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JULY 2025

The Wolf Family:

**Building Dreams
One Kitchen at a Time**



INSIDE

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SOUTHERN YORK COUNTY!

I would like to extend a warm welcome to our new sponsor, The Center of Early Learning & Childcare!"

Our cover story features the Wolf family. When you meet Justin and Amber Wolf, it's immediately clear that entrepreneurship runs as deep as their roots in our community. Their story begins generations back, with both families carving their own paths in family-run business. "Justin's grandparents built their legacy in the automotive industry, just like mine did," Amber explains with pride. "It's amazing how those entrepreneurial values get passed down—both our parents struck out on their own at different points too."

That independent spirit certainly found its way to Amber early on. For 15 years, she successfully ran her own cleaning business, learning firsthand what it takes to build something from the ground up. Now, she and Justin are channeling that experience into their newest venture: Kitchen Tune-Up in Hanover.

Additionally, you'll enjoy a comprehensive calendar of local July events, try a delicious recipe from Sweet & Savory, dive into preserving the Susquehanna for future generations, and much more.

Have an amazing month!

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Content Coordinator

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Four Reasons Your Parents Might Be in Financial Trouble

BY KEVIN J. SMITH, CFP®, CFA®, AIF®, ChFC®, CLU®, CEPA®, CAP®, CASL®, CRPC®, CLTC®, NSSA®, RICP®, AWMA®, AAMS®

AS YOUR PARENTS AGE, they will probably need more help from you. But it may be difficult to provide the help they need, especially if they're experiencing financial trouble. Money can be a sensitive subject to discuss, but you'll need to talk to your parents about it in order to get to the root of their problems and come up with a solution. Before you start the conversation, consider the following four scenarios as signs that your parents might be experiencing financial challenges, and how you can make things easier for them.

1. They are dealing with debt

Perhaps your parents have fallen behind on their mortgage or credit card payments. Maybe they're dealing with the aftermath of a large, unexpected medical bill. Or it could be that years of generously supporting their children and grandchildren have left their finances in shambles. Whatever the cause, debt among older Americans is a growing trend.

2. They are falling for fraud

Older adults are often targeted or disproportionately affected by fraud. Why do scammers target older individuals? There are many explanations for this trend. Some older individuals lack an awareness about major financial issues. Others may be attractive targets for scammers because they have access to retirement account assets or have built up home equity. Additional factors that increase an older adult's vulnerability to scams include cognitive decline and isolation from family and friends.

3. They aren't used to managing finances

The loss of a spouse can create many challenges for the survivor, especially if the deceased spouse was in charge of finances. Many widows or widowers might find themselves keeping track of statements, paying bills, budgeting, and handling other financial matters for the first time, which can be a complicated reality to face.

4. They struggle with change

As financial institutions continue to innovate and increase online and mobile access to customer accounts, it can be difficult for older consumers to keep up. For example, some older adults may struggle with accessing their financial information online. Others might get frustrated or confused when financial institutions implement new policies and procedures, especially if they've had an account with an institution for decades.

Ways you can help

Regardless of the reasons why your parents might be having money problems, there are steps you can take to help them.

- **Set up a meeting with a financial professional.** Encourage your parents to meet with a professional to evaluate their financial situation.



- **Help them reduce spending.** Look for big and small ways that they can scale back on expenses, such as downsizing to a smaller home, cutting cable plans, or canceling unnecessary memberships/subscriptions.
- **Have them tested for dementia.** If you've noticed behavioral or memory changes in one or both of your parents, share your concerns with a medical professional. Cognitive decline can result in difficulty managing finances.
- **Lend money (using caution).** If you decide to help your parents monetarily, consider paying your parents' expenses directly rather than giving them cash so you can ensure that their bills are paid on time.
- **Help them apply for assistance.** The National Council on Aging has a website, [BenefitsCheckUp.org](https://www.benefitscheckup.org), that can help you determine your parents' eligibility for federal, state, and private benefit programs.

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Meet Coco!

BY CARISSA EARNEST



COCO IS OUR 6 YEAR OLD JACK RUSSELL TERRIER PUP. Despite her age, Coco has lots of energy and enjoys chasing her siblings around the yard and playing fetch! Coco's favorite things are lounging in the sun, eating treats, and snuggling under warm blankets. Coco is the inspiration for our business, Coco's Dog Boarding, and is featured in our logo!

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Where's Bella?

BY JAKE SCHULTZ



EACH MONTH, BELLA WILL BE HIDDEN somewhere here in *Southern York Living Magazine*. You need to find her!

Who is Bella? Bella is the kid Bichon of Kevin Smith; Kevin is the owner of Smith Wealth Advisory Group. Kevin has supported our community magazines from the very beginning. We are very grateful for his sponsorship.

The randomly chosen winner can choose a \$25 Gift Card to one of our local participating business sponsors. Good luck!

Email your answer to Jenn at jenniferschultz@bestversionmedia.com

**We will only be accepting answers until July 27th.*

Congratulations

to our May winner, Patty Anderson!!
Bella was found on page 20.

Celebrating Justin

BY JENNA WRAY



MY HUSBAND, JUSTIN, is such a great father because he leads with love, patience, and strength. He listens carefully, laughs wholeheartedly, and never misses a chance to teach, guide, and support our children. Watching him be present in every small and big moment reminds me daily how lucky our family is to have him. Even more impressive, he does it all while being completely overrun by a household full of girls- handling tiaras, tea parties, and endless glitter and makeup with the same grace and humor he brings to everything else.

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The Wolf Family:

Building Dreams

One Kitchen at a Time

BY ALCIA EDWARDS & JILL RICKLE | COVER PHOTO BY THE JOURNEY IS THE LIFE PHOTOGRAPHY | ADDITIONAL PHOTOS PROVIDED BY THE WOLF FAMILY

WHEN YOU MEET JUSTIN AND AMBER WOLF, it's immediately clear that entrepreneurship runs as deep as their roots in our community. Their story begins generations back, with both families carving their own paths in family-run business. "Justin's grandparents built their legacy in the automotive industry, just like mine did," Amber explains with pride. "It's amazing how those entrepreneurial values get passed down—both our parents struck out on their own at different points too."

That independent spirit certainly found its way to Amber early on. For 15 years, she successfully ran her own cleaning business, learning firsthand what it takes to build

something from the ground up. Now, she and Justin are channeling that experience into their newest venture: Kitchen Tune-Up in Hanover.

Their motivation couldn't be more personal or powerful. "Everything we do is about creating stability for Axel and Kenzie's futures," Justin reflects, speaking of their 7-year-old son and 2-year-old daughter. After 17 years of marriage, the couple sees their business as more than just a livelihood—it's creating a life where their children can witness the rewards of dedication and hard work.

But don't think the Wolf household is all business all the time! The family often packs up their travel trailer and takes off on family adventures. Both Axel and Kenzie are true "water kids" who delight at the sight of any body of water—whether it's a backyard pool, peaceful pond, or sandy beach which greatly influences their camping trip destinations. "Axel's gotten really into biking too," Justin adds with a grin. "We're always finding new parks and playgrounds to explore."

The family is complete with Smokey, their wise 4-year-old cat, and Chase, an energetic 1-year-old Yellow Lab who keeps everyone on their toes. Amber's passion for animal welfare shines through as she advocates for responsible pet ownership in our community: "Spaying and neutering might seem small, but it makes a huge difference in preventing overpopulation and reducing shelter animals."

Their Kitchen Tune-Up journey began in March 2023, with the business officially launching just three months later. Justin's 20-year journey in woodworking, including 18 dedicated years with the same custom cabinet company, made Kitchen Tune-Up a logical choice.

"I was ready for a change and stumbled across this franchise opportunity in 2022," Justin shares. "After months of research and countless conversations, we knew Kitchen Tune-Up was our perfect match. The support system feels like joining one big family."

Balancing business ownership with parenting young children is no small feat, but the family has created a system that works for their family. While Justin focuses on customer interactions and ensuring every project exceeds expectations, Amber works the behind-the-scenes operations alongside her mom duties. Seven-year-old Axel has become quite the little spokesperson too, enthusiastically telling anyone who'll listen about Kitchen Tune-Up!



Beyond business, Amber champions an often-overlooked cause: children's mental health awareness. "Too many adults dismiss kids' emotional struggles because of their age," she notes with conviction. "But depression and anxiety in children are real issues that deserve serious attention and support."

Through networking events and collaborative partnerships with other vendors, Justin and Amber have built genuine relationships that strengthen Hanover and the surrounding area's business culture. "Being part of this community means everything to us," Amber emphasizes, her appreciation evident.

At the heart of their business philosophy lies a simple goal: transforming how homeowners experience kitchen projects. "We want to completely change people's expectations about home improvement," Justin explains. "From minor updates to complete

kitchen overhauls, we promise no more headaches, no more stress—just a seamless experience that actually makes the process enjoyable."

Their commitment to exceptional customer service isn't just talk—it's built into every aspect of how they operate, from initial consultation to final reveal. In a world where kitchen remodels often become homeowners' worst nightmares, the Wolfs are determined to make them dreams come true instead.

Our community is incredibly fortunate to have entrepreneurs and families like Justin and Amber Wolf who understand that success isn't just measured in profit margins, but in the relationships built, the standards raised, and the positive impact created right here at home, both professionally and personally.



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Sourdough Pizza From Scratch

BY DAWN BLAIS, SWEET & SAVORY COTTAGE BAKERY

THERE'S SOMETHING DEEPLY SATISFYING ABOUT MAKING PIZZA ENTIRELY FROM SCRATCH—from bubbly sourdough crust to slow-simmered sauce and creamy, fresh-pulled mozzarella. This recipe celebrates the beauty of homemade food using just a few wholesome ingredients and time-honored techniques. It's a favorite in our family, especially on weekends when we all gather around the table and build our pizzas together.

Sourdough Pizza Crust

Ingredients (Makes 2 medium pizzas)

- 500g bread flour
- 325g water (65% hydration)
- 100g active sourdough starter (100% hydration)
- 10g sea salt
- 15g olive oil (optional, for extra tenderness)

Instructions

- 1. Mix:** In a large bowl, combine the flour and water. Mix until no dry bits remain. Let rest for 30 minutes (autolyse).
- 2. Add starter and salt:** Add the sourdough starter and salt. Mix thoroughly until incorporated. Add olive oil if using.
- 3. Stretch & fold:** Over the next 2 hours, perform 3-4 sets of stretch and folds every 30 minutes.
- 4. Bulk ferment:** Cover and let rise at room temperature for 4-6 hours, until doubled.
- 5. Cold proof:** Divide the dough, shape into rounds, and place in covered containers. Refrigerate for 12-24 hours.
- 6. Bake:** Bring to room temp 1 hour before baking. Preheat oven to 500°F with a pizza stone or steel. Stretch the dough into 10-12" rounds. Add sauce and toppings. Bake 7-10 minutes until crust is golden and cheese is bubbling.

Homemade Pizza Sauce

Ingredients

- 1 (28 oz) can San Marzano tomatoes
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp sea salt
- 1 tsp sugar (optional)
- Fresh basil, to taste



Instructions

1. Heat olive oil in a saucepan over medium heat. Sauté garlic until fragrant.
2. Add tomatoes, salt, and sugar. Simmer for 20-30 minutes until thickened.
3. Stir in torn basil at the end. Let cool before using.

Fresh Mozzarella

Ingredients

- 1 gallon whole milk (not ultra-pasteurized)
- 1 ½ tsp citric acid dissolved in ¼ cup cool water
- ¼ rennet tablet dissolved in ¼ cup cool water
- Salt to taste

Instructions

1. Heat milk to 90°F. Stir in citric acid.
2. Add rennet. Stir gently, then let sit undisturbed for 5-10 minutes until curds form.
3. Cut curds and slowly heat to 105°F while gently stirring.
4. Remove from heat, transfer curds to a bowl. Microwave in 30-second intervals (or use hot water bath) to heat and stretch the curds.
5. Add salt and stretch until smooth and shiny. Shape into balls. Use immediately or refrigerate.

Tip from the Cottage

Let your dough ferment slowly—it's not just about flavor, but about tradition, patience, and digestibility. This crust is a favorite at Sweet & Savory Cottage Bakery, and it always brings people together.

Play Review of *The Marvelous Wonderettes*:

May 30, 2025 Performance at the Totem Pole Playhouse

BY SHARON A. DORN

NOW IN ITS 75TH ANNIVERSARY YEAR OF OPERATION, the Totem Pole Playhouse kicked off the 2025 Season with an exciting and nostalgic off-Broadway run of *The Marvelous Wonderettes*.

In May, the Totem Pole Playhouse was named 2025 Non-Profit of the Year by Gettysburg-Adams Chamber of Commerce. The award was accepted by Producing Artistic Director, Ryan B. Gibbs; Managing Director, Fern-Marie Aames, and several others who represented the organization's staff, artists, and supporters.

What an incredible trip down memory lane to open the season than with a show filled with nostalgia and high energy. More than thirty of the most iconic songs of the fabulous '50s and snazzy '60s music defined an era. Along with Producing Artistic Director, Ryan B. Gibbs, Totem Pole's Creative Team included Jenn Reed, Choreographer; Jane Best, Music Director; Lisa Liebetrau, Costume Designer; and James Fourchard, Scenic Designer.

The extremely talented, exuberant and all-star cast of four immensely talented women includes Beth DeMichele, Carolyn Anne Miller, Katie Sexton, Jessica Wagner along with "Wonderstudy" Carly Paige Lafferty, brought timeless music through a teen's life to the stage with vibrance and emotion.

The cast emoted what every teenage girl was going through in that era – competition for the cutest guy, the cutest hairstyle, the cutest clothes as well as the most difficult break-up. I found myself singing along to the *Marvelous* tunes which included such popular hits as "Heatwave", "It's in His Kiss" (The Shoop Shoop Song); and one of my all-time favorites, "Respect".

The play's creator, Roger Bean, first premiered the show at the Milwaukee Repertory Theatre in 1999 before it became an Off-Broadway hit in 2008. A treat for all ages, *The Marvelous Wonderettes*, is a must see!

For further information, visit www.totempoleplayhouse.org or call the Box Office at 717-352-2164.



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MASON-DIXON CLAY BUSTERS:

Building Champions On and Off the Field

BY JILL RICKLE

FROM HUMBLE BEGINNINGS TO NATIONAL COMPETITION, this local youth shooting program hits the mark with character development and community spirit.

It began with just 11 young athletes and a passion for clay target shooting. Now, the Mason-Dixon Clay Busters program has evolved into a powerhouse team that serves youth from multiple counties and states, developing not just skilled marksmen but confident young leaders.

More Than Just Hitting Targets

For the uninitiated, clay target shooting might seem mysterious. Athletes aim at clay targets—often called “clay pigeons”—launched into the air at varying angles and speeds. It’s a sport that demands precision, focus, and remarkable self-control.

“It’s fast, fun, and requires incredible concentration,” explains a team coach. “Every target presents a unique challenge, testing both physical skill and mental focus.” But what makes this program truly special goes far beyond marksmanship. Young participants develop discipline, responsibility, and a deep respect for safety protocols. The team environment fosters camaraderie where athletes support each other through victories and disappointments alike.

Safety First, Always

For parents who might hesitate at the mention of youth shooting sports, the program’s emphasis on safety provides reassurance. Before handling any equipment, every athlete undergoes comprehensive safety training. The program maintains strict protocols during all practices and competitions.

“Clay target shooting is actually one of the safest youth sports available due to these rigorous standards,” notes a veteran coach. “We reinforce safe habits constantly—it’s the foundation of everything we do.”

This commitment to safety has helped dispel common misconceptions about the sport. Many families join with no prior firearms experience and find themselves embraced by a supportive community dedicated to positive youth development.

Transformative Impact

The changes observed in participants tell the real story of the program’s value. Athletes consistently demonstrate growth in confidence, focus, and responsibility—qualities that extend into their academic and personal lives.

Success stories abound within the team’s history. Nervous beginners have developed into national champions. Others have earned collegiate scholarships. Perhaps most meaningful are the quiet victories: shy teens finding their



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the program. Local businesses and sponsors contribute to events that bring the wider community together while raising awareness about youth development and firearm safety.

Looking Ahead

Now in its 19th year, Mason-Dixon Clay Busters continues to evolve through the dedication of its volunteer coaching staff. The program faces the positive challenge of growth—maintaining its strong foundation of mentorship and sportsmanship while expanding opportunities for more young athletes.

The team will compete at the SCTP National Team Championships in Columbus, Ohio, on July 19-20, 2025, representing our community on the national stage.

Families interested in learning more can visit masondixonclaybusters.com or contact masondixonclaybusters@gmail.com. No experience is necessary—just a willingness to learn and become part of an exceptional team that's building champions in sport and in life.

Special Note:

As this inspiring story goes to print, I would like to acknowledge Roger Beardsley, who along with his wife founded the Mason-Dixon Clay Busters in 2006. After 13 dedicated years directly leading the program, Roger and his wife have transitioned to administrative and support roles, handing the future of this exceptional youth program to the talented team of volunteers highlighted in this article. Roger's vision and commitment as an ATA and NRA Certified Shotgun Coach, NRA Certified Rifle Instructor, and NRA Range Safety Officer have created a lasting legacy that continues to impact young athletes throughout our community.

voice or experienced athletes mentoring newcomers.

"We've seen real maturity and personal growth," shares a longtime volunteer. "Many of our athletes become more confident, focused, and responsible—both on and off the field."

Community Connections

The program thrives through strong community partnerships, with Glen Rock Shooting Club serving as the team's home base and strongest supporter. This relationship has been instrumental in making it possible for hundreds of young athletes to discover their passion for shooting sports.

Families and volunteers remain deeply involved in every aspect of

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SYC BASEBALL UPDATE & Congratulations

COMPILED BY ALCIA EDWARDS

CONGRATULATIONS TO THE PLAYERS SELECTED to the 2025 SYC Little League 11/12 International Team and 8/9/10 State Team!

The 11/12 International Team is competing for the opportunity to go all the way to the Little League World Series in Williamsport, PA. Please cheer them on in the first step of this journey, the District

championship series beginning in Dillsburg, PA!

The 8/9/10 State Team is competing for a State Championship with the District championship series hosted right here at SYC.

Let's rally behind these hardworking, dedicated players and coaches as they continue their baseball training and playing this summer!



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Friday	10:00 AM - 6:00 PM
Saturday	10:00 AM - 4:00 PM
Sunday	11:00 AM - 2:00 PM

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Calendar of Events

MONDAY, JULY 14

Fiber Art Shark

@Mason Dixon Public Library,
250 Bailey Dr, Stewartstown, PA
17363

Do you think you can "knit" a shark?
Join us for shark stories and fun
shark craft using yarn.

TIME: 10:30-11:30AM

COST: free

MORE INFO: yorklibraries.org

FRIDAY, JULY 11

Designer Bag Bingo

@Eureka Volunteer Fire
& Ambulance, 82 N Main St,
Stewartstown PA 17363
Doors open at 5:30PM and bingo
begins at 7PM. Benefits the
Mason-Dixon Public Library. Raffles,
door prizes, food and 50/50.

TIME: 5:30-10PM

COST: \$25 in advance,
\$30 at the door

TICKETS: For tickets or more
information, call the library at
717-993-2404.

SATURDAY, JULY 12

York County Corvette Club Car Show

@The Markets At Shrewsbury,
12025 Susquehanna Trail S,
Glen Rock, PA 17327

A Six NCCC Sanctioned Fun Show,
the York County Corvette Club holds
its annual Corvette Show at The
Markets at Shrewsbury! With over
125 Corvettes in attendance at last
year's show, the Corvette Car Show is
always a great turnout.

TIME: 8AM-2PM

COST: free admission

MORE INFO:
marketsatshrewsbury.com

MONDAY JULY 14TH

-SATURDAY JULY 19TH

50th Annual Eureka Volunteer Fireman's Carnival

@Hopewell Area Recreation Park,
16 College Ave, Stewartstown, PA
Delicious Food: Indulge in classic
carnival treats and local favorites,
made fresh for you to enjoy.
Exciting Games: Test your skills and
win prizes in our wide variety of
carnival games.

Thrilling Rides: Experience the joy of
spinning, soaring, and sliding with
rides for kids and adults alike.

Live Music: Enjoy performances from
talented local bands and entertain-
ers every night of the carnival. Family
Fun: From bingo to raffles, there's
something for everyone to enjoy!

Fireworks Thursday July 17th @ 9pm

MORE INFO:

<https://www.eureka54.org/carnival/>

THURSDAY, JULY 15

Community Night At The Park

@Glen Rock Park, 5400 Fair School
Rd, Glen Rock PA 17327

Group games (such as tag, basketball
and pickleball), yard games (bubbles,
jump rope, balls, etc.) and more!

TIME: 4-7PM

COST: free

MORE INFO: "Glen Rock Park"
on Facebook

FRIDAY, JULY 18

& FRIDAY, AUGUST 1

Stewartstown Night Market

@18 S Main St, Stewartstown PA
17363

Food, fun, music, shopping
and more!

TIME: 4-8PM

COST: free admission

TICKETS: "Stewartstown Night
Market" on Facebook

JULY 18-JULY 27

York State Fair

@334 Carlisle Ave, York PA 17404

MORE INFO: yorkstatefair.com

SATURDAY, JULY 19

MineCRAFTS and More!

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Join us for offline Minecraft fun!
Crafts, gem mining, a scavenger hunt
and more. Suggested ages 4+

TIME: 10AM-12PM

COST: free

MORE INFO: yorklibraries.org

TUESDAY, JULY 22

Family Board Game Night

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Meet up with friends at the library
for board game fun! Play one of our
games or bring your own. Drop-in
any time between 4PM and 7PM.

TIME: 4-7PM

COST: free

MORE INFO: yorklibraries.org

WEDNESDAY, JULY 23

Science Heroes: Adventure of the Missing Color

@Mason Dixon Public Library,
250 Bailey Dr, Stewartstown, PA
17363

Join Science Heroes on our mission
to turn science into an adventure!
Through hands-on experiments and
fun, interactive stories, we get kids
excited about the science that's all
around us as we celebrate the
scientists who color our world with
art! This program is geared for
ages 6-11.

TIME: 10:30-11:30AM

COST: free

MORE INFO: yorklibraries.org

SATURDAY, JULY 26

Christmas In July Ceramic Tree Workshop

@Red Barn Farm Market at Harry C.
Dehoff Farms, 1553 Woolen Mill Rd,
Stewartstown PA 17363

Learn the techniques of wax
resistance and layering glazes.
Must pre-register.

TIME: 11AM-2PM

COST: \$95

MORE INFO: "Red Barn Farm Market
at Harry C. Dehoff Farms"
on Facebook

MONDAY, JULY 28

LEAP into Science:

Magnet Magic

@Paul Smith Library of Southern
York County, 80 Constitution Ave,
Shrewsbury, PA 17361

Have you ever wondered how
magnets actually work? Magnets
have invisible forces that allow
objects to pull together (attract) or
push apart (repel). This workshop
invites children to have fun exploring
the magic of magnetic forces! This
program is geared for ages 6-11.

TIME: 2-3PM

COST: free

MORE INFO: yorklibraries.org



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THURSDAY, JULY 31

-SATURDAY, AUGUST 2

Peach Days

@The Markets At Shrewsbury,
12025 Susquehanna Trail S,
Glen Rock, PA 17327

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your favorite merchants at The
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our annual Peach Days
celebration! For three days, you'll
have the chance to savor a variety of
fresh peach treats. Enjoy some
freshly-picked, juicy peaches as a
healthy snack. Or treat yourself to
other goodies like a peach
milkshake, sundae, shortcake,
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COST: free admission

MORE INFO:
marketsatshrewsbury.com



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Meet Dr. Taylor Austin

BY ALCIA EDWARDS

SOUTH CENTRAL CHIROPRACTIC SPORTS AND WELLNESS would like to give a warm welcome to Dr. Taylor Austin who joined their team in February!

Dr. Austin graduated from chiropractic school in 2021 from Life University in Marietta, GA. She relocated to PA for an internship. She shares proudly, "My experience with chiropractic started well before school, as I am a third generation chiropractor, following my grandfather, uncle and aunt. I personally have struggled with chronic neck pain and migraines, and I've always depended on consistent chiropractic care to keep things at bay and me feeling my best."

Dr. Austin is especially passionate about taking care of pregnant mothers, babies and children, though she enjoys treating patients of all ages and genders. "I enjoy being able to help moms through their pregnancy whether it be treating them for pain, ensuring space for baby, or simply helping them function at their best and/or supporting their birth plan. As for babies, some common reasons I treat this age group is for colic, latching issues, and Torticollis. I also enjoy treating children and helping them function at their optimal potential. Children are usually seen for overall wellness, but there are occasions they are seen for scoliosis, general illness, or even to help ease discomfort from an ear infection."

Treating chronic lower back pain and headaches/migraines is also a niche for Dr. Austin. "I want to help patients avoid spinal surgery if possible. I have such an invested interest in helping people with headaches and migraines because I too can resonate with just how miserable those ailments can make a person feel."

Dr. Austin's overall philosophy: Chiropractic adjustments are meant to help remove nerve interference from the nervous system and ultimately allow the body to heal itself once that interference is removed. She believes that chiropractic care is more than just getting people out of pain--although that's an awesome byproduct of what chiropractors do. Simply put...structure=function.

"The structure of your spine directly relates to the function of your body, not just the function of your joints. The nerves that exit the spine go to the whole entire body and determine the function of all systems of the body, which is why chiropractic care can help with more than just neck pain and back pain. My goal with chiropractic is to remove the nerve interference by improving the structure



of your spine by removing spinal misalignments (also known as subluxations) which will ultimately allow your body to function at its optimal potential. I believe in wellness care when it comes to chiropractic because subluxations/misalignments happen from our everyday 'microtraumas' such as sitting at our desk at work, driving long commutes, texting on our phones, etc. Even if we might not have pain, we still have subluxations that are impeding on the function of our nervous system, and that's why it's important to get checked regularly and not just when we have pain."

Though Dr. Austin believes in keeping chiropractic adjustments at

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the core, she does occasionally pair modalities such as electrical stimulation and ultrasound to help address the muscle, help heal tendons/ligaments with soft tissue injuries, alleviate pain, and enhance healing. "With us being a sports and wellness clinic, we see a lot of athletes and dedicated gym goers. I think it's important to have these additional modalities to help with potentially injured or overused shoulders, knees, ankles and wrists. These modalities can be used for just about any area of the body, but those are just some specific areas I like to pair them with. Something I find myself saying often is: 'The bones and muscles go hand in hand, because the muscles connect to the bones and will ultimately add to pulling things back out of alignment', so it is extremely important to me that people also utilize massage with their chiropractic care, especially if they tend to have more stress in their lives. I will also recommend massage and provide home exercises to either stretch or strengthen particular muscles/muscle groups."

And her life outside of work? Dr. Austin enjoys walks and playing in the yard with her dogs, reading, hiking, having brunch with friends, and gardening. When the weather is nice, she loves a day at the beach. She smiles, "I really loved school, so I spend a lot of weekends throughout the year continuing my education in chiropractic and refining my adjusting skills at seminars. I enjoy seminars and look forward to the continued learning and getting to connect with other chiropractors. I love what I do as a chiropractor, and spend a lot of my free time just looking at research and educating myself on anything I feel necessary to help me with patients."

Dr. Austin is currently accepting new patients! To learn more about services or to schedule an appointment, contact South Central Chiropractic at 717-942-2603 or visit SouthCentralChiropractic.com.

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Protecting and Preserving the Mighty Susquehanna River for Future Generations

BY SHARON A. DORN



EVER SPEND A LAZY AFTERNOON exploring the magnificent Susquehanna River in a canoe or motorboat? Or fishing for smallmouth bass? Or picnicking on the river's banks? Or perhaps you cross the river every day while traveling to and from work? The River's magnificent and inspiring beauty is not to be taken for granted and today requires our steadfast oversight and monitoring.

Fortunately, for those of us who respect, enjoy, and love the River, we owe a huge debt of gratitude to many people who have contributed to its quality, including those who voted for the Clean Water Act of 1972. This Act made water pollution crimes a national focus as laws were enacted which fined polluters and enforced penalties.



The term "Riverkeeper" came into existence, and in 1983 the first such organization, "The Hudson Riverkeeper" became a branded trademark. In the late 1990s Waterkeeper Alliance was formed to carry forward that brand which now represents a global movement of community-based advocates united for clean, healthy, and abundant water for all people and the planet. In the early 2000s, there were 100 such organizations in the United States while today

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there over 300 organizations across the globe protecting over 5.9 million square miles of waterways.

Close to home, Lower Susquehanna Riverkeeper Association is licensed to carry the trademark of Waterkeeper Alliance and is dedicated to improving the ecological health of the Lower Susquehanna River Watershed and the Chesapeake Bay. The Lower Susquehanna Riverkeeper works to improve the health of our River through education, research, advocacy, and legal action.

Lower Susquehanna Riverkeeper Association was licensed in 2006 as a nonprofit organization. The territory in which they monitor pollution covers the entire Lower Susquehanna Watershed from Selinsgrove, Pennsylvania to the Chesapeake Bay at Havre de Grace, Maryland. The organization also covers the Juniata Watershed, encompassing over 8,500 square miles of land and water. Their work stays vital to our health – human, animal, bird, and aquatic life are all affected by the Susquehanna River. “Protecting the River today for future generations is critical to our work,” according to Ted Evgeniadis, who serves as the Lower Susquehanna Riverkeeper and the organization’s Executive Director. “People support the River for varied reasons, but it is imperative that everyone understands that the River **is not an infinite resource and needs protected.**”

Today, railroads and vehicular traffic cross and parallel the River’s 444 miles from Cooperstown, New York to the mouth of the Chesapeake Bay in Havre de Grace, Maryland -- including 200 bridges. Extraordinarily important to commerce as well as the quality of life of millions of people who live, work and/or play on the River, the Susquehanna is the longest river on the East Coast, a one-of-a-kind natural beauty and deserves our manifold preservation efforts.

In York County alone, there are daily threats to the River and the tributaries that flow into it. Fun, educational, and hands-on initiatives such as these help to promote engagement with the organization’s mission:

- Annually, more than 1,500 students participate in river based educational programming
- Organized trash clean-ups along the tributaries and the river itself
- Individual and group meetings are held with local and federal public officials

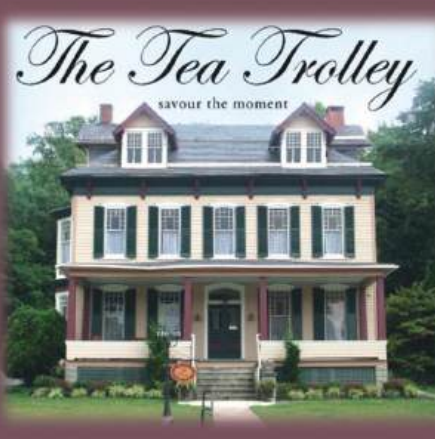
- Public events focused on environmental protection
- Investigations, data collection and water monitoring programs occur regularly
- Bacteria Monitoring Program
- Smallmouth Bass Monitoring Program
- Microplastics Monitoring Program
- Advocacy and Legal Action
- All members of the community are encouraged to participate in one or more clean-ups during the year and to serve as a “River Watchdog” to report pollution concerns to the organization

Ways you can help:

- Volunteer
- Donate
- Become a member
- Report pollution
- Reduce waste, for example, use an aluminum can instead of plastic
- Nurture young people’s (and other adults’) interest in the River
- Stay informed

Remember, **“the River is not an infinite resource,”** and do your part to ensure that future generations have access to and may enjoy the Mighty Susquehanna River!

For further information, please visit the website at www.Lowersusquehannariverkeeper.org or call 717-478-1780.



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The Importance Of X-Rays

BY DR. JOSEPH MILLER

DENTAL X-RAYS ARE A USEFUL DIAGNOSTIC TOOL to help your dentist monitor your oral health over time. These images can confirm that your teeth are healthy or reveal damage or disease not visible during a dental exam, such as new cavities or impacted teeth.

When you need X-rays

Your dentist will review your history and examine your mouth to determine whether you need X-rays.

How often X-rays should be taken depends on

- your present oral health
- your age
- your risk for disease
- any signs and symptoms of oral disease

For example, children and teens may require X-rays more often than adults because their teeth and jaws are still developing.

If you are a new patient, your dentist may recommend X-rays to determine your current oral health and have a baseline to help identify changes that may occur later. If a previous dentist has



any images of you, your new dentist may ask for copies instead of ordering new ones. Ask both dentists for help with forwarding your X-rays.

You may not need an X-ray at every dental visit. According to 2024 recommendations by an expert panel of dentists at the American Dental Association (ADA), X-rays should be taken only when your dentist believes they will provide the necessary diagnostic information to help you reach your best dental health.

X-ray safety

Dental X-rays emit very low doses of radiation, which makes the risk of experiencing potentially harmful effects very small. Dental X-ray tools and techniques are designed to limit the body's exposure to radiation, and radiation doses in dental imaging procedures are much lower now than they were in the past because of advances in technology.

Still, ADA experts recommend X-rays in moderation to lessen radiation exposure.

Abdominal and thyroid shielding (the use of leaded aprons and/or collars) is also no longer needed for patients of all ages and health statuses (like pregnancy). These tools can block the main X-ray beam. When this happens, additional X-rays may be needed, something your dentist wants to avoid.

To get the best images of your teeth, your dentist or dental team will make sure you are properly positioned for your X-rays and that the beam is focused on the area of interest.

In recent years, several professional organizations, such as the American Academy of Oral and Maxillofacial Radiology and American Association of Physicists in Medicine, have supported discontinuing the use of lead shielding in dental and medical imaging exams.

Shielding may still be used in some practices due to local regulations. If you have any questions about X-rays, don't hesitate to ask your dentist.

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Stewartstown Lions Club March 2025 Student Of The Month: Chad Heaps

BY JENNIFER SCHULTZ

SCHOOL ACTIVITIES & AWARDS:

Distinguished Honor Roll Grades 9-11
Honor Roll Grade 12
Concert Band Grades 9-12
Chorus Grades 9-12
Drama Club
Thespian Society Member
Tech Crew for musicals + plays
Backstage manager (Mamma Mia)

FUTURE PLANS (INCLUDING ANY COLLEGES YOU ARE CONSIDERING):

Future plans are to attend Penn State in the fall and major in Information Sciences and Technology. After completion of college, I would like to pursue a career as a Computer Network Architect

COMMUNITY ACTIVITIES (INCLUDING WORK EXPERIENCE):

Loyal and active member of my church, McKendree Faith Church in Airville. Employed by South Eastern School District as After School Building Usage Coordinator for Kennard-Dale. Employed at Stewartstown Summer Theatre as Co-Stage Crew Manager



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COMPILED BY ALCIA EDWARDS

EVER FEEL LIKE NO ONE LISTENS WHEN YOU EXPLAIN YOUR MOVING NEEDS? Jessica did—until she found U-Relax Moving Co.

She had a challenging move: heavy furniture, a narrow spiral staircase, and barely any porch room. Most companies wouldn't even try. But U-Relax listened, planned, and showed up ready to deliver.

- Steve responded to her online quote within just 30 minutes
- Movers Lucky and Leone brought speed, skill, and serious care
- Not one scratch, not one worry
- Even helped her arrange the new space just the way she liked it

Out of 10 different companies, Jessica chose U-Relax—and said they were the most personable and fairly priced team in the area.

That kind of feedback? That's what they aim for every single day. It's what fuels their team and reminds them why they show up with pride, no matter how tough the job.

"At U-Relax, we're more than just movers—we're a crew that cares. Need movers who treat you like family and move like pros? We got you—rain or shine, spiral stairs or steep challenges."

JESSICA SZAROTA ★★★★★

A perfect move into a VERY challenging space. Steve assisted me with a virtual estimate and got back to me within about a half hour from submitting my request online on Saturday afternoon. He was very friendly, kind, timely, and made sure that all of my questions were answered. He also was very mindful my budget versus their rate and knew what the crew was capable of, and thankfully he was able to squeeze me in on the only date they had left this month! Lucky and Leone were my movers, and they were incredible, very friendly, on time, extremely fast and none of my furniture was damaged. I used U-Relax for very heavy and large furniture only. The only way to get to the door of my apartment is via a VERY narrow spiral staircase with VERY little porch space, and my friends and I couldn't work out the logistics of how we could move these things together. Lucky and Leone were genuinely impressive to watch work, they took great care of my items and made magic happen in an extremely tight space. They used a mattress cover on my call king bed, and even helped me rearrange the furniture placement to my liking. I would highly recommend this company to anyone in the area! Thank you again to Steve, Lucky, and Leone, for the great experience. This was my first experience using a moving company, and they were the most personable in the area, as well as very fairly priced for the quality of work, out of 10 different businesses I submitted requests for estimates to in the area.

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