

2018 VACAVILLE WOMEN'S EXPO

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**SATURDAY, OCTOBER 27, 2018
11 A.M. TO 3 P.M.
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The Reporter's 2018 Women's Expo

Being Happy, Healthy and Having Fun!

Sponsored by NorthBay Healthcare

The 2018 Women's Expo takes place from 11 a.m. to 3 p.m. on Saturday, October 27 at Ulati Community Center, 1000 Ulati Drive in Vacaville. Parking and admission are free.

Sponsored by NorthBay Healthcare, it's a day of fun, with a wide variety of products, services and information of interest to women — or those who have women in their life.

Talk with the experts in healthcare, chiropractic care, dental care, chiropractic care, fitness, and dietary supplements, all with valuable information on keeping you healthy.

Shop for jewelry, accessories, purses and totes, and clothing, either for yourself or gifts for the holidays.

Indulge yourself with lavender products, essential oils, scented candles, skincare, and beauty products.

Plan your next vacation, or make arrangements for photos to give as gifts.

Learn about educational opportunities, and prepare for your future with information on legal and insurance services.

There's a lot to see and enjoy at the event, so plan on attending the 2018 Women's Expo on Saturday, October 27 at Ulati Community Center. For more information, call 707-451-5206 or 707-453-8177.

Exhibitors for the event include the following —

Absolute Family Chiropractic
Alpha Pregnancy Clinics
Blake Austin College
Burger City
Chelsea Dunnington, State Farm Insurance
Claudia Alexander, Independent Damsel Pro
Crowned Girl Fitness
Cubol Family Dentistry
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Good day! I'm Melinda Hunter of M.C. Hunter Photography, *Your Photographer*. Thanks so much for stopping by! Photography makes my world go round & there are a few things I love as much as documenting real moments and *genuine connections*. I am grateful for this talent and I get to share with you. I love going to new places and meeting new people. I love to travel and of course will *travel to destinations* to do photography and of course vacation. *I love people* and capturing whatever your needs may be. You name it, *I can do it!*

Photography has been so much more than just a job to me and it has introduced me to some of the best friends I've ever had. I love wearing my hair down but living in Redding you will find me with my hair up most of the time. I love good company and a glass of *Red Wine*.

I love photography (duh), but my clients make it the most *rewarding* thing I have done with my life besides becoming a wife, mother, and grandmother. The best part is and creating beautiful imagery, *treasures for everyone* that gets in front of my camera.

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Advances in Breast Cancer Treatment at NorthBay Healthcare

BY ROBIN MILLER

Special to The Reporter

Not counting some kinds of skin cancer, breast cancer in the United States is the most common cancer in women and the American Cancer Society estimates that more than 265,000 new cases will be diagnosed in women this year.

With those kinds of statistic, it's important for every woman to understand her risk of developing breast cancer, according to NorthBay Healthcare oncoplastic surgeon Jason Marengo, M.D.

"Some risk factors you can control, such as alcohol intake, weight, and physical activity. Others you cannot control such as your age, family history, and other genetic issues," Dr. Marengo said. "Knowing your risk factors can help to guide how you are screened and how often and can give you a better understanding of what you can do to prevent breast cancer."

He advised that women find out their family history, talk with their doctor and get regular mammograms.

In the event of a breast cancer diagnosis, it's also important to find the right options for treatment and surgery, he noted. And that makes it absolutely vital to find a team of experts, said Dr. Marengo. "To really benefit from all of the advances in cancer care, you need a multidisciplinary team that communicates well and meets often," he said.

Oncoplastic surgery is the result of an evolution of treatment in breast cancer cases. From the time when surgery meant removal of all the breast tissue, pectoralis and lymph nodes, treatment has evolved to less aggressive options in which surgeons can "remove much less of the breast tissue, combined with radiation and see patients have equivalent survival outcomes to breast removal," explained Dr. Marengo. "And a leap forward is to have, at the same time that tissue is removed in a lumpectomy, the ability to immediately reconstruct that lumpectomy defect to minimize the outcome of radiation, which will sometimes distort the breast."

Historically, breast cancer surgery would precede any chemotherapy or radiation.



Today, doctors can look at individual tumors and decide if they will benefit from chemotherapy even before surgery, so that you remove less of the breast tissue (in surgery), he explained.

Deciding which treatment plan to follow is where the team approach to care is vital, he said. "It is not enough to take singular techniques — whether it's gene assays in tumors, genetic screening, or radiation oncology. If those are used individually in isolation and not to create a comprehensive plan, you are not getting

the care you deserve. You need a tumor board that meets often and a group of physicians that are talking often about designing these personalized treatment plans."

Having a board-certified plastic surgeon early in the care decision can be key, he said. "They can give perspective on if the patient is a candidate to have some localized tissue used to reconstruct that defect prior to radiation." That matters, he added, because radiation can change the blood supply to the affected area of the breast.

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Make Your Workout Work For You!

Find the right fitness facility for what you need

Joining a gym can be a great way to get healthy. Monthly gym membership fees may provide the motivation that men and women need to get off the couch and pursue their fitness goals, and the right gym can foster a love of exercise that lasts a lifetime.

Finding the right fitness facility is not necessarily as simple as signing up at the one nearest your home or office. Finding a facility that best suits you and your goals may require consideration of a host of factors.

Personal goals

Fitness facilities are not all one and the same. Before shopping around for a facility, men and women should make a list of their fitness goals and what they're looking for in a gym. Aspiring bodybuilders may want a facility with an array of free weights and strength training machines, while men and women whose ultimate goal is to lose weight may prefer facilities geared more toward cardiovascular training.

The U.S. Department of Health and Human Services recommends adults participate in both strength and cardiovascular training, so facilities

should provide both options. But some gyms may focus more heavily on strength training, while others may offer an extensive selection of cardiovascular equipment. Choose the facility that best aligns with your workout.

Amenities

Amenities are another important factor to consider when choosing a fitness facility. Facilities that offer a host of amenities like steam rooms, hot tubs and saunas might provide more motivation to visit the gym for adults accustomed to inactive lifestyles. In addition, such amenities might aid in adults' recoveries.

Workout alternatives

Men and women who have never been very enthusiastic about traditional workouts may want to look for facilities that offer more options than weightlifting and cardiovascular training. Many gyms host classes like yoga, Zumba™ and Pilates. Each of these are effective alternatives to more traditional workouts. When shopping around, look for facilities that offer classes for people of various skill levels, as exercises such as yoga can be very difficult for novices.



Swimming is another effective alternative to traditional workouts, and many facilities have their own pools. Adults are more likely to exercise if they enjoy their workouts, so people who love to swim may want to limit their searches to facilities with swimming pools.

Hours of operation

The hours of operation is another important factor that should not be overlooked. Working adults, especially those with families, may have very small windows of free time in which to exercise. Even if the most pristine and inviting facility won't do men and women much good if it's not open when they're available to workout. Before shopping for a facility,



men and women should write out a weekly schedule, making note of when they'll be working out and making sure to find a facility that accommodates that schedule.

Adults looking for a new fitness facility should consider a host of factors to ensure they find one that best suits their needs.



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I, Sue Marie Mazzoni have been with Young Living for over 25 years. My goal is still to share the value of Young Living essential oils and essential oil infused supplements that have the ability to alleviate pain, enhance the immune system, balance emotions, support all body functions, uplift the mind and spirit.

Working directly with Gary Young, the founder, at the Young Living farm in Idaho and learning from him has changed my life in a positive way.

WHY I ONLY USE Young Living Essential Oils

I owe my life to Young Living. I still have sustainable energy at age 74 and still hold regular classes on the Science and Application of Young Living essential oils. do Farmer's Market, Customer appreciation at Emil's Shoes in Woodland, Surgical Staff at Hospitals, Sassafras Beauty, Senior Health Fair, AAA employee appreciation, Gary Young, the founder, started distilling Lavender in his kitchen sink with a distiller he built, 35 years ago. He has studied and researched around the globe. He enjoyed finding centenarians to learn what plants are indigenous to their area so that he could harvest and research them for distillation to share with all the world.

One of his main areas of research is the function of the liver. YOU CANT HAVE A TOXIC LIVER AND HAVE GOOD HEALTH. CLEANSING THE LIVER SHOULD BE AN EVERYDAY PROCESS. The Liver is a most important organ as it is a filtration system. So optimal liver health is crucial to living a healthy life.

Although Gary started out with Lavender essential oil, Young Living Essential Oils company has evolved and grown to so much more. From Essential Oil infused supplements, to personal care products, to a Beauty line, a Weight management program and lots more.

I am continuing to search for business who would like to reward customers and/or employees with Neck/Shoulder massages.

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High atop Mount Vaca on the border of California's Napa and Solano Counties, Denise Revel (aka Girl on the Hill) grows Zinfandel and Malbec grapes and lavender at just under 3,000' making it the highest elevation in Solano county.

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She lovingly tends to her naturally grown lavender plants in order to create one-of-a-kind eye pillows, dream pillows and sachets filled with the fragrant dried flowers of this miraculous plant. Additionally, she produces lavender mist, flower water, 100% essential oil, hand cream, lip balm, aromatherapy roll on and irresistible fresh lavender bundles and wreaths from 10"-36"; great for a special event or to hang on your front door.

You can find Girl on the Hill at a local farmers' market make to sure to stop by and chat with Denise as she is always happy to share advise on planting and growing lavender. You can also inquire about a lavender tour by appointment only during June.



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Starting Over Professionally

Tips for women thinking about a career change

Women considering a career change may experience mixed emotions. The excitement elicited by such a decision may be tempered by fear. Such fear is natural when embarking on a new path and leaving behind some security and professional equity, but that fear should not be the deciding factor when women mull whether or not to change careers.

The decision to change careers is something that requires careful thought and ample consideration of a host of factors. Women facing such a decision can consider the following tips to ensure they make the best choice for themselves.

• **Consider your motivation before pursuing a change.** The motivation behind a career change can go a long way toward determining if that change is ultimately successful. Money can be a great motivator, but if money is the only thing driving a change, then women might be better off pursuing new opportunities within their

existing field rather than changing careers entirely, as staying within the field will allow women to capitalize on the professional equity they have built over their careers while also providing a new challenge. A genuine interest in another profession or a desire to find a better work-life balance might make for better motivators to change careers than simply switching to make more money.

• **Do your homework.** Career changes require hard work and, if extra schooling is necessary, a potentially sizable financial investment. Women should thoroughly research any fields they might pursue before making a change so they can fully understand the commitment they will need to make. Once they get an idea of what they will need to do make a successful career change, women should speak with their family to discuss the effects that their pursuit may have on family members. Such a discussion can make the transition to a new career easier, and the support a woman's family provides along the

way can serve as something to lean on if or when things start to feel overwhelming.

• **Don't be afraid to ask for help.** Many people are dissatisfied with their careers, and those who aren't might have been at one time. When mulling a career change, don't be afraid to seek help. Help might come from family or friends, but women shouldn't limit themselves with regard to whose help they will accept. If a woman wants to become a college professor, she shouldn't hesitate to contact a professor at a local college, explaining her situation and asking for any advice. Women have nothing to lose by reaching out and such help can prove invaluable. And women might be surprised to learn just how willing even strangers might be to lend a hand.

• **Give yourself time.** Career changes are rarely an overnight process. Successfully switching careers takes time, so don't give yourself a quick deadline to make a change. Such pressure likely won't increase your chances of making a successful switch, and you



won't enjoy the process nearly as much if you bury yourself in pressure.

Changing careers can be exciting and nerve-wracking. Affording such a switch the consideration it deserves and doing your homework can help make the switch as successful as you envision it being.

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