRAMS:

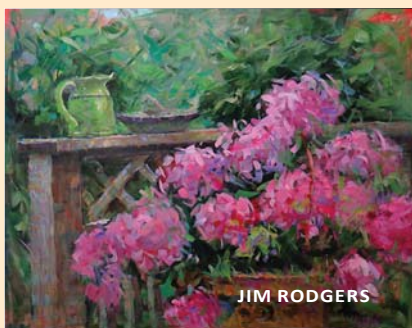


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138 S. Pine Street, Doylestown

## Two exciting group exhibitions with work by the Silverman Gallery artists . . .

### Bucks County in Bloom

CONTINUING THRU OCTOBER 26



JIM RODGERS

### Flights of Fancy

NOVEMBER 8 - DECEMBER 7, 2025



GLENN HARRINGTON

Throughout the years our collectors have shared with us a myriad of reasons why they connect with a particular painting. Work that features flowers or birds especially seems to have a deeply emotional or personal meaning.



Someone may buy a painting of their mother's favorite flowers as a way to fondly remember her. Jennifer Hansen Rolli's **Peonies in Creamer** did exactly that - especially given its poignant setting of silver, linen and delicate china.



Another one of our loyal collectors of floral paintings buys them as a way to fight the winter doldrums and Anita Shrager's **Spring Fever I** fit the bill perfectly. Snow scenes are definitely not her thing!

Years ago, a couple that had recently wed walked in as we were hanging a show for Desmond McRory. A painting leaning against the wall caught their eye because it featured a great blue heron on the Delaware canal. It brought them right back to the day they became engaged, walking along the canal and spotting the beautiful bird alongside them. They took it as a sign of peace, balance and good fortune.



Another family in Huntingdon Valley were drawn to Desmond's stunning oil and gold-leafed **Heron Gold** for the same reasons.

We hope you will stop in to see the new collections of work featuring flowers and birds this fall!

**Please note that our exhibition dates have changed since the last issue.**

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## On the Subject of Terroir



By George Parkinson

We began the harvest of the 2025 vintage within the Lehigh Valley AVA in the first week of September. Inside our tasting room, a particular question arises from the visitors who are seeking new wine experiences and discovering our wine region for the first time. That question: What makes this place so special that many vintners have established vineyards in the area?

The simple answer is the terroir. Yet the subject matter is deeper and more complex than a simple word. In his book entitled *Terroir* (1998), author, geologist and wine advocate James Wilson defines the word on the opening page as follows: **“Terroir (tair-wahr) is a French term meaning total elements of the vineyard.”**

This book started a great debate among the camps of believers and non-believers. The question at the heart: Could a singular place on the planet be so unique that it rises above and apart from surrounding areas for the quality and flavors produced in the agricultural products grown in that location?

Terroir, simply translated as flavor of the land, has its roots within the early Roman beliefs and practices with the word **terratorium**. It is a thought that creates great controversy even today—that a segment of land could be identified by the flavors in the agriculture practiced in that place. Some do not believe it can be so different. Yet, even in this country, our federal government anoints 279 places with an AVA status identifying this uniqueness.

When wine connoisseurs speak of regions such as the Rutherford Bench, Saint Émilion, Tuscany, Gevrey-Chambertin, Rioja, Cachagua, Mendoza or Marlborough, it is with deep respect and an understanding of the quality of wines produced in these areas and the flavors these places are known for in the wines they produce. These and many other regions of the world have proven over time that the flavor, quality and nuances of the wines are representative of that place on the planet.

The concept of terroir takes into consideration the many factors that make up a region. The soil content, the average rainfall, the length of the growing season, the degree days, the diurnal temperature changes, the seasonal changes and the wildlife and natural elements within and surrounding that area. As mentioned earlier, when we speak of Napa Valley’s Rutherford Bench, the element of dust and dirt come into play. The wines produced here have a reminiscent quality about them that often shows an earthen, yes, dusty flavor note. Anyone who has been in this region during the hot months of July and August will note dust in the air here, and the finished wines often show this quality. Another example might be the wines of Spain’s Galicia region situated on the north Atlantic coast. There the land is cooler than most of Spain. There is more rainfall, and the white wines made from the Albariño grape have a slight saltiness to them. That note reflects the close location to the sea as much as anything. Yes, these are two singular examples using simple flavor or aromatic notes in wine; however, the science behind the concept of terroir goes much deeper.

It was the Benedictine monks of the 10th century—and more specifically the Cistercians or grey monks—who developed this sense of place in Burgundy. Beginning in Chablis and spreading across the Burgundian region, the monks identified two grapes that produced higher-quality wines than anything else grown in the region. Today, Chardonnay and Pinot Noir are known as white and red



Burgundy for this reason, and one can distinguish a Chardonnay produced in Chablis from one produced in Meursault from one produced in the Macon, or a Pinot Noir from Nuits-Saint-Georges from one produced in Gevrey-Chambertin.

This sense of place shows up in the Chardonnay fruit grown in different California regions as well. While many believe Chardonnay is a neutral fruit that expresses the winemaker’s art more than terroir, I disagree. Simply taste the unfermented grapes from Mendocino’s Anderson Valley, and Granny Smith green apples speak out. The same fruit shows a Meyer lemon quality as one moves south into the Russian River Valley, and farther south into Carneros this grape shows flavors of a Golden Delicious apple. In Monterey, Chardonnay can show pineapple notes, and, as one wanders through Southern California’s Santa Maria Valley, these flavors become more exotic showing ripe papaya and mango.

It is the factors of soil, weather and length of growing season that produce different flavors in the fruit but do not settle on wine grapes alone. One will note similar differences throughout the planet,

making this quality of place so very important.

Our local wine-growing regions speak out with differences as well. From the Lehigh Valley AVA where I work to the Outer Coastal Plains AVA in New Jersey to New York’s Finger Lake AVA to Virginia’s Shenandoah Valley, the wines grown in these places reflect a certain unique quality that speaks of the land. It is up to you to follow the science and discover the different nuances of regional terroir. Start with an in-home wine party and taste through Sauvignon Blancs made in France’s Loire Valley and Bordeaux, Napa Valley, New Zealand and, yes, Pennsylvania. Try this with Cabernet Sauvignon made in Napa and Sonoma, Washington State, Chile and Australia. By doing this, you will see the differences, and, when you are feeling more adventuresome, go out and visit your local wineries. Make sure they are growing the fruit and that it is not purchased from outside the region, and you will find these same differences while exploring new places.

I hope you find adventure in every bottle and glass. May you have a safe and peaceful autumn harvest.

Cheers!

*George has been a Wine Industry and Hospitality professional since 1980. He has been a member of the Master Court of Sommeliers Americas since 2006. Presently he is the Director of Operations for Stony Run Winery & Hawk Mountain Distillery*

*George also teaches private wine education classes upon request.*

*George resides in upper Bucks County with his family. He may be contacted at: gipark3@gmail.com.*



**ANNE CORSO**

Executive Director

**Meet Executive Director Anne Corso**

Anne Corso joined the Michener Art Museum in February 2024 after a national search completed by the museum’s Board of Trustees. Corso came directly from serving as the Executive Director at the Southern Vermont Arts Center, founded by artist members in the 1950s and which today is the primary arts organization in Vermont. With an undergraduate degree in Art History and a master’s degree in Museum Education, Corso has made her career in art museums for the past 25 years. She has held Director of Education positions at the Chrysler Museum of Art in Virginia, the Reading Public Museum in Pennsylvania, and the Delaware Art Museum.

**Forming a Vision**

When Corso stepped into the Director’s role at the Michener, the Museum was still recovering from a series of leadership changes and building back its audience in a post-COVID world. Within a year and a half at the helm, the Michener is a bustling institution. Several major exhibitions drastically enhanced attendance and garnered national attention, including *Judith Schaechter: Super/Natural*, the first public showing of the Philadelphia-based artist’s stained-glass dome, and *Anila Quayyum Agha: Interwoven*, featuring the internationally known artist’s immersive light and fiber installations. The Museum also launched a perennially sold-out Putman Arts Leader Lecture Series, instituted a wealth of new offerings, and brought the beloved Mama Hawk’s Cafe (a mainstay of Peddler’s Village) to the Michener.

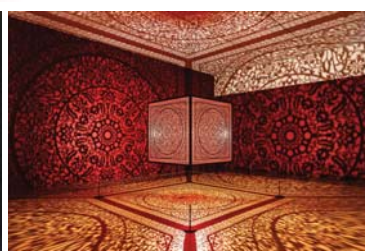
Corso credits a dedicated staff, an engaged board, and a loyal community with embracing the vision of the Michener as a community hub—one that embraces its legacy in the Bucks County artistic tradition and celebrates new art, new ideas, and new audiences.

**What’s Next**

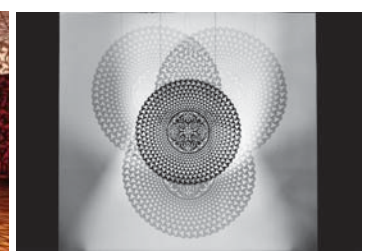
When asked about what excites her about the Michener’s future, Corso said, “We have so many exciting things on the horizon for the Museum. In 2026, we host a large-scale exhibition of the artwork by the cherished children’s book illustrator Eric Carle and mount an exhibition celebrating the American Semiquincentennial. We are also building our collection of Pennsylvania Impressionists and contemporary Pennsylvania artists; and we’re working on how to enhance our facilities to expand and better serve our audience. It couldn’t be a more exciting time for the Michener.”



**Anila Quayyum Agha, Speaker 1, Speaker 2, Speaker 3, 2008.**



**Anila Quayyum Agha, All the Flowers Are For Me, 2016.**



**Anila Quayyum Agha, Flight of a Thousand Birds, 2018/2019.**

# MICHENER ART MUSEUM

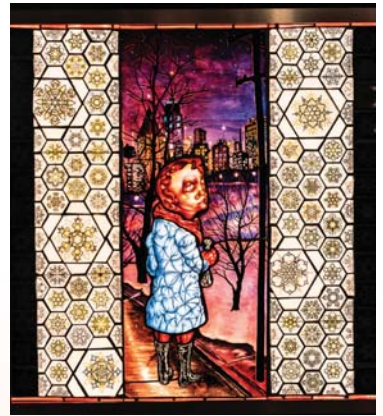
### About Michener Art Museum

Michener Art Museum is named after James A. Michener, Doylestown’s most famous son, a Pulitzer Prize-winning writer and supporter of the arts. It boasts a world-class collection of Pennsylvania Impressionist paintings and a permanent collection that explores a variety of artistic expressions. The Museum presents rotating special exhibitions and programs including lectures, artist conversations, gallery talks, and artist studio tours, as well as dance and music performances. The Museum offers wide-ranging programming to nurture a lifelong involvement in the arts. Learn more at [michenerartmuseum.org](http://michenerartmuseum.org).

The Michener is housed on the site of the 1884 Bucks County Jail and is surrounded by the original prison walls. The Patricia D. Pfundt Sculpture Garden, terraces, and courtyard, encompassing 40,000 square feet of public space, includes studio classrooms, a research library, a museum shop, Mama Hawk’s Cafe at the Michener, and a glass-enclosed event pavilion, in addition to its gallery spaces.



Lisa Naples, Integration I, 2025.



Lisa Naples, Integration II, 2024. Judith Schaechter, Dirty Snow, 2021.



Holly Wilson, Bloodline, 2015.

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## 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

### 46 Easy Ways to Help Your Home Sell

**Suggestions to help you prepare to List and Sell your Home !**

#### Throughout the House

1. Open the draperies, pull up the shades, and let in the sunlight.
2. Create a positive mood. Turn on all lights, day or night, and install higher wattage light bulbs to show your home brightly.
3. Remove clutter from each room to visually enlarge them.
4. If you have a fireplace, highlight it in your decorating.
5. Keep your home dusted and vacuumed at all times.
6. Replace the carpet if it does not clean up well.
7. Have a family "game plan" to get the home in order quickly if necessary.
8. Air out your home for one-half hour before showings, if possible.
9. Lightly spray the house with air freshener so that it has a chance to diffuse before the buyer arrives.
10. Put family photos in storage.
11. Improve traffic flow through every room by removing unnecessary furniture.
12. Create the feeling of a spacious entry area by using decorative accents and removing unnecessary furniture.
13. Putty over and paint any nail holes or other mishaps in the walls.
14. Paint all interior walls a neutral color to brighten the home and make it look bigger.
15. Repair or replace any loose or damaged wallpaper.
16. Clean all light bulbs and light

fixtures to brighten the home.

17. Wash all windows inside and out.
18. Use plants in transitional areas of your house.
19. Make the most of your attic's potential.
20. Remove and/or hide excess extension cords and exposed wires.
21. Open doors to areas you want potential buyers to see such as walk-in closets, pantries, attics, etc.
22. Remove all smoke and pet odors.
23. Repair or replace banisters and handrails.
24. Microwave a small dish of vanilla twenty minutes before a showing and place it in an out-of-the-way place.
25. Highlight an eat-in area in your kitchen with a table set for dinner.
26. The kitchen and bathrooms should always be spotlessly clean.
27. Expand your counter space by removing small appliances.

#### In the Bedrooms

28. Create a master suite effect in your decorating.
29. Depersonalize bedrooms and decorate in a neutral scheme.
30. Make sure that the beds are made and the linens are clean.
31. Organize your closets, remove unnecessary items and put them in storage.

#### In the Bathrooms

32. Do not leave towels round and wipe down the sinks and shower areas after each use.
33. Re-caulk the tub if the caulk is not sparkling white.
34. Repair or replace broken tiles in the shower/tub.
35. Replace shower curtains and keep them clean.

36. Put out fresh towels.

#### Outside

37. Keep the yard mowed and raked at all times.
38. Use flowering plants to dress up the yard, walkway, and patio.
39. Remove all toys, bicycles, tools, unsightly patio furniture, and trash from the yard.
40. Porches, steps, verandas, balconies, patios, and other extensions of the house should be kept uncluttered, swept, and in good condition.
41. Paint all entrance doors.
42. Make sure the garage door opens easily. Fix and paint the garage door if necessary.
43. Clean and shine all hardware and

accessories indoors and out (door knobs, knockers, lamps, mail box, address numbers, etc.)

44. Trees and shrubs should be trimmed and pruned.
45. Use a new doormat.
46. Be sure the front doorbell is in good working order.

#### Thank You Sue

Dear Sue,  
I wanted to take a moment to thank you for your assistance in selling our home. As you know, we have moved six times with Merck, and by far this has been the best home selling experience my family and I have had.

Sincerely,

30+ years experience bringing Buyers and Sellers together.

*I am deeply honored to be included in Who's Who in America and I sincerely thank the Who's Who Publications Board for this recognition.*

*Sue Jones*



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## Keeping Germs at Bay: The Fall & Winter Clean That Protects Your Family's Health



Lisa Ciao, Owner Maid For You

### How Maid For You Tackles It

This is why every Maid For You deep clean and routine maintenance clean includes **disinfecting common touch points** throughout your home. Door handles, remotes, light switches, refrigerator handles, and faucet levers all get the attention they need to help stop **germs in their tracks**. Owner Lisa Ciao's favorite product for the job? Melaleuca's Sol-U-Guard Botanicals. It's EPA approved, kills 99.9% of **germs**, and uses natural sanitizers like thyme and citric acid—powerful enough to protect your family, yet gentle enough to trust in your home.

### Smart Cleaning Habits for Busy Households

You don't need to turn your house into a sterile laboratory. A few smart **cleaning habits**, focused on the right areas, can **reduce the spread of germs** dramatically.

- Create a rotation for touch points. Aim to disinfect high-touch areas at least a few times a week, more often during flu season or when someone's under the weather.
- Think beyond the obvious. Don't forget cell phones, backpacks, lunch boxes, reusable water bottles, tablets, game controllers, refrigerator handles, and even the steering wheel of the family car.
- Use the right products. Disinfecting wipes or sprays that kill 99.9% of germs are effective and easy to keep on hand. Just make sure surfaces stay visibly wet for the contact time recommended on the label.
- Teach kids awareness. Even younger children can learn to wash hands before reaching for snacks, turning knobs, or grabbing the remote.

Life in Bucks County moves fast. Between juggling careers, carpools, and a never-ending to-do list, the last thing most busy professionals and busy parents want is to lose precious time to a sick day.

And fall and winter? That's when **germs** seem to multiply. Kids come home from school with backpacks, lunch boxes, water bottles, and sports gear—each one a potential carrier for **bacteria and viruses**. With shared classroom supplies, playground equipment, and playdates, it's no surprise that cold and flu season often feels endless.

### Why High-Touch Surfaces Are Germ Magnets

We wipe counters. We vacuum floors. But the spots we touch most often? They're usually the ones we forget. High-touch surfaces act like public handshakes in your own home. Every time a family member—or guest—presses a remote button, grabs the fridge handle, or flips a light switch, they **leave behind germs that can easily spread**.

The TV remote is a perfect example. It's passed from person to person, handled during snack time, sometimes dropped on the floor, and rarely cleaned. Studies show that viruses like the common cold and flu can live on hard surfaces for hours or even days. That means one sneeze on a hand, followed by a click of the remote, can spark a chain reaction that keeps **germs circulating** through your household.

Want an easy checklist? Scan the QR code to download our **free High-Touch Surface Cleaning Guide**. It's a quick-reference tool you can stick on the fridge for the whole family to see.

### When to Hire the Pros

Of course, carving out time to keep up with these routines can feel nearly impossible when your schedule is already stretched thin. That's where **professional cleaning** can be a game changer. Maid For You's team disinfects those high-touch areas every visit, giving you peace of mind that it's covered. And when the season shifts to fall and winter, we recommend a few smart upgrades:

- Professional air duct **cleaning** to reduce allergens and dust that circulate through heating systems.
- Replacing HVAC filters to improve air quality and reduce strain on your system.
- Deep **cleaning** carpets and upholstery to remove hidden allergens and bacteria before everyone is stuck indoors.

For many families, it's not just about a clean look. It's about **health, peace of mind**, and reclaiming the breathing room to enjoy life without always playing catch-up.

### Bucks and Montgomery County Families Deserve Breathing Room

At Maid For You, we've seen firsthand the relief clients feel when they walk into a **clean, fresh home** after a long day. It's not only about a tidy living room—it's about lowering stress, protecting your family from unnecessary sick days, and giving you the gift of time.

Whether you need a one-time **deep clean** to reset your home or regular visits to stay on top of busy family life, our team is here to make sure you get the balance you deserve.

Right now, every new customer who signs up for recurring service has the chance to **win back their money**. One lucky winner *each month* will **receive up to \$500 in cleaning credits annually**—applied monthly over 12 months.

Here's how to enter: follow Maid For You on Facebook (@maidforyouinc) & Instagram (@themaidsforyou), like & share one post each month, and refer at least one friend, family member, or neighbor who books a cleaning and/or buys a gift card.

Complete these three steps and you're officially in! **Everyone who participates wins \$50 in cleaning credits** toward their next cleaning.

\$500+ value annually (per person). Limited to 12 winners total, so don't wait to enter!

### Ready to take cleaning off your plate and keep your family healthier?

Contact Maid For You today.  
Phone: 215-370-7993  
Email: info@themaidsforyou.com  
Website: www.themaidsforyou.com  
And be sure to **scan the QR code** to grab your *High-Touch Surface Cleaning Guide*

DELEGATE WHERE IT COUNTS SO YOU CAN

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WITH MAID FOR YOU

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- ✓ One-time specialty clean — now \$349 (reg. \$475)

*learn more*



Dr. Uzma Chaudhry

By Desiree Rachlin, CMA

Or maybe you sneezed and suddenly wished you'd worn black pants? If so, you're definitely not alone — and no, it's not just something that happens to "older ladies." Bladder leaks can surprise women of **ALL** ages, but luckily, medicine has caught up with our laughs, coughs, and workouts.

Bladder leaks are common, but that doesn't mean you have to just "put up with them." From simple pelvic floor exercises to quick, non-surgical treatments, there are many ways to regain control and confidence.

### Understanding Types of Urinary Incontinence

#### 1. Stress Incontinence

Leakage occurs when pressure is placed on the bladder, such as during:

- Coughing
- Sneezing
- Laughing
- Exercising
- Lifting heavy objects

It is often caused by weakened pelvic floor muscles or urethral support, common after childbirth or aging.

#### 2. Urge Incontinence

Also known as overactive bladder (OAB), this is leakage associated with a sudden, intense urge to urinate that is difficult to control.

Symptoms include:

- Frequent urination
- Sudden urgency
- Leakage before reaching the bathroom

This is often due to involuntary bladder muscle contractions.

#### 3. Mixed Incontinence

Mixed incontinence is when a person experiences both stress and urge incontinence. For example, you may leak with coughing (stress) but also feel sudden, uncontrollable urges (urge).

### There Are Options for Incontinence

Advances in women's health and aesthetic medicine have introduced a variety of minimally invasive treatments designed to improve comfort, confidence, and quality of life. Two commonly discussed options are ThermiVa® and Bulkamid®, which specifically target concerns

related to vaginal health and urinary incontinence. In addition to these medical treatments, even something as simple as pelvic floor exercises can play a powerful role in strengthening bladder support and reducing leaks — proving that there are multiple ways to take back control and improve everyday wellness.

#### ThermiVa®

ThermiVa® is a non-surgical vaginal rejuvenation treatment that uses radiofrequency energy to gently heat tissue. This controlled heating stimulates collagen production and improves circulation.

#### Benefits may include:

- Improved vaginal laxity (tightness)
- Increased natural moisture and comfort
- Enhanced sexual satisfaction
- Reduction in mild urinary leakage

The procedure is performed in-office, requires no anesthesia, and has little to no downtime.

#### Bulkamid®

Bulkamid® is an injectable treatment specifically used for stress urinary incontinence (SUI). It involves placing a soft, water-based gel into the urethral wall to "bulk" the area, helping the urethra more effectively during activities that cause leakage. It is a quick, minimally invasive outpatient procedure that requires no incisions or general anesthesia.

#### Benefits may include:

- Immediate improvement in bladder control for many patients
- Long-lasting results, though additional injections may sometimes be needed

Bulkamid® is recognized as a medical therapy; it is usually covered 100% by insurance, depending on your specific plan and benefits. Dr. Chaudhry's office can verify coverage with your insurance company before treatment is scheduled.

ThermiVa®, on the other hand, is considered an elective, non-surgical procedure for incontinence as well as vaginal rejuvenation. This is not covered by insurance. Patients who choose ThermiVa® would need to pay out of pocket.

#### Other Thermi® Services at Dr. Chaudhry's Office

In addition to ThermiVa®, Dr. Chaudhry's office also offers ThermiSmooth® and ThermiTight®.

**ThermiSmooth®** is a non-invasive skin treatment that also uses radiofrequency energy, but it is designed for surface-level skin concerns.

#### Benefits may include:

- Smoother skin texture
- Reduction of fine lines and wrinkles
- Improved skin elasticity around delicate areas (such as around the eyes or mouth)

This option is popular for patients looking for a gentle, no-downtime approach to skin rejuvenation.

#### ThermiTight® is a minimally

**invasive** procedure for more significant tissue tightening. A small probe delivers radiofrequency energy under the skin to stimulate deeper collagen remodeling.

#### Benefits may include:

- Noticeable skin tightening in the face, neck, arms, abdomen, or thighs
- Long-lasting results compared to non-invasive options
- Improvement in skin laxity without the need for surgical lifting
- Downtime is minimal but slightly longer than ThermiSmooth® or ThermiVa®

Dr. Chaudhry and her team understand that conditions such as incontinence or intimate health concerns reach far beyond physical symptoms; they can impact your confidence, relationships, comfort, and overall quality of life. These challenges can make everyday activities, from laughing with friends to exercising or

even simply leaving the house, feel stressful and uncertain. Recognizing how personal and sensitive these issues are, Dr. Chaudhry approaches each patient with compassion, respect, and a focus on restoring not just health but peace of mind.

Her commitment goes beyond treating symptoms. By offering safe, evidence-based, and effective therapies, Dr. Chaudhry's goal is to help preserve your independence, dignity, and emotional well-being. Every treatment plan is tailored to your individual needs, ensuring that you feel heard, supported, and empowered every step of the way.

You don't have to live with incontinence or accept the daily limitations it can bring. Modern therapies such as **ThermiVa®**, **Bulkamid®** and other anti-incontinence procedures along with simple measures like pelvic floor strengthening, provide real and lasting solutions.

Imagine the freedom of no longer needing to know where every bathroom is before you leave the house or the comfort of taking a long car ride without fear of sudden leakage. Dr. Chaudhry looks forward to walking alongside you on this journey — guiding you through each stage with empathy and expertise. Her mission is to help you regain the freedom to laugh, sneeze, run, and live your life without worry, so you can fully embrace each moment with confidence and joy.



## UROGYNECOLOGY and Female Medicine

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## Essential Oils for a Stress-Free Holiday Season

By Doreen Lafferty OTD, LAc, OTR/L, LMT

As the “ber” months arrive, they usher in a flurry of activity: back-to-school routines, Halloween festivities, Thanksgiving gatherings, and the whirlwind of winter holidays. With so much preparation, shopping, and travel, it’s easy to feel overwhelmed. But amid the hustle, there are simple, natural ways to support your well-being and maintain balance. One powerful tool is aromatherapy, the practice of using essential oils to enhance physical, mental, and emotional harmony. Essential oils are highly concentrated plant extracts packed with active organic compounds that work with

your body to restore balance. Known for their therapeutic properties, these oils can be anti-inflammatory, antiseptic, energizing, or calming. Popular choices like lavender, eucalyptus, ginger, and frankincense each offer their own unique benefits, making them a versatile addition to your wellness routine.

The easiest and most effective way to experience the benefits of essential oils is through inhalation, which allows the compounds to reach your brain quickly. You can add 6–8 drops to a diffuser or humidifier, mix them with water in a spray bottle, or place a few drops on a tissue and take three deep breaths. Steam inhalation is another soothing option—simply add 6–8 drops to a bowl of hot water and breathe deeply. Essential oils can also be used topically when diluted

properly. A warm bath infused with 6–8 drops can help you unwind, while a DIY massage oil—made by blending up to four oils (2 drops each) with a carrier oil like almond or coconut—can ease tension in sore areas. For localized relief from aches and pains, create a compress by soaking a towel in a bowl of water mixed with 8–10 drops of oil and applying it to the affected area. Effective blends include **Study blend**: lemon, basil, peppermint, black pepper; **Sinus blend**: eucalyptus, lemon, peppermint, ginger; **Calming blend**: bergamot, lavender, chamomile, ylang ylang, or frankincense.

Because essential oils are so potent, safety is key. Always dilute oils with a carrier oil or water before applying them to your skin and avoid direct contact with undiluted oils. If you’re pregnant, managing health conditions

like high blood pressure, or have sensitive skin, consult a trained aromatherapist before use. By approaching aromatherapy with mindfulness and care, you

can create small rituals that bring calm, energy, and comfort—helping you navigate the busy months ahead with greater ease and balance.

*Doreen Lafferty, OTD, LAc, OTR/L, LMT, is the Director of Clinical Education and Services at Won Institute of Graduate Studies. She has an advanced clinical specialization in Health and Wellness and has been a health care provider since 1988.*

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## The Bucks County Women’s Journal Reach Your Target Audience

**The Bucks County Women’s Journal** is the only educational newspaper serving the women of Bucks County. The BCWJ provides the best in local contacts and the latest information available. We are published bi-monthly and distributed free of charge throughout Bucks County.

**The Bucks County Women’s Journal** seeks to educate and inform women and their families in meaningful ways. We challenge our contributors to demonstrate their expertise, insight, and enthusiasm for their professions and businesses by writing objective and educational articles.

Our contributors become known as “experts” in their field, while providing the readership with valued information about products, services and resources available to them – a huge benefit from a free publication!

Our publication format allows readers to gain an understanding of “who” the contributor is prior to making the first phone call. This is paramount to businesses that rely on the “personal touch.” In addition to our readers being able to make educated and informed choices, our contributors benefit by having access to a savvy and discerning readership – the affluent, higher-educated women of Bucks County. A publication dedicated to educating women of Bucks County.



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*Women’s Journal*  
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**For information on advertising in the Bucks County Women’s Journal contact us at 215-872-1814 or [www.buckscountywomensjournal.com](http://www.buckscountywomensjournal.com)**

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.



## Wasting Time

A dear old friend once told me, "When you waste money, you can always get more. When you waste the time in your life, you can never get it back."

One thing my closest professional colleagues and I agree upon is we need to learn something new every day. One may feel the best sources to learn from are continuing education, reading scientific journals, and attending seminars listening to lecturers. These avenues have their place in our professional growth. However, patients educate us in their needs and pursuit of the best hearing healthcare sought.

From our discussions of the processes encountered with tens of thousands of people, everyone has their own method of achieving better hearing to improve the quality of life. Most are focused and direct at gathering information, understanding their hearing handicap, selecting the best amplification, using their motivation to change their daily lives, and putting this new practice into a habit. This is the shortest and most effective distance between two points.

Some prefer to take a longer and more time-consuming approach for better hearing. Their end choice may not always be in their best interests.

One instance found this person with their long-time, trusted professional audiologist providing the

best option to acquire the improvement to their decreased hearing since being fitted with amplification ten years previous. Instead, the person chose to seek out a salesperson at a retailer. This dead-end experience wasted three weeks and gave them complete dissatisfaction with the equipment, frustration, and no professional support. Next was searching for hours on the internet for the latest and greatest device at the cheapest cost. The online company demanded payment in full before the devices were shipped and had no professional support for the wearer who would be on their own. After six months of delay with the tap dancing, the person was told by Aunt Hortense to go to the big warehouse operation and save a lot of money. This option would net them cheap prices on older technology. Service was limited to an inexperienced salesperson who could do nothing more than an automated first fitting without the required acoustic adjustments, counseling, and aural rehabilitation. More than six months' time had been wasted on chasing these rabbits in the woods only to have that person end up back with the original professional audiologist for the recommended care.

Still another individual did not heed the professional recommendations and counseling provided by their professional audiologist. They had been satisfied with the product and service given for more than ten years. However, the person wished

to shop prices and get second opinions at other offices. Once this tap dance was completed in their surrounding area, the person was back at the original provider and wanted to know what they thought of these opinions from the inexperienced salespeople. The original professional audiologist responded with a resounding, 'not much.' The well-seasoned and astute professional audiologist would not give credence to an outside novice who did not know and understand the complete history of the person and their receptive communication requirements. That entire process wasted four months' time for the person.

In another situation, the person did not

heed the professional recommendations of the audiologist. They searched for online sources of do-it-yourself fitting with over-the-counter options. The end result was \$1000 spent on a pair of devices and another deal for \$300. After spending \$1300, owning two sets of devices which never helped, the person ended up at the original audiologist's office. This futile and painful process wasted five years.

Still another person did not accept the audiologist's recommendations for the latest state-of-the-art technology to meet their communication needs. The individual was advised by a friend to go elsewhere for cheap devices. This person saved \$1000 but purchased

technology which was two generations older than what was originally recommended. The time wasting will proceed into infinity. The sales store is a half hour drive each way every time service is needed, adjustments required, manufacturer repair service to be shipped out, and more. The old saying is penny wise and pound foolish.

Consider the experiences of these other people when in need of hearing healthcare. Trust the professional recommendations of your private practice audiologist and never waste time.

*Dedicated In Memoriam to my brother-in-law Robert G. 'Rob' Tetric 11/30/1951 -- 7/19/2025*

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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.

# A WORTHWHILE EVENING *Gala*

Join us on **Friday, November 14, 2025** at The Drexelbrook Event Center in Drexel Hill, PA for our annual gala & fundraiser as we celebrate 13 years of serving individuals affected by human trafficking and exploitation in the Greater Philadelphia area. Doors open at 5:30 pm.

## Evening Program

40+ Silent Auction Items & Experiences | Exciting Live Auction  
Cocktail Hour & Hors D'oeuvres | Dinner & Dessert  
Live Music by the Philly Pops | Special Guests  
Guest Speaker | Exclusive Program Insights & Announcements

**Our Goal: Help us Raise \$350,000**



100% of the funds raised at the gala will be used to reach and serve more women, men, and youth to help them experience hope and healing through these life-changing programs for years to come:

- Education, Empowerment & Prevention (Worth It)
- Long-Term Restorative Safe-Housing (The Well)
- Survivor Employment (Worthwhile Thrift)



For more information, visit [Worthwhile.org](http://Worthwhile.org)





# 2025 Women BUILD

November 5 - 8 | 9 am - 4 pm

Women Build brings together strong, passionate women (just like you!) to roll up their sleeves, raise funds, and help build safe, reliable homes for low-income Habitat homebuyers. It's about more than just swinging hammers - it's about lifting up families, creating lasting impact, and having a whole lot of fun along the way.

**Together, we can make a difference.**

Contact Kim at [k.rhoades@habitatbucks.org](mailto:k.rhoades@habitatbucks.org) or scan the QR code to learn more.





## 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, 2025 through January 31st, 2026 at Keller Williams Doylestown Office located at 259 Veterans Lane, Suite 101, Doylestown Borough, PA 18901. Hours: Mon-Fri 9am - 5pm**

Please call Sue Jones  
Office 215-340-5700 Ext 164  
Cell 215-262-4422  
with any additional questions.



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

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

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

- Jenelle, Arizona

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## Little Santa Big Shop



Board Members From left to right: Barbara Kroberger, Hannah Geller, Mindi Greenberg, Wendy Webb Schoenewald, Missing: Brittany Cooper

Since 2020, Little Santa Big Shop (LSBS) has been dedicated to spreading holiday joy by providing parents and guardians with a free, donation-based shopping experience for their children. Our mission is to ease the stress of the holiday season for families going through difficult times. Through kindness, generosity, and community, we aim to create moments of happiness and inspire recipients to pay it forward—sharing the spirit of giving for years to come.

We are proud to announce that **Little Santa Big Shop is now officially a 501(c)(3) nonprofit organization.**

The tradition began more than 20 years ago when the Greenberg family played “Secret Santa” for local families in need—providing gifts, clothing, toiletries, and even freshly baked cookies. Each year, Mindi Greenberg and her “Little Santas” sponsored more families than the previous year. In 2019, they supported 18 families and 47 children.

In 2020, as the pandemic unfolded, LSBS transformed the growing Secret Santa project into a “secret shopping” format. Parents now register, are vetted, and shop for their families during scheduled times—preserving dignity while ensuring fairness. In just five years, LSBS has helped more than **300 families** provide their children with toys, electronics, toiletries, games, craft items, and fresh-baked cookies—all donated by generous community members.

### Donation Drop-Off Locations (October 1–31):

- Wendy Webb Schoenewald Physical Therapy – Doylestown
- Sunrise Senior Living of Lower Makefield
- Sunrise Senior Living of North Wales
- Sunrise Senior Living of Abington
- Roman Delight Restaurant – Fountainville
- St. Anne Ukrainian Catholic Church – Warrington
- Giuseppe’s Pizza & Family Restaurant – Warminster
- Lord’s New Church – Huntingdon Valley
- Willow Grove Methodist Church – Willow Grove

### Special Event:

Join us on **Sunday, October 5th**, at Patriot Chevrolet (829 West Street Road, Warminster) during the **Tri-State Corvette Association’s 40th Annual Corvette Show**. Donations will be accepted from 9:30 AM – 3:30 PM. Look for the **Red GMC Truck!**



“It truly takes a village. None of this would be possible without the support of family, friends, the Tri-State Corvette Association, and our generous community.”  
– *Mindi Gurwood Greenberg*

### Get Involved:

- Email: [LittleSantaBigShop@gmail.com](mailto:LittleSantaBigShop@gmail.com)
- Facebook: Little Santa Big Shop
- Instagram: [@littlesantabigshop](https://www.instagram.com/littlesantabigshop)

### Donations Greatly Appreciated:

- Checks may be made payable to: Little Santa Big Shop
- Mailed Donations & Packages can be sent to: PO Box 157 Jamison, PA 18929



# AAUW: Advancing Gender Equity



By Ardith Talbott,  
President of AAUW Doylestown

What do paid family leave, reproductive rights, and career and technical education (CTE) have in common? They share a crucial commonality: their collective impact on women's economic opportunity and equality. These are also some of the things that AAUW (American Association of University Women) actively advocates for in pursuit of its mission to advance gender equity for women and girls.

AAUW is a national organization with about 1,000 branches across the country, including the local AAUW Doylestown branch. Our branch members are like-minded women who enjoy gathering throughout the year, both in small interest groups for fun and to stay informed and advocate for gender equity. Several programs each year, including the October and November programs, are open to the community.

On Wednesday, October 22, Dr. Michael Herrera, Executive Director of the Upper Bucks County Career and Technical School, will speak at an AAUW program about the role of career and technical education (CTE) in preparing young people for today's workplace. Pennsylvania has a workforce shortage in fields like healthcare, manufacturing, and skilled trades. Encouraging girls and boys to pursue these fields is good for the economy in multiple ways. Dr. Herrera will share impressive success stories of girls in these non-traditional fields of work, highlighting how CTE programs are crucial for closing the gender gap and promoting economic self-sufficiency. Given the expense of higher education and the changing interests of students, CTE is something both students and parents should consider. AAUW believes that women deserve equitable access to careers, and we support CTE training opportunities in male-dominated fields, such as mechanics and construction. Dr. Herrera's presentation will focus on the tangible benefits of CTE, demonstrating how students acquire skills that directly lead to high-paying jobs.

In reflecting on this work, Dr. Herrera shared: "As Executive Director of UBCTS, I have seen

firsthand the life-changing opportunities that career and technical education provides to young women who might not otherwise envision themselves in these roles. When we give the students access to rigorous training, mentorship, and real-world experiences, they not only develop skills but also gain confidence and independence. By encouraging more girls to explore non-traditional pathways, we're not just filling workforce shortages—we're ensuring they have a seat at

the table in industries that shape our communities. UBCTS is committed to continuing this mission alongside AAUW and other partners dedicated to advancing gender equity."

AAUW Doylestown has also recently partnered with the Women's Law Project, Planned Parenthood, Children First PA, and other organizations to offer informative programs and advocacy opportunities about reproductive rights in Pennsylvania, as well as the proposed Family Care Act which would provide access to paid family and medical leave to all workers in Pennsylvania.

*"... members are like-minded women who enjoy gathering throughout the year, both in small interest groups for fun and to stay informed and advocate for gender equity ..."*

AAUW Doylestown welcomes new members! Visit the local website at <https://doylestown-pa.aauw.net/> or email [aauwdoylestownpa@gmail.com](mailto:aauwdoylestownpa@gmail.com) for more information about upcoming programs and AAUW membership. Visit the national AAUW website at <https://www.aauw.org/> to learn about AAUW's overall strategic priorities and initiatives.

*Ardith Talbott has been a member of AAUW for 10 years and served on the board for 4 years. She has been a long-time advocate for equity, most recently through her work with AAUW. Previously she served as the Bucks County coordinator for Fair Districts PA which advocates for redistricting reforms to end gerrymandering. As she reflects back on her 40-year career, equity for women runs deep. After graduating from a women's college (Goucher College), her first job was with the Girl Scouts of the USA.*

**The October 22 meeting  
will be at the  
Bucks County Intermediate Unit, 705  
N Shady Retreat Rd, Doylestown.  
Please send email  
[AAUWDoylestownPA@gmail.com](mailto:AAUWDoylestownPA@gmail.com)  
for information and to RSVP.**

## *The Healing Power of Community Found at Cancer Support Community Greater Philadelphia*

Cancer can feel isolating even with loving family and friends; it's easy to feel like no one truly understands what you're going through. That's where community steps in. At Cancer Support Community Greater Philadelphia, a support system is created that becomes a source of strength, comfort, and connection.

We offer support groups, counseling, and over 120 programs monthly. You will find a circle of survivors and licensed professionals to check in and share practical advice, swap stories, laugh when you need to, and cry when you have to.

This October, CSCGP will host a Pink Potluck Party with our dedicated Breast Cancer Networking and Support Group, designed to bring together those impacted by breast cancer for support and celebration. But our community is here for anyone affected by any cancer.

This fall, our calendar is full of opportunities to connect and support our community, including a Pumpkin Spice Breakfast to welcome the season, a Grief and the Holidays lecture, a variety of different support groups, and fund-raising events

Mahjong, our annual Paws 4 Life Dog Walk, Golf Outing, and a Benefit Art Show.

All the programs offered at Cancer Support Community Greater Philadelphia are free. You can participate at one of our seven locations: The Suzanne Morgan Center at Ridgeland in Philadelphia and Gilda's Club in Warminster, as well as through our satellite sites at Penn Medicine Doylestown Health, Alliance Cancer Specialists at Grand View Hospital Outpatient Center in Sellersville, The Cancer Institute of Doylestown Hospital, Trinity Health Mid-Atlantic's St. Mary Medical Center in Langhorne, and Alliance Cancer Specialists in Bensalem. We also offer virtual programs, making it possible to access support from anywhere.

This October, let's celebrate the power of connection. Let's honor the women who've walked this path, because Community Is Stronger Than Cancer. And remember—your health matters. If you haven't already, schedule your mammogram today.

You can find out more information about our free programs and upcoming events at <https://cancersupportphiladelphia.org/>.



**Come Join Us  
At CSCGP**



*"... This fall, our calendar is full of opportunities to connect and support our community ..."*

When you're ready to make a difference, we're ready to help



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By Nickey Hollenbach  
Owner, Personal Touch  
Concierge Service®

As technology advances at a rapid pace, you may wonder whether Artificial Intelligence (AI) will eventually replace human workers entirely. While AI has been in development since the 1950s and gained mainstream attention in recent years, the truth is that AI can handle many tasks efficiently but still needs the human touch to succeed in business applications.

AI is advancing at a pace once thought impossible. From chatbots and recommendation engines to self-driving cars and predictive analytics, AI is no longer a futuristic idea; it's a present reality transforming nearly every industry. Yet despite its extraordinary capabilities, one truth remains clear: AI will always need humans.

The relationship between humans and AI is not a competition but a partnership. While machines can process vast amounts of data, identify patterns, and automate repetitive tasks, they cannot replicate the depth of human judgment, creativity, empathy, and ethics. It's when we start relying on AI to provide us with 100% truth and stop researching on our own that humanity will be in trouble. This is why maintaining human oversight remains crucial for business success. The future of AI isn't about replacing humans; it's about amplifying human potential. Here are the key reasons why AI will always need people at its side:

**Human Judgment and Context**

AI excels at analyzing information, but it doesn't "understand" context in the same way humans do. For instance, an AI tool might detect patterns in financial data that suggest a potential

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risk, but it takes a human professional to evaluate broader market conditions, social dynamics, or even cultural influences that the data doesn't fully capture.

Similarly, in healthcare, AI can scan thousands of medical images and flag abnormalities faster than any radiologist. But the final diagnosis requires a physician who considers the patient's history, lifestyle, and emotional well-being. Humans bring context that goes beyond the data. Recent studies have shown that, when AI platforms were used to analyze standard medical tests for older adults, they frequently missed critical evidence that doctors would typically catch.

**Creativity and Innovation**

AI is designed to replicate patterns, not invent entirely new ones. While generative AI can compose music, write copy, or design images based on existing data, true creativity involves pushing beyond known boundaries, taking risks, and imagining possibilities that don't yet exist.

Think of groundbreaking inventions from the lightbulb to the smartphone. These innovations came from human curiosity, imagination, and the courage to attempt something never done before. AI can support creativity, but it cannot replace the spark of human ingenuity that drives progress.

**Empathy and Emotional Intelligence**

At the heart of many professions, from counseling and education to leadership and customer service, lies empathy. AI can recognize words and even analyze sentiment, but it cannot truly feel or connect emotionally. (Most) humans provide the compassion and understanding that make interactions meaningful.

## Why AI Will Always Need Humans

Without human oversight, AI risks being applied in ways that could harm individuals and society.

**Adaptability and Common Sense**

AI is powerful when operating within defined parameters but, when unexpected situations arise, it falters. A self-driving car may struggle with a scenario it hasn't been programmed to recognize, like a person in a costume crossing the street or debris falling from a truck. A human driver, using common sense and adaptability, can quickly respond.

The ability to handle nuance, improvisation, and real-world messiness is uniquely human. No matter how sophisticated AI becomes, the unpredictable nature of life ensures that humans will always be needed to manage exceptions and adjust course.

**Collaboration Creates the Best Results**

The most exciting future is not AI versus humans but AI **with** humans. This partnership allows machines to do what they do best such as processing data, automating routine tasks, and providing insights. Humans focus on higher-level skills like leadership, strategy, relationship-building, and creativity.

For businesses, this means greater efficiency and smarter decision-making. For society, it means technology that truly serves humanity's best interests.

Artificial intelligence is a powerful tool, but it is not a replacement for human beings. It lacks judgment, creativity, empathy, ethics, adaptability, and the capacity to form genuine connections. These qualities are essential for decision-making, innovation, and human progress.

The future of AI depends on humans just as much as humans will increasingly depend on AI. By embracing this partnership, we can create a world where technology enhances what makes us human—not diminish it.

AI doesn't replace us. It needs us. And together, we can achieve more than either could alone.

Not sure how to use AI in your business? Schedule a call with us today!



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Nickey Hollenbach  
Managing Member

## What You Need to Know About Phishing



By William R. Cunningham  
of RPCR

Phishing is one of the most common and highly successful online scams people and businesses face today. It happens when bad actors pretend to be trusted organizations—like your bank, a delivery service, or even a government agency—to trick you into giving away personal information. Their

goal is typically to steal items such as passwords, credit card numbers, or other sensitive information, and, in many cases, your money.

### Common Types of Phishing

There are several types of phishing you might encounter. **Email Phishing** is a fake email designed to look official, often urging you to click a link, open an attachment, or log into your account. **Spear Phishing** is a targeted and more personalized email, making it look more legitimate. **Text and phone scams (smishing and vishing) are fraudulent messages** or calls claiming urgent problems with your account or services. **Whaling** is a highly targeted scam targeting business leaders, executives, or individuals with access to sensitive financial information.

### How to Spot a Phishing Attempt

There are ways to detect phishing scams. First, be aware of strange links or attachments. Always hover over a link before clicking. If the address looks odd,

don't trust it. Avoid clicking links in emails altogether. Phishing scams typically use **urgent language** to trick you into acting quickly and without thinking. Many phishing emails use generic greetings, such as "Dear Customer," instead of your actual name.

### Protecting Yourself

The best defense is to stay alert and question all emails before

taking action. If you ever get a suspicious message, don't click any links or give out personal details. Instead, contact the company directly using their official website or phone number.

Remember: scammers rely on fear and quick reactions without thinking. Taking a moment to double-check can save you from a world of pain later.

Read the unabridged version of this article at [www.rpcr.com/phishing](http://www.rpcr.com/phishing)



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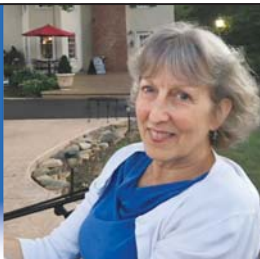
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*I have been a contributor to the Bucks County Women's Journal for the past 12 years. It is always a pleasure to work with Robin Coppinger from the paper to get my article published. She truly cares about her contributors as much as the people who read this extraordinary newspaper, which they can pick up free all around the area or view online. I know people are reading the BCWJ because I get calls from people who have seen my article as well as people I run into who comment on what I've written. I highly recommend that you pick up a copy because, as Robin says, "It's free, but it's priceless!"*

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<b>Wed 9/24 @ 6:30 PM</b>	<b>Main St. Earth Angel Awards &amp; Luminary Stroll Mercer Museum</b>
<b>Thurs 10/2 @ 6:00 PM</b>	<b>Thompson Sign &amp; Shine Thompson Toyota Doylestown</b>
<b>Fri 10/3 Sat 10/4 Sun 10/5 Mon 10/6</b>	<b>Sun Dog Yoga Sound Healing &amp; Yoga Classes 17 W State St # 1, Doylestown, PA 18901</b>
<b>Tues 10/7 @ 6:30 PM</b>	<b>Wine Pairing Dinner at Ardana Ardana Food and Drink</b>
<b>Wed 10/8 @ 6:00 PM</b>	<b>4th Annual Joli Beautique Fashion Show Joli Beautique - Barn Plaza Shopping Center, Doylestown</b>
<b>Sat 10/11 @ 8:30 AM</b>	<b>Breast Cancer Walk Lace Silhouettes - Peddlers Village, Lahaska</b>
<b>Thurs 10/16 @ 6:00 PM</b>	<b>Mr. Bucks County &amp; Newtown Block Party State Street, Newtown</b>
<b>Fri 10/17 @ 5:00 PM</b>	<b>Night of the living Deadlift &amp; Trunk or Treat Training for Warriors - Doylestown</b>
<b>Thurs 10/23</b>	<b>Fox &amp; Holly Cocktail Hour featuring clothing brand Liverpool Fox &amp; Holly - Peddlers Village, Lahaska</b>
<b>Thurs 10/30 @ 6:00 PM</b>	<b>TP My House - Live Music by School of Rock 71 Oak Drive Doylestown</b>

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