

Wyomissing Neighbors

MAY 2015

AN EXCLUSIVE PUBLICATION FOR THE RESIDENTS OF WYOMISSING AND WYOMISSING HILLS



MEET THE JONES FAMILY

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Publisher's Note

People ask me all the time, “Why did you start *Wyomissing Neighbors*?” About two years ago, a friend of mine in New Jersey told me about a concept for creating a magazine for an “upscale” community where you fill it with local, meaningful, real stories about the real people who live there. Immediately I knew that Wyomissing was the perfect place to launch that style publication.

I live in Wyomissing and I know the strong sense of community and great traditions here. People choose to live here. Wyomissing has a good economy, excellent schools, easy access to other cities, excellent businesses, public services, restaurants, shopping, library, museum, parks and all the amenities families look for in a place to raise children. I have met many people who told me they grew up in the Wyomissing area, went to local high schools then went away to college or the military or worked out of state - but then came back to Wyomissing to raise their family.

Wyomissing Neighbors is customized to be all about the residents of Wyomissing. Our stories are from the readers and we always invite your ideas and photos. We want this magazine to be a tool for you that is informative and relevant and reflects the quality of Wyomissing. Our publication actually helps neighbors get to know each other and find others with similar interests or backgrounds. Our first edition was October 2014.

As well as delivering local stories, we are also dedicated to providing our business partners with an exceptionally targeted way of promoting their products and services. *Wyomissing Neighbors* is

different and we go much deeper into the community than just advertising by providing ways for our residents to meet and network with our partners face to face in social settings.

In this issue we feature the Jones family. Dr. Corey Jones is the principal at the Wyomissing Junior/Senior High School. He and his wife, Alison, and sons, Ryker and Jaxon, are loving life in Wyomissing. We have photos from our *Wyomissing Neighbors* readers and friends’ dinner at Giannotti’s Berkshire. We attended A Taste of Wyomissing, and we have Wyomissing Easter Egg Hunt photos. We asked for and received some of your Hail Storm photos from last May 22, 2014. We have a fitness, volunteer recognition and a Mustang story and so much more!

This publication is being provided to you at no charge. The cost of producing, printing, and mailing each monthly magazine for you is covered by our great advertising partners. **Call me if you own or manage a business,** and would like information about advertising in *Wyomissing Neighbors* and becoming part of our magazine network. **Happy Mother’s Day!**



John Bieber
Publisher, *Wyomissing Neighbors*
John.Bieber@N2Pub.com

Volunteer SPOTLIGHT

Sarah Rothermel – *It’s A Gift!* Woman’s Exchange Of Reading

Sarah Rothermel of Wyomissing has been volunteering at the non-profit, *It’s a Gift!* Woman’s Exchange of Reading, at 720 Penn Avenue, West Reading for more than 10 years. Sarah said, “My friend Doris Gilfillan asked me if I’d be interested. I said yes, and I’ve loved helping the customers and the shop and other volunteers. I’m there at least three times a month and more when needed.”

Jennifer Rudd-Glen, store manager of *It’s a Gift!* said, “We love having Sarah as a dedicated part of our team. Many people believe that *It’s a Gift!* Woman’s Exchange is a second-hand shop, when we are not. All of our merchandise is new and of top quality. All purchases made at *It’s a Gift!*, benefit not only the artisan who has done the crafting but also local charities who receive our contributions. Berks Women in Crisis is our charity partner this year.”

Today Sarah Rothermel enjoys life on her own schedule “I taught school and I retired as admissions director at a nursing home where I loved my work. I’ve also served on the vestry of my church and I was president of the Junior League of Reading.” Her husband Daniel Rothermel is well known in the local business community. Sarah and Daniel have three adult children and five grandchildren.

Sarah told us that she has been involved with various duties at *It’s a Gift!* “I’ve been a buyer, I have helped on the display committee and have been a sales clerk. The store has a beautiful children’s room and a bridal and baby registry. Artisan crafts are for sale as well as local artists and authors. *It’s a Gift!* participates in all the West Reading – Penn Avenue events.” Sarah said, “I enjoy the friendships, learning merchandizing and working for an organization that contributes its profits to a local charity.” Sallie Weaver, president of *It’s a Gift!* said, “Sarah Rothermel is highly regarded here. Sarah is wonderful.”

The Rothermels have lived in Wyomissing the last six years. “We’ve lived in Berks County most of our lives and we moved in closer to town from Cumru Township where we lived for 34 years. I like the closeness of everything here in Wyomissing.”

For information on volunteering with *It’s a Gift!*, visit www.ItsAGift.org or stop in or call 610-373-0960. Open: Tuesday, Wednesday, Friday and Saturday: 10 a.m. – 6 p.m., Thursday: 10 a.m. – 7 p.m. Closed Sunday and Monday.



Sarah Rothermel

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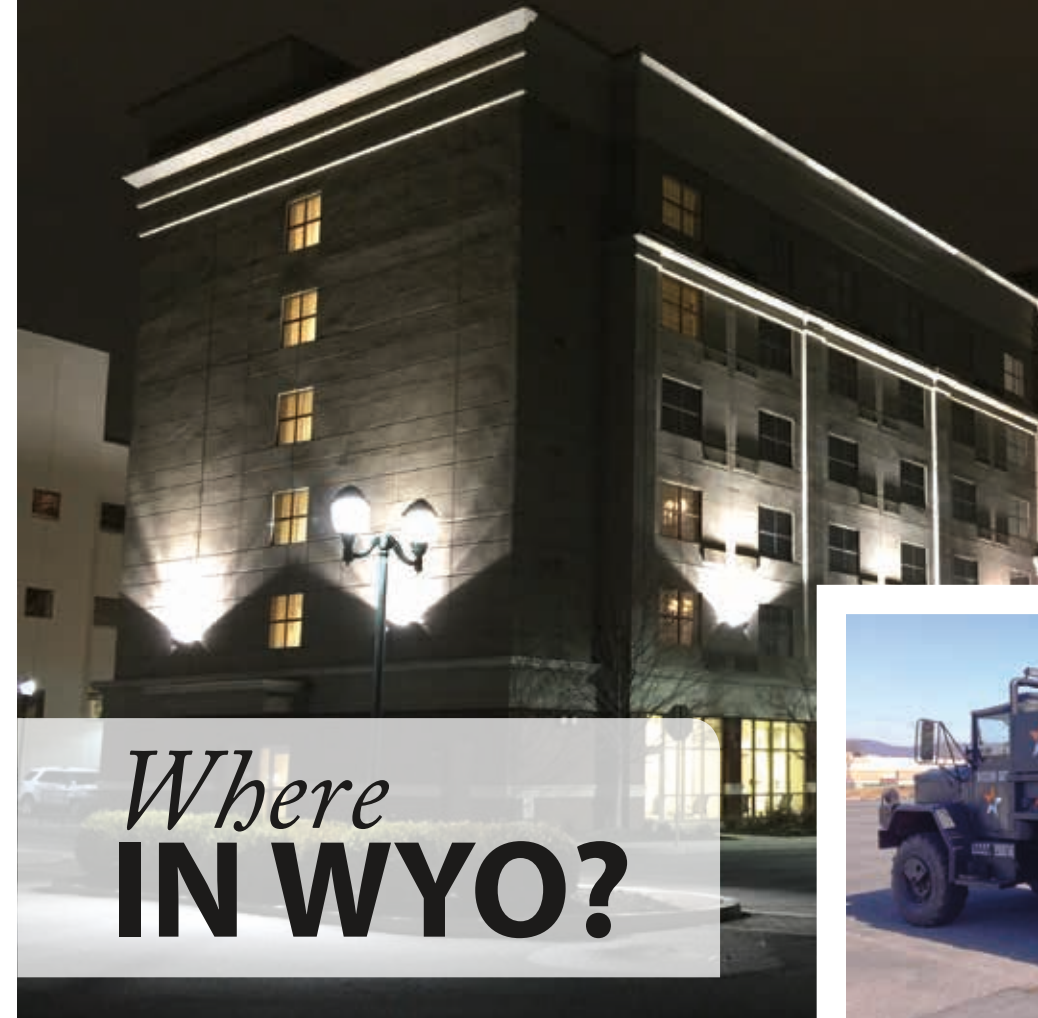
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On April 9, A Taste of Wyomissing was held in the Wyomissing High School gym to benefit Wyomissing Area Mini-THON and the Four Diamonds Fund, which helps families who are receiving cancer treatment at Hershey Medical Center. Attendees sampled food and voted for their favorite dish. It was a delicious evening!

Share your favorite food stories and recipes with your neighbors by emailing or contacting us at John.Bieber@N2Pub.com. Bon Appétit!



The first person to correctly identify the locations of all these Wyomissing area photos will be acknowledged next month as an "Eagle-Eye of Wyomissing." Email your answers as quickly as you can to John.Bieber@N2Pub.com.

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THE WYOMISSING PUBLIC LIBRARY

By Beverly Myers, Wyomissing Resident

At 84 years old, the lovely red brick and white trimmed colonial style Wyomissing Public Library building, sits at the corner of Penn Avenue and Reading Boulevard. The library was presented to the borough in 1931 by Anna Marie Grebe Thun, who along with her husband Ferdinand Thun and his business partner, Henry K. Janssen, played key roles in the library's establishment.

The Wyomissing Public Library has history spanning more than 100 years, including three different locations. Initial discussions of a public library began in the fall of 1911 through the efforts of the Women's Civic League of Wyomissing, known later as the Woman's Club of Wyomissing. The idea of forming a library was launched in the home of Mrs. Howard M. Fry by Miss Marguerite Lichtenthaeler, one of the first teachers in the Wyomissing schools. The library became the focused project for the ladies. Each woman in attendance was encouraged to ask ten friends to donate two books. With their goals set, Mrs. Edward S. Lichtenthaeler was appointed as the first Library Committee's chairperson. Through their companies, Wyomissing Industries, Messrs. Thun and Janssen donated the first 100 books to the Library Committee. Soon a total of 1,000 books had been collected.

The books were initially housed in the home of Mrs. Fry. Over the ensuing years, the League assembled a substantial collection of books and donated and raised supporting funds through card parties, musicals and bazaars. The books were next stored in the public school building on Belmont Avenue that now houses the Yocum Institute for Arts Education, when Claude B. Mengel, Secretary of School Board, offered a room for the books. Samuel I. Henry, the school principal was placed in charge of the collection. In early 1913 "the library" was opened to the public when the Wyomissing Fire Company offered to share its meeting room in Borough Hall three evenings per week. Miss Alice Roeder was hired as the first librarian for \$25 a month.

In 1919, additional space was needed for the growing book collection and there was a desire for expanded hours of operation. Mr. Thun and Mr. Janssen stepped forward by purchasing and donating a house located at 1118 Penn Avenue and offering it rent free for use as a library. The library resided there until 1931.

By 1930, with books totaling more than 5,000 and a yearly circulation of over 9,000 among 850 borrowers, it was time again



Mrs. Thun portrait by Leonebel Jacobs

to move to larger quarters. Mrs. Thun, that year's Woman's Club of Wyomissing's chairperson, offered to donate funds for a new building to house the library. On March 3, 1931, Wyomissing Public Library Corporation, a non-profit, was created to administer the library and the Women's Club passed responsibility over to them. That same year, well known Philadelphia merchant John Wanamaker contributed books from his personal library.

The present library building, located at 9 Reading Boulevard, was designed by Architect Charles Muhlenberg, the son-in-law of Mrs. Thun. Edward A. Reider was hired as the contractor. The library design contains many elegant features. At the main desk, there remains a beautiful, ornate chandelier and a stairwell which leads to the second floor balcony. The property includes a unique enclosed outdoor garden that further adds to the library's charm.



1931 photo Wyomissing Public Library

Mrs. Thun loved children and two rooms dedicated to children were included in her plans for the library. The Reading Eagle said "Children are her delight and the department for the little people will be ideal, inviting and cozy". These two rooms include the pine-paneled reading room, now the Library Director's office, and the story telling room containing a small fireplace where children have gathered for decades. For the dedication on Friday April 17, 1931, all borough residents were invited, along with state and local librarians.

The Wyomissing Public Library of today

The 2001 building addition of the Community Room affords a venue for a variety of functions such as a polling site on Election Days and special programs. Current Library Director Colleen Stamm, was hired in 2004 as the Children's Librarian. She was promoted to her present post in 2008. Colleen finds the library's architecture makes it a cozy and friendly environment. She said, "You can get lost in the shelves finding new and interesting books to read." She said the staff strives to create a welcoming environment for all ages.

In this day of Kindles, eBooks, eReaders and audio books, Stamm personally likes the feel and smell of a real book. Though electronic tools "provide a convenience, they aren't the preferred choice for book lovers." The library's circulation numbers included 82,000 items in 2014 and that number "supports the fact that the borough community is still using the library in this digital world." Today the Wyomissing Public Library offers many services: Media, downloadable audio books, digital magazines, eBooks, Mango Languages, databases and email newsletters, DVD movies and recorded music.

There is a large story time following with children's programs including toddler and preschool story hours, "Mother Goose on the Loose." Children's story hours were first held in the 1920's and have remained a popular mainstay.

With its long history and its eye on the ever changing future, the Wyomissing Public Library is outstanding in its breadth. It has come a long way from its early beginnings to perhaps even surpass the dreams of that handful of its original women founders in 1911.

The people of Wyomissing and those of its environs have been fortunate to have had the Thuns, Janssens, Oberlaneders, Frys and other families who, through their individual philanthropic endeavors, and those of the Wyomissing Industries and the Wyomissing Foundation, rose up for the library's cause with their time and contributions to make it possible to have the wonderful library Wyomissing has in the 21st Century.

Evelyn C. Fretz, former Library Director said "Throughout its history, Wyomissing Public Library has been and continues to be an eloquent testimonial; a testimonial to the dedication and leadership of citizens who recognize that intellectual opportunity and freedom are a public responsibility." Her words ring as true today as when she spoke them over thirty years ago.

The Wyomissing Public Library's Hours are: Monday – Thursday 9 a.m. – 8 p.m., Friday 9 a.m. – 5 p.m., Saturday 9 a.m. – 4 p.m., Closed on Sundays. For Library information, call 610-374-2385.



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WHAT'S IN Your GARAGE?

ROUSH Stage 3 Supercharger.



Charlie Trexler loves the red, white and blue.



Charlie Trexler is a member of the Berks County Mustang Car Club. His 2001 Roush Stage 3 Mustang gives him a lot of pleasure showing it off and watching people react when they hear the low rumble of his 446 - 4 valve engine that produces 420 horse power. Charlie has taken his Mustang to Maple Grove Raceway to give it some exercise. He said his "times are in the low 13 seconds, but they should be mid 12 seconds. It's the driver that makes the difference."

Charlie is a US Navy veteran and retired from a career traveling the world in the merchant marine on oil tankers as a "Bosun" the man in charge of everything on the deck of the ship. Charlie also worked installing network IT systems. "I worked for BCIU and I wired all the Wyomissing School District buildings for that new technology called the 'Internet'. I felt I knew most secretaries, custodians, maintenance people, many of the teachers and principals. They all made me feel welcome and treated me with respect."

Tell us about your mechanical friends. Every car, boat, airplane or motorcycle is special and each of them has a story. Share your vehicle's story and photos by emailing John.Bieber@N2Pub.com.

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EASTER EGG HUNT

March 28th – Wyomissing Hills Memorial Park & Playground



Doug and Katie Bodden with their children Kourtney, Hanna and Mason.



Scott and Taryn Ziegler with sons Pacen and Birkley.



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Hundreds of children brought their Easter baskets, buckets and bags to gather Easter Eggs and treats on a cold Saturday morning for the 2015 Wyomissing Egg Hunt.

Diane Hollinger of the Wyomissing Borough Office told us that the "Egg Hunt began around 1997 as an event conducted by the Wyomissing Hills Social Committee. When the two boroughs merged in 2002, the Wyomissing Recreation Board continued to sponsor this very successful event."

Over the past three years, the number of children participating has fluctuated between 350-450. Two recreation board members serve as event Co-chairs: Randy Weidner and Angie Drebusenko. In addition, 10 other board members and residents assist with the preparation and operation of the event. Approximately 4,000 eggs are used for the Egg Hunt. Treats, coupons and coins are generously donated by the Wyomissing Hills Social Committee, Palmer Candy Co., Ozzy's Family Fun Center, Wal-Mart and Chick-fil-A.

Focus on FITNESS

Anne Burd – Taking Charge Of Her Health

Toward the end of last year, Anne Burd's blood sugars had been rising, consistent with pre-diabetes, and in October 2015 a follow-up medical visit revealed a more dramatic increase in her levels along with weight gain. Anne, age 70, said "My physician gave me the option of increased medications or attempting to lose 10% of my weight which she felt would reverse my blood sugar. I decided to be an active participant in my healthcare and I accepted the responsibility for changes in my lifestyle."

Anne had been attending Gold's Gym in Wyomissing for the past year and a half, taking classes designed for active, mature adults. "But I knew I needed to be more aggressive in my approach. In November 2104, I looked into adding personal training sessions. I was referred to Shane Mock. I was fearful of this type of training because of my age of 70, limited experience



Anne Burd on her favorite Spin bike.



Anne Burd with gym manager Chris Grim.

with weight resistance and a non-athletic lifestyle in the past. After a discussion about my goals, Shane developed an exercise program to address my health issues. My fears were unfounded as he respected my age and accepted my limitations, meeting me at my level, but continually challenging me to strive for improvement. I credit Shane with instilling in me a commitment to a strong workout ethic, building upon each session. During a weight loss plateau when I became discouraged, Shane reinforced my commitment and encouraged me to persevere."

"Now I exercise five days per week, attending classes, which include two combined cardio and weight resistance classes, two spin classes and Zumba, a dance type exercise program to Salsa music. I also train with Shane for two 45-minute sessions per week. I like the commitment I have made to myself to make this routine part of my daily life."

Ann said her favorite class is a 30-minute spin class. "The class is energetic and motivating, and challenges me to strive for deeper efforts and intensity. I've surprised myself in my capabilities. The class time passes quickly as we do sprints, climb simulated hills, do turns and endurance rides."

"In the four months that I have been more aggressive in my exercise program, I've lost 16 pounds and my blood tests are decreasing toward more normal levels. Although I am very pleased with the weight loss, the physical, mental and emotional benefits are greater. I am much more energetic, have more stamina, nap less, eat healthier, am free of any joint pain which improves my flexibility and I have increased my confidence in my abilities. I never thought I'd look forward to my days at the gym, but I am now committed to continuing this throughout my lifetime. My husband, John, enjoys walking with me and recently began the spin classes with me. He even says that I am more cheerful!"

Please tell us about your success stories or how you have brought exercise into your life. Email us at John.Bieber@N2Pub.com.

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watching and following the University of Delaware and Penn State football teams, as well as the Steelers and Eagles.”

Corey and Alison’s careers in education are what brought them together. Corey said “Alison and I met when I was a young Dean of Students at Exeter Junior High School, my first job after college. Alison was a substitute teacher there while she was a full time graduate student pursuing a master’s degree in school counseling.” Today Alison is a stay home mom.

Alison and Corey Jones were both raised in Berks County. Alison is an Exeter Township High School grad who went on to the Univ. of Delaware and then received her Masters at West Chester University. Corey is from Shillington, went to Governor Mifflin High School, Shippensburg University, received his master’s from Wilkes University and earned his doctorate from Immaculata University.

As high school principal, Dr. Jones is busy all the time. As a husband and father of two boys, time is precious. “Any time I can support my students in their extracurricular activities and I can have my boys with me, I’m there.” Corey said “Aside of that, I enjoy coaching youth athletics, being a fitness trainer and teaching classes for the graduate school of education at Alvernia University. I’m usually on the sidelines of youth and high school sporting events and other activities in which my students are involved.”

Some of the Jones family’s favorite local restaurants are Mom Chaffe’s Cellarette, Judy’s on Cherry, The Hitching Post and Willoughby’s in Wyomissing.

In addition to being High School Principal, Dr. Jones is active as a Wyomissing youth football, baseball and basketball coach. He serves on the Borough of Wyomissing Civil Service Commission and the Wyomissing Hills Pool Committee. Alison Jones is a parent volunteer at Wyomissing Hills Elementary and St. Ignatius Loyola Pre-School.



Alison & Corey Jones

Traditions are important to the Jones family. “Our boys are fortunate to be surrounded by their immediate family in our neighborhood. Their grandparents, Jim and Dolores Turley, live right next door to us and their aunt and uncle, Doug and Katie Wilson and their two young girls, live directly across the street. Due to the proximity and closeness of the family, daily life is a family tradition.”



Dr. Corey Jones, Principal
Wyomissing Area Jr./ Sr. High School

We asked Dr. Jones what he does to relax, “I started teaching a boot camp fitness class at the Body Zone in 2004 and I still teach a class on Saturday mornings. I still find the best way to relax is with a set of headphones and a tough workout. Unfortunately I do not get to do this as often as I would like because between my jobs and my family, the gym always comes in third.”

Alison said she exercises to relax. “I run, I go to the gym. Really spending time with the kids is my relaxation. That’s why I’m home with them. That’s where I really love to be.”

Dr. Corey Jones said Wyomissing is special to his family because “There is no other place that I would rather work, live, or raise my family. Wyomissing has a rich history of tradition, success, pride, and being a community of first class citizens. It is a philanthropic community of professionals who are dedicated to service, their community, their school district, and their children. It’s through this tradition of excellence, supportive community, and the best kids you will ever meet, that Wyomissing Area High School annually rated one of the top high schools in the state and among the best in the country.”

Share your family’s story or nominate a family by emailing me the contact information at John.Bieber@N2Pub.com.



Ryker & Jaxon Jones

Featured Family

The Jones Family – Wyomissing

Photography by Kerri and Mark Searfoss, Commercial Art Images, Searfoss Photography, www.SearfossPhotography.com

Dr. Corey Jones is in his fourth year as Principal of the Wyomissing Area Junior/Senior High School. That makes him and his family very recognizable in the Wyomissing area. His wife Alison Turley Jones said they appreciate that their visibility has made it easy to get to know so many people. “We love the small town feel of Wyomissing. It’s a tight knit community. I love going to a park and we’re always bound to see someone there we know. We love the Fourth of July Parade, we go and see everyone that we know. Our boys are growing up having this extended network of people that they feel comfortable with and we feel safer because we know so many people here.”

The Jones boys are: Ryker in third grade at Wyomissing Hills Elementary and Jaxon in St. Ignatius Loyola pre-school. Ryker participates in Wyomissing Youth football, basketball, wrestling, and baseball. Jaxon swims, plays tee ball and flag football. Alison said, “We are a big football family. We go to many youth football games and every Wyomissing high school game. Football is Ryker’s favorite sport. Since grade school, I’ve also enjoyed watching football. Ryker and I enjoy spending time together



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Frank Giannotti far right with a lounge full of Wyomissing Neighbors friends.

Dinner at Giannotti's Berkshire – 1714 State Hill Road, Wyomissing

Frank Giannotti hosted Wyomissing Neighbors readers and friends to an evening of appetizers, entrées and dessert samplers in the contemporary Giannotti's Berkshire lounge on March 25.

Giannotti's Berkshire is truly a local family business with a long history of 40 years. With four other restaurants – Giannotti's Country Manor on Rt. 12, Fleetwood, Giannotti's Ristorante Kutztown, Giannotti's Family Restaurant, E. Penn Avenue, Robesonia and Salute Ristorante Italiano, Penn Avenue in Sinking Spring, the Giannotti name is a local favorite. Frank Giannotti said, "Customers are always our main focus and we know that they determine our success."

Frank and his staff prepared four delicious entrées for Wyomissing Neighbors to sample. Chicken Parmesan with penne pasta, Greek chicken, Beef Burgandy and Fettuccine pasta with a leek sauce.

Giannotti's is known for their strong breakfast and lunch trade, excellent on-site bakery with homemade pastries,



Counter seating.

cookies, pies and made to order cakes. "We are very happy to partner with Wyomissing Neighbors magazine and we know readers love all their local stories." Frank said "We wanted to invite them here to give a better look at our bar and lounge and remind people about our catering, party trays and bakery."



Italian pastries.



Homemade pies baked at Giannotti's.



Large comfortable main dining room.



We filled up the lounge bar area.



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health & Wellness

Lyme Disease: Springtime Awareness: Could You Already Have Lyme Disease?

By Dr. David Frederick, PhD, ND & Karen O'Connor, ND, NCTMB

Lyme disease is a world-wide infectious disease and the number one fastest growing in the United States with all 50 states reportedly affected. The CDC estimates that there are nearly 325,000 new cases in the United States yearly. Yet this is only a fraction of the actual amount due to inaccurate tests, under-reporting and misdiagnose making the suggestion to be more than likely over 1 million new cases yearly.

Lyme disease is typically transmitted through a bite from an infected deer tick. These ticks, often the size of a poppy seed, can leave an undetectable bite. In addition to Ticks, Lyme Disease may be carried and transmitted by fleas, mosquitoes and mites. New theories suggest transmission could take place through placenta, breast milk, and bodily fluids.

Fewer than 50% of people infected get the bull's eye rash. Also, Lyme Disease rashes can be mistaken for other rashes such as spider bites or skin infections so it's difficult to determine if it is associated with Lyme Disease. Some develop flu-like symptoms a week or so after becoming infected, however, many people are asymptomatic but can develop Lyme symptoms months, years or decades later.

Common Symptoms include: fatigue, neck stiffness or pain, jaw discomfort, muscle pain, joint aches like arthritis- typically in the knees, swollen glands, memory loss, cognitive confusion, vision problems, digestive issues, fainting to neurological and psychiatric problems resulting in mood and cognitive disturbances as well as fatigue and a myriad of other symptoms such as headaches and sleep disorders ranging from mild to severe.

Lyme Disease is called the great imitator; looking like many other health problems such as Fibromyalgia, Arthritis, Chronic Fatigue Syndrome Bells Palsy, ADD, MS, Lupus, Crohn's Disease and a number of other auto-immune diseases.

A tick can host up to 30 different pathogens which are called co-infections. The most common are Babesiosis, Ehrlichiosis, Bartonellosis and Rickettsiosis (Rocky Mountain Spotted Fever). It is estimated that up to 30% of the ticks that cause Lyme Disease may transmit one or more of these other diseases.

The medical community is divided over the diagnosis and treatment guidelines. The main treatment protocol is the use of

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antibiotics with the traditional choice by many doctors to be Doxycycline. The problem is Bacterial Persistence can actually neutralize the effects of antibiotics making them ineffective along with disturbing the adaptive immune system.

The standard protocol for diagnosing Lyme is a blood test. The less expensive test, often not sensitive enough to detect Lyme, can produce a false negative. Health insurance often doesn't cover the treatment for Chronic Lyme disease, which is unfortunate that they don't recognize the seriousness of this disease which has an effect on millions of people.

There are natural integrative approaches to help with Lyme Disease and other tick borne diseases. We use a unique, drug-free customized program specific to the individuals needs with comprehensive evaluations, unique testing procedures, detoxification protocols, immune support and tissue repair, symptomatic support, and stress/pain management to help the individual regain balance.

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Camille Cress and Jasper



Jasper will celebrate his 1st birthday in July with his owner Camille Cress of Wyomissing. Jasper was rescued in Tennessee when he was about 4 months old when he was tied outside a house when his owner didn't want him inside.

Jasper

Jasper was rescued by TnDiamonds In-The Ruff, Union City, Tennessee. They are a dog and cat rescue for homeless pets in northwest Tennessee.

"My dog, Bo, had recently passed away and my dog walker Cindy knew what size dog I was looking for. Cindy found Jasper through TnDiamonds In-The Ruff." Camille said, "I adopted Jasper, he already had his name, and they transported him to me here in Wyomissing. I really believe in and support animal adoption."

Jasper is a mix of Chihuahua and Italian Greyhound. Camille said "Jasper loves to shred paper and tissues. His best friend is my cat Bruiser. They chase each other and play. Jasper and Bruiser also kiss good night, it's amazing. Jasper loves his crate and sleeps there every night. At bedtime he goes there on his own."

Please share your Precious Pet with us! Email your information to John.Bieber@N2Pub.com and we can help put your story together.

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- 3) If you have a fence, make sure posts are sturdy and gates open and close easily - a new latch can dress up a gate!
- 4) Time to schedule an inspection on your air conditioner - the heat is coming soon!
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Carter and Sarah Reese.
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Sarah and Carter Reese have been in education all of their lives. They are the principal owners of Informed Educational Solutions where their mission is to enhance lives through smart educational planning for students of all ages. For 17 years, Carter was Director of Admissions at The Hill School, Pottstown. Sarah’s experience includes serving as an admissions officer at a New England college, director of admissions at two independent schools, and as a guidance counselor at an American school in Europe. Her master’s degree in education is from Harvard University.

While in Europe, Sarah met an educational travel executive who gave them an opportunity to place international students at US public and private schools and colleges. They went on to own and operate FSL (Foreign Studies League) for ten years, until it was sold to the London Daily Mail

General Pension Fund and became a part of Study Group International. Today, Sarah and Carter employ several part-time assistants.

“We say that great educational outcomes don’t just happen.” Sarah Reese told us, “We help elementary, high school, college and young adults with school placement, summer planning, college admissions, gap years, transfer admission, graduate school admission and career planning.”

“We believe that what we do is future-building, one student at a time. A large segment of our work is in college admissions, where we work individually with each student and the parents to inventory the student’s strengths, abilities, and interests and to identify a range of school or college options that are optimal. We encourage students to aspire to the

highest possible goals, and we work individually with each student on every aspect of the application process, including the essays. We believe that students should receive the most rigorous education that they can handle, as it is this kind of exposure that builds confidence and expertise, and leads to a life of purpose and accomplishment.”

Carter Reese said, “Another significant area for us is school placements. Parents come to us when they feel something is missing in the current school situation for their child. Some students are bored, others are stressed, and still others can’t find success and don’t know why. We work to understand what is really happening for that child, sometimes recommending additional individual testing or other diagnostic tool. The next step is to identify the best possible setting for that student.”

For both school and college planning, Sarah and Carter assist parents with the financial aid process. “Our college admission software, GuidedPath, can project potential awards. IE Solutions also works with young adults on career planning. We use a well-recognized ‘interest inventory’ to identify areas of real career interest and analyze past experiences to distill the best direction, and we find a clear path to move into job research, interviews and job offers.”

IE Solutions has a long list of success stories. “We worked with an extremely bright young man who came to us at the end of his senior year, having failed to gain admission to any of the most highly selective colleges on his list. He was devastated.” Sarah told us, “We worked with him on admission to a post-graduate year at a prep school, and then on an early decision application to his top choice. He will start at Cornell in the fall. Another girl came to us after having been asked to leave her private school due to emotional issues that were affecting her schoolwork. She took time away from school in a full-time tutoring program that we put together and oversaw, along with extensive therapy, and then she was admitted to a leading boarding school where she is thriving. A third student, with a strong record and good testing, came to us with the request that we assist her in finding a significant merit scholarship at a leading university. She is now attending George Washington University with a \$20,000 annual merit grant. The stories go on and on.”

Privacy and confidentiality are at the center of their work with students. In some cases students who know each other but may never know they both consult with Informed Educational Solutions. Carter said, “Very recently, we worked with two girls who were cousins. Neither one knew that we were working with the other. Due to our commitment to

confidentiality, we were not going to disclose to either of them our work. I am not sure that the cousins have figured out this connection yet!”

Technology allows IE Solutions to work with students from around the country and around the world via Skype and email. Sarah Reese said, “Our goal is to be as well known in Berks County as we are in places much farther away. Parents here need to understand that with the huge investment that a college education today represents, investing just a bit more in consulting, which usually enhances opportunities and outcomes, is a very good bargain indeed. Our practice is affordable, with hourly and package rates.”

If you can suggest a Wyomissing business to be “Profiled” email John.Bieber@N2pub.com.



Where am I headed?

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- PLACEMENT



Sarah Reese, Director
Carter Reese, Director

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around town

Mission BBQ staff on Police Charity night.



Lunchtime at Friendly's on N. Park Road



The staff at Willoughby's Bar and Grill, Wyomissing.



CK Tours & Cruises and Goodlife Financial Group hosted an open house celebrating CK Tours new office space in Wyomissing

Send us your pictures and tell us who's who. Parties, events, birthdays, anniversaries, formal or casual, out for a walk, kids at play or just friends around a backyard cookout. It's fun to see yourself and neighbors in print! Email to John.Bieber@N2Pub.com.



SHOULD YOU REALLY FEED A COLD & STARVE A FEVER?

Article Source: www.healthguidance.org

When we feel under the weather, we're often reminded of the old adage that we should 'feed a cold' and 'starve a fever.'

The idea here is that eating less will help us to fight an infection because we won't be wasting energy on digestion. That and we tend not to feel like eating when we have a fever anyway. Eating with a cold, meanwhile, will provide us with fuel and we'll be able to handle the digestion without it wiping us out. But is this old saying based in any truth? Should you really starve a fever? Or have we been getting it wrong all these years?

The Truth About Eating When You're Ill

As it happens, this is one of those sayings that turns out not to be based in fact. While opinions may vary, the general rule tends to be that you should always eat when you're feeling unwell. We all know how important it is to stay hydrated

whenever you're feeling poorly and it's worth remembering that you actually get a lot of your hydration from what you eat -- more than most of us realize in fact. Meanwhile, you can also get a lot of energy and nutrients from your food that can help your body to combat illnesses.

What To Eat When You're Ill

If you have a fever, then you should still try to consume plenty of fruits and vegetables that will provide you with a good supply of antioxidants. Antioxidants help your body to combat free radicals -- molecules that are destructive to our cells. This then helps to strengthen the immune system and increases the chance of you recovering from flu bugs more quickly. Vitamin C is a particularly good antioxidant and can be found in broccoli, cantaloupe, kale, orange juice, peppers, sweet potatoes, tomatoes and other foods. Meanwhile, consuming foods high in bioflavonoids can help to reinforce the positive impacts of vitamin C. Zinc

is also thought to help stimulate the immune system, while proteins are very useful for building tissues and fighting both bacterial and viral infections. A lack of protein can lead you feeling weak and tired, which will only exacerbate existing symptoms. Chicken soup meanwhile has been shown to be genuinely helpful in treating colds and flus and not just folklore. This is because it can help to clear sinuses and remove mucus and at the same time offer a mild anti-inflammatory effect. Eating 'complex carbs' will provide your body with a steady and consistent supply of energy, which will also help provide your immune system with the energy it needs to perform optimally.

The only reason you might consider 'starving' your fever then, is if you have completely lost your appetite. For that reason, you should stick to mostly plain foods that are easy to digest and not too rich in flavor. Eat in small, regular portions and make sure to thoroughly chew your food!

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WYOMISSING *Hail Storm 2014*

On May 22 last year, a line of storms across the Mid Atlantic states to New York, hammered millions of people with storms of strong winds, pelting rain and dangerous hail. Wyomissing was the center of one of the worst and most expensive hailstorms in Berks County history. Where were you on 5/22?



Andrea Graham's destroyed sunroof.



After the storm the sun appeared and eerie fog rose over the icy hail stones.



Wyomissing Police Department vehicles dented and broken.



Broken windows, dents and leaves from shredded trees.



The sidewalk covered at the Wyomissing Public Library.



Corner of Hill Avenue and Reading Avenue.



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MAY LOCAL EVENTS

May 9

Greyhound Meet & Greet for First State Greyhound Rescue – 2nd Saturday of the Month, 12-3 p.m. at Petco Pet Store, 2765 Papermill Rd. Wyomissing, 484-638-2113.

May 15 at 6 p.m. until May 16 at noon

RELAY FOR LIFE of Central Berks at Schuylkill Valley High School – Public invited: food, crafts, games, music. Benefits the American Cancer Society.

May 16

1st annual 5K “Run to the Cure” Color Fun Run at Schuylkill Valley High School, 8 a.m. Registration – \$30, students under 12: \$20 Run

Starts 9 a.m. Door prizes, contact 610-413-2333 or email Luckyrain-bow29@yahoo.com Benefits the American Cancer Society.

May 17

The 2nd Annual Reading PD K9 4-Miler 9 a.m. at the Reading Liederkrantz, 143 Spook Lane, Reading, PA 19606 4-mile run through the hilly wooded Mt. Penn countryside, also featuring raffles, music, prizes, food, beer and a READING P.D. K9 UNIT K9 DEMONSTRATION. This year adding a ½ mile course for kids and folks who would rather not tackle the hilly 4-mile track. Proceeds go to The Friends of the Reading Police K9 Unit fund. Cost: \$25 if pre-registered, \$30 day of race. Fun run/walk is \$10 day of race only. Registrations can be completed at www.pretzelcitysports.com.

May 23

Wyomissing Memorial Day Parade and Ceremony 9:45 a.m. at Wyomissing Hills Memorial Park

May 23

Dogs & Brews - supporting The Reading Public Museum and the Animal Rescue League of Berks County Noon – 4 p.m. at the Reading Public Museum, 500 Museum Road Reading, PA 19611. Sample Craft Brews, the best picnic in town and visit local businesses that help you pamper your pets. Your furry loved one can spend the day with you and friends in the Arboretum. Call 610-371-5850 x230 to RSVP.

June 4

Neighborhood Night Street Fair! 4:30-7 p.m. at 30 Commerce Drive, Wyomissing, hosted by CK Tours & Cruises, Goodlife Financial Group and Wyomissing Neighbors. RSVP to MerraLee.Moffitt@LPL.com or call 610-628-2055.

June 19

Noon until June 20 at noon – RELAY FOR LIFE of Western Berks at Wilson West Middle School – public invited. Benefits the American Cancer Society.

Send your upcoming events to Wyomissing Neighbors. Email to John.Bieber@N2Pub.com.

Real Estate RESOURCE

Featured properties may not be listed by the office/agent presenting this brochure. Source Multiple Listing Service. All information herein has not been verified and is not guaranteed. Supplied by Lisa Tiger - Wyomissing Realtor - 610-207-6186 (Direct)



Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking
1627 Meadowlark Road	Wyomissing	\$735,000	\$660,000	03/16/15	89	5	4.5	4,711	
320 Lynne Avenue	Wyomissing	\$550,000	\$530,000	02/13/15	152	5	3.5	4,044	
56 Grandview Blvd	Wyomissing	\$549,000	\$465,000	10/14/14	58	4	2.5	3,850	
69 Grandview Blvd	Wyomissing	\$535,000	\$510,000	03/23/15	93	4	3.5	3,480	
6 Junco Drive	Wyomissing	\$520,000	\$480,418	12/02/14	83	5	3.5	3,888	
7 Bobolink Drive	Wyomissing	\$474,900	\$474,900	03/15/15	13	4	2.5	2,853	
1948 Wickford Place	Wyomissing	\$439,000	\$420,000	03/31/15	153	4	2.5	3,264	
1040 Wayne Ave	Wyomissing	\$369,900	\$340,000	12/04/14	90	3	2.5	3,463	
12 Wyomissing Blvd	Wyomissing	\$369,000	\$325,000	03/18/15	114	4	2.5	3,500	
1143 Old Mill Road	Wyomissing	\$334,900	\$315,000	10/15/14	132	4	2.5	2,926	
60 Park Road	Wyomissing	\$325,000	\$325,000	10/27/14	7	5	3.5	3,391	

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 607 S. Trent Avenue Wyomissing, PA 19610 Listed Price: \$1,950,000 MLS# 6491022	 1170 Old Mill Lane Wyomissing, PA 19610 Listed Price: \$1,250,000 MLS# 6498008	 8 Hummingbird Road Wyomissing, PA 19610 Listed Price \$890,000 MLS # 6513603	 2005 Regency Drive Wyomissing, PA 19610 Listed Price: \$889,900 MLS# 6372039	 1520 Reading Blvd. Wyomissing, PA 19610 Listed Price \$874,900 MLS # 6377743	 1627 Meadowlark Road Wyomissing, PA 19610 Listed Price: \$735,000 MLS# 6485550	 349 Greenbriar Road Wyomissing, PA 19610 List Price: \$650,000 MLS# 6541360
 71 Cardinal Wyomissing, PA 19610 Listed Price: \$485,000 MLS #6373927	 1948 Wickford Place Wyomissing, PA 19610 Listed Price \$435,000 MLS # 6463076	 28 Junco Drive Wyomissing, PA 19610 Listed Price: \$420,000 MLS #6463444	 1010 Wyomissing Blvd. Wyomissing, PA 19610 Listed Price: \$335,000 MLS # 6422494	 69 Grandview Blvd. Wyomissing, PA 19610 Listed Price \$535,000 MLS # 6480316	 320 Lynne Avenue Wyomissing, PA 19610 Listed Price: \$550,000 MLS# 6426602	 102 Robert Road Wyomissing, PA 19610 List Price: \$550,000 MLS# 6540878

classified ads



To place a FREE classified, please email John.Bieber@n2pub.com by the last day of the month. Please include a detailed description of the item or service for sale, price, and contact information in 40 words or less. NO PHOTOS. The listing will run in one issue.

LOOKING FOR A FULL OR PART-TIME JOB?: Do you have sales experience you would like to maximize? *Wyomissing Neighbors* is looking to add a coachable player to our team. Full or Part-Time flexible 9 to 5 hours, earn \$1k-\$3k+/ month, commission only. Part-time hours are perfect for working around school and active schedules! Call John at 484.269.9824 or email John.Bieber@N2Pub.com.

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