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# UNDERDOGS NO MORE

## Freedom Lady Pates Continue Their Memorable Season with Magical Postseason Run

It may be safe to say that the Freedom Lady Patriots basketball team is no longer the little dog or the underdog. Rather, the team is now the big dog. After an early exit in the Eastern Pennsylvania Conference playoffs in which coach Dean Reiman cited the Philadelphia Eagles unlikely Super Bowl championship as the fuel to his teams fire, Freedom set their sights on the District XI playoffs.

Although their first-round game against Northampton did go to overtime, the number two seeded Lady Pates completely dominated, not allowing Northampton to score a single point in overtime to move on to the semifinals by the score of 64-48, outscoring Northampton 16-0 in OT. The win gave Freedom an automatic berth in the PIAA Class 6A state playoffs.

Freedom would then go onto dominate William Allen 56-33 to move into the District XI championship game against Nazareth. The championship match was an all-time classic with both the Lady Pates and Lady Blue Eagles trading lead after lead, but with less than a minute to go in overtime, Nazareth held a two-point lead 39-37 and it seemed they were destined for the championship. On Freedom's last offensive possession, senior Hailey Silfies, who was already having the best year of her career, drained the go-ahead three pointer with less than seven seconds to go, erupting the crowd into a deafening roar. That would be the deciding blow as Freedom would win their first District XI championship since 2006 in unbelievably thrilling fashion.

Underdogs? Definitely not anymore, but was this crazy, high energy postseason run fresh in their minds heading into states? "No, I don't think so," Freedom Lady Pates head coach Dean Reiman said. "They understand that this is the state playoffs and if you lose, you go home. They want to keep playing, as proud as we were to have won districts, I think they (the team) have a really good awareness of 'hey, let's just go play this next game.'"

The Lady Pates already have their gold medals, but their mission to be the top team in Pennsylvania began on March 9 at Easton Area Middle School against the Perkiomen Valley Vikings in a surprisingly quiet environment. It didn't look like things were going to be very easy at first for Freedom, as Perkiomen Valley would stick right with the Lady Pates, scoring on a couple of three pointers to take the lead in certain points of the first half, but Freedom ended up pulling away slightly at the halfway point, taking a 33-26 lead into the locker room in what was a fast-paced, high scoring affair early on.

Towards the end of the first half however, Perkiomen Valley's team became a little bit unglued. Late turnovers would help Freedom pull away from it being a much closer halftime score. Freedom



would need to keep up the big pressure on a tough opponent who in their own right was also fighting to get closer to the PIAA state title.

The second half was like an entirely different ballgame, though. Despite being outscored by Perkiomen Valley in the third quarter, it was deceiving because Freedom unleashed their dominance in a single quarter to their advantage once again as it was Freedom extending their lead in a big way 46-34. Most of the Vikings points would come late in the quarter as Freedom would use plenty of defensive turnovers, and even a Hailey Silfies block to their advantage.

The game was getting out of hand in the fourth quarter as just in the second half alone, Perkiomen Valley was charged with ten fouls, giving Freedom a bonus early in the quarter, and then a double bonus towards the end of the game, which turned out to be the crushing blow for the Perkiomen Valley Vikings after a promising first half. Freedom's determination turned out to be too much as they would win the game 59-42.

"The big key was taking away their two big players," Reiman said, referring to the Vikings' Megan Jonassen and Taylor Hamm, both 6-foot 1 inch tall. "To hold them to two points each in the second half, that made things a lot easier. We had much better awareness of backside help in that half. Offensively they had to get out of that zone, which we did really well to pull them out of that. In the big court, it's hard for them to defend us."

Jennifer Kokolus, Hailey Silfies, and Kyra Jefferson all had very solid days for Freedom, scoring 16, 15, and 14 points on the night respectively. Perkiomen Valley's Megan Jonassen led the way with 12 points. Taylor Hamm had a good day with 10 points. The Freedom Lady Patriots now continue their memorable season with a date with Abington High School on March 13, location yet to be determined. Coach Dean Reiman knows however, that the state playoffs are a completely different season, and he's not getting complacent with his team. "It doesn't get easier. It's the state playoffs, so I know Tuesday's game will be a crazy challenge. Just looking forward to get to practice tomorrow. Everything is positive, the kids have played great, that was a complete game for us and I was really proud to see that."

**By Christian Jackson**

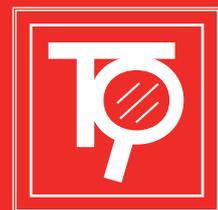


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## **GET TO KNOW YOUR STATE SENATOR: LISA BOSCOLA!**



Township Observer readers, meet Senator Lisa Boscola!

She is your democratic representative in the Pennsylvania State Senate. She was born on April 6, 1962 right here in Bethlehem. She first spent time as Deputy Court Administrator for the Northampton County Court in the late 1980s and early 1990s until she was elected to the Pennsylvania General Assembly in 1994. Then in 1998, she was elected to the Pennsylvania State Senate serving the 18<sup>th</sup> Senatorial District serving Lehigh and Northampton Counties. She is currently serving her fifth term. Lisa is happily married to her husband Ed of 30 years. Together, they have four feline fur children. In her free time, she enjoys travelling, swimming, biking, spinning and sculpt, aerobic classes, light weightlifting and running an occasional 5K race. She holds a master's degree from Villanova University where she graduated cum laude.

**Having been in politics for over 30 years, what made Lisa want to take a dive into the political world?**

"My mother was my role model, because she was very involved volunteering in local politics," Boscola said. "I remember how she used to take me to the polls and into the voting booth with her to show me how important voting, elections, and the overall process was."

"Along with my Mom, State Senator Jeanette Reibman, whose seat I now hold and was a trendsetter for women in politics, is another role model," she added. "When Senator Reibman announced her retirement before the 1994 election cycle, my State Representative announced he was running for the Senate, which left the House seat open."

"My husband and I talked about it and I decided to leave my job with the County of Northampton to run for the 135<sup>th</sup> Legislative District. I won the primary over a County Councilman who I was told I couldn't beat and then won the General Election in November 1994. Four years later, I ran for the Senate seat once held by Senator Reibman and beat a fellow State Representative, who I was once again told I couldn't beat."

**There the best of times and there are the worst of times for anyone in the working world, that's understandable, but what are the both the best and worst parts of Lisa's job?**

"Best part of my job is working to make a difference in people's lives. Whether it is fighting for property tax reform or working towards bringing jobs to the Lehigh Valley or helping a constituent cut through the bureaucratic red tape in Harrisburg, knowing that I was able to make our community a better place to live, work and raise a family, brings me the greatest satisfaction," Boscola said.

"The worst part is easily the gridlock associated with the extreme partisanship we have seen develop in Harrisburg over the last few decades. I believe in working with all legislators regardless of political party. You need to work together to find solutions for our residents. But

unfortunately, Harrisburg has slowly developed into a partisan battleground like we see in Washington, D.C. It really keeps good legislation from becoming law and hopefully if we can succeed in bringing common sense back to how we draw our district lines, we will see more competitive elections and more legislators who govern for all and not just for their party," Boscola said.

**Over the course of 30 years in politics, it may be somewhat hard to pick a moment in which one calls their most rewarding, but for Lisa Boscola, she indeed has a moment in which she calls her most rewarding.**

"Since I first became a legislator, the issue of eliminating local school property tax has been one of my most important issues. Struggling to get discussion on this issue, I found an unused section of the State Constitution that allowed a legislator to get a special session called if a member got a majority of legislators to sign a petition for a special session. I went to work on getting that majority of signatures (26 in the Senate and 102 in the House) and was successful in 2002 getting a special session of the General Assembly called based on successfully getting those signatures. I was the first legislator to use this Constitutional provision and the only legislator as it hasn't been used since," Boscola said.

**It's no secret that politics can be a bit of a rough place, but given that, as well as a good amount of experience, what is the most valuable thing that Lisa has learned throughout her political career?**

"I've learned to never give up and fight for what you believe in. I was told in 1994 that it was not my turn and that I couldn't win the State House seat. After being elected, I was told I should stay quiet and wait my turn to get legislation passed, yet I worked with House Leadership and Governor Ridge to get a bill enacted and to bring important state funding back to Bethlehem. The Senate race in 1998, the special session in 2002 and many other instances of never giving up have demonstrated to me that one can be a successful legislator by doing what is right."

**For anyone who is wanting to pursue a career in politics, Lisa has some advice for someone looking to take that next step.**

"Be active in your community. Work to make a difference as a citizen and build relationships within your community. By doing these things, should an opportunity present itself, you will be ready to seize that opportunity," Boscola said.

**Finally, in today's political climate, there have been tensions among the current GOP, opposing viewpoints, and differing legislation to create a good amount of political unrest throughout the United States. As someone in politics, Lisa has some thoughts as to what would bring the United States, democrat, republican or whichever, together as a whole.**

"There can be no more important activity of a public official than working to bring your community together. There are many opposing viewpoints, but we should be working to ensure that we have impassioned political discourse where views can be heard in a respectful manner."

---

**By Christian Jackson**



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## END THE EXCUSES FOR ST. PATTY'S DAY

As I am pretty sure all of you know, especially those who follow the calendar... which is everybody, you'll have seen that St. Patrick's Day is coming up this Saturday. Which of course means that there will be many people, mainly young people, packing bars to get their share of green colored adult beverages while listening to that night's oldies cover band.

The St. Patty's Day holiday is another reoccurrence in a cycle that seemingly doesn't stop. That cycle being an excuse to go out, or even just stay home, and drink. It seems there are a lot of those types of holidays that occur each given year, such as New Year's Eve, Fourth of July, Memorial Day, and for whatever reason, the night before Thanksgiving. These holiday's true meanings take a back seat to what the actual intent of the holiday was about.

For those who may not know it's origins, St. Patrick's Day is a holiday that originated from Ireland (although that part is very commonly known) commemorating the death of Saint Patrick, who is estimated to have died on March 17 in the year 461 AD. Due to the holiday falling in the middle of Lent, the Catholic fasting time, fasting restrictions on food and alcohol were lifted for the day so Irish Catholic families could have a feast. It was observed as an official holiday in Ireland in the 17<sup>th</sup> century.

The holiday trickled around the world thanks to Irish emigration around the Industrial Revolution and the Irish Potato Famine. It made its way to the USA during the era of Ellis Island immigration. From there on, it has taken on a very different meaning. In present day, Americans

don all green attire and break out clovers galore (customary to the original holiday). Then, Americans with no, a minute percentage, or even a great percentage, relish in their Irish history.

Therefore, this is where the excuses now start to come in. What are the Irish synonymous for? Their proclivity towards alcohol. The same logic applies with Cinco De Mayo as well. Americans with no Mexican background will end up going out to the bar that night having no idea what they're celebrating just because that's just what culture deems appropriate. Essentially, someone is going to the bar that night in that case for virtually no reason at all, no different than on any other night.

If one is to ask the average American what the true purpose of St. Patrick's Day is, more than likely 9/10 people wouldn't be able to give an answer. It's another cultural derivation of a holiday, much like how many view Christmas as the time to give and receive gifts via commercialism. Thus, it seems that St. Patrick's Day falls into a category of holidays that are just simply "there."

My point is, if society is going to have a holiday with a dual meaning/celebration, the populous should be more educated as to why the day exists because as time goes on and alternate meaning starts to take over, like arguably it's doing now, the alternate meaning now becomes the main meaning, and while a day like St. Patty's Day isn't a very big holiday, it is still treated as such. So, in conclusion, the drinking excuses for holidays have always seemed to get a little bit more creative as time has gone on.

It could be alcohol is a fairly common commodity among adults, or it could just simply be to just go out and have fun. Either or, "drinking" holidays, especially St. Patrick's Day, are no different than any other day of the year, especially for those that the holiday doesn't apply to.

By Christian Jackson

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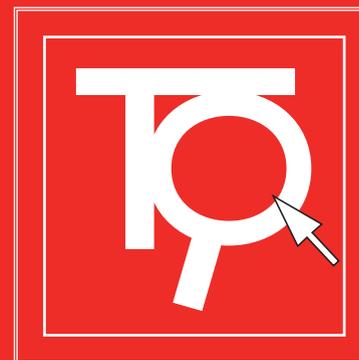
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## 2018 Phillies: Ready For That Next Level?

*“People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.”*

**Rogers Hornsby**

Just last week, I was fortunate enough to take my yearly jaunt down to Clearwater, Florida for a few much needed days of three very essential elements for the soul: sunshine, beer and of course, baseball!

Thanks to our World Champion Philadelphia Eagles, our minds were preoccupied for a bit longer during this cold winter but now the time has come to welcome our boys in the red pinstripes back with the warm air of spring soon to be knocking on the doors of another April of hope for another season of renewal. And this year, we may actually have some. Could this be the season the Phillies take that next step? It very well could be.

Over the past five seasons, the Phillies have registered a record of 346-464, the worst record in baseball; the absolute worst. They haven't reached the post season since 2011 and the 2008 World Championship season seems like eons ago. Last season, they recorded 66wins. It's about time this team started playing winning baseball.

In an offseason of change, the front office made three **bold** additions. The first was the hiring of former major leaguer, fitness guru and staunch proponent of coconut oil, Gabe Kapler as the 54<sup>th</sup> Manager in franchise history. The other was the curious signing of free agent Carlos Santana, to a three year, 60 million dollar contract. Santana, who will be 32 in April, will provide some power; some much needed positive OBP and veteran leadership to a very young core of Phillies hopefuls. His addition however, was a head scratcher as it seemed an odd fitting and costly piece which most assuredly would take away innings from some of the club's younger potential talent.

Many thought, if the Phils were on the cusp of 85-90 wins, his signing would have been understandable, but the team was just not there yet. Enter the free agent signing of ace Jake Arrieta and suddenly the fortunes have changed. Maybe this could be year after all. Arrieta, the 2015 Cy Young Award winner as a member of the Chicago Cubs, was signed last week to a 3 year, 75 million dollar contract. It's often funny how one signature can change the outcome of a 162 season, but this autograph on

the dotted line did exactly that. Arrieta was 14-10 last season with a 3.53 ERA and logged over 168 innings. His addition may add 7-10 wins to the Phils win total and that may be enough to get the Phils to playing in autumn.

The team still has some unanswered questions. There still is the business of Kapler, who has very limited managerial experience but is taking over the reins of a club in desperate need of taking a leap to the next level. Kapler is known as a progressive thinker, a lover of analytics and has begun to showcase his unconventional style of managing this spring. There seems to be a good vibe around the clubhouse and the players are warming to his innovative approach. But will this new genre of managing translate into much needed wins or success? Or will this hire be the baseball version of Chip Kelly 2.0, where style over substance will have the team back at the drawing board in a few short years? Give the Phillies high marks for being risky and thinking outside the box, here's hoping Kapler is a success.

The next step Phillies General Manager Matt Klentak had to do was to provide his young managerial prodigy with a few more arms. It took a while, but the Phillies waited out Arrieta and his agent, and pulled the trigger to get him in the fold.

Baseball wins and losses generally are decided by having ample and solid pitching and the Phils, plain and simple, didn't have enough. They still may not. There was an obvious dearth of experienced starters when looking at the rotation. Arrieta has changed that.

With now adding the ace Arrieta to the rotation, the Fightin's now have a boxer's chance with a solid 1-2 punch. Aaron Nola, who was to become the youngest opening day starter for the Phillies since 1964, now slides into the number two slot. The current combo of Jerad Eickhoff and Vince Velasquez will follow with a handful of hopefuls battling for the fifth and final spot. The Phils, who gave Arrieta an out after two years are suddenly signaling to their fans, a win-now approach. I think they should go a step farther and sign free agent pitcher Alex Cobb as well, who still



remains on the market. Having three excellent starters would not only loosen the load on the Phils improved bullpen, which is now considered an area of strength, but would also make them a serious contender in the NL East. Closer Hector Neris is back as the team's closer, bringing with him his nasty splitter and effective high strikeout rate. The Phils reacquired their lone 2017 All Star, Pat Neshek as well as right hander Tommy Hunter, who put together a fine season for the Rays. Add Edubray Ramos, Luis Garcia, the promising Mark Leiter Jr. and possibly the left handed Hoby Milner, who is having a fine spring and Kapler will have a variety of arms to use in different situations. The Phils will most likely use an eight man bullpen which looks to possess a collection of quality arms.

As for the offense, scoring runs shouldn't be a problem with the Phils projected lineup seems to be an intriguing one. Second baseman Cesar Hernandez will most likely lead off. His ability to get on base, like any leadoff hitter will set the tone for the rest of the offense that follows. The Phils will obviously be counting on Santana, probably slotted in the two hole, most likely because he usually walks more than he strikes out.

Then there's last year's power sensation Rhys Hoskins, who belted 18 homers in 50 games after his call up in mid August. Can he fulfill those monster expectations? Odubel Herrera, who has been hobbled this spring with a nagging shoulder strain looks to be placed somewhere in the middle, with catcher Jorge Alfaro and outfielders Aaron Altherr and Nick Williams providing some production. It's safe to say, it's a make it or break it year for third baseman Makiel Franco, who despite hitting 49 home runs the past two seasons, has yet to show patience at the plate and saw his average

dip to .230 last season. Keep a close eye out for J.P. Crawford who inherits shortstop duties. He will have giant defensive shoes to fill for those of the departed gold glove caliber Freddy Galvis.

There's now pitching. There's hitting. And there's promise. One thing that stood out to me while watching the exhibition games in Clearwater was that every player was hustling. Also, during the course of the game, every player was riding the top step of the dugout, leaning over the rail, observing and in to the game. So much of this game is talent but also attitude and chemistry. That will be on Kapler to keep this team competitive and loose. The talent to compete is there. Now it's the issue of getting the job done on the field.

So there you have it. The Phillies will open early this season on March 29<sup>th</sup>, on the road against the Atlanta Braves. The best part will be when they arrive for the first pitch; they will be tied for the best record in baseball. There will be hope for this young bunch to play hard and with emotion under their first year skipper. Also around the same time, the weather will be warming, the seeds that were planted in the fall will be blooming and for a time, optimism will now reign superior. The sun will shine. The beer will be cold. And there will be meaningful baseball to be played. But will it be of the winning variety? We now have hope...

**By Brian Startare  
@Brianstartare**

Brian Startare is a former sports talk host at 94WIP in Philadelphia. The co-author of *This Day in Philadelphia Sports* and is the Public Address Announcer for Saint Joseph's University Men's Basketball team.

# ART OF TREMENDOUS ANYTHING CAN HAPPEN

Somewhere in my youth or childhood, I missed seeing the movie, Mary Poppins. So, when I got an invitation to see the play performed by the Lancaster Bible College Worship and Performing Arts group recently, I went in not exactly knowing what to expect. I was gobsmacked! Not just because of the remarkable performances by all of the cast, crew, and musicians, but by its tremendous content. Mary Poppins fascinated me because it was all about turning around bad behaviors and bad attitudes into something supercalifragilisticexpialidocious!

I teach a great deal about the personality trait of extraversion. Extraversion is that optimistic outlook on life where you can take a job that must be done and find that element of fun. My father used to tell me, "Tracey, if you want a better job

do a better job, and you'll have a better job." I reckon Mary would agree with that statement. Stop sucking your thumb and start sucking on a spoonful of sugar instead. Mary Poppins excelled at nurturing self-directedness in every member of her world; the children, the parents, her colleagues. If you know anything about the Myers-Briggs Type Indicator (MBTI), Mary is an ESFJ. She knew exactly what others needed long before they did and excelled when she was given a job to do or problem to solve. She encouraged others to "Open different doors, you may find a you there that you never knew was yours. Anything can happen." I grew up on the motivational genre and that little line is as profound as any I've read.

I think the play struck me so soundly because it reminded me a great deal of I think the play struck

me so soundly because it reminded me a great deal of my upbringing. Full of wonder, awe, and some pretty trippy methods of teaching. Mary's zingers like "Close your mouth please, we are not a codfish" and "I never explain anything" reminded me of some of the quips my father would parcel out like, "Stop looking for Mr. Right. Find something with pants on and pray" or "Stop complaining. Is it anything worse than what Jesus went through?" It was tough but always comedic; adventurous but always purpose-driven.

My father went through life with that same sense of exuberance and unconventionality. He brought a sense of wonder and tough love to every aspect of life. He had a way of just distilling it all down to the core issue with only a few words and a song. We make life so complicated when in fact we should just get out and enjoy the simple things like going to fly a kite up where the air is clear. I'm glad I saw the play fresh as an adult. I'm pretty sure I would not have seen the deeper threads woven through this extraordinary lead character when I was younger. Remember, it's the sweetest things in life that make the less-than-sweet stuff seem livable. May we all be a Mary Poppins in someone's life and offer them support in ways that will take them to the places they need to go.

By Tracey C. Jones



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# THE POWER OF SELF-CONTROL



I grew up in a family filled with love and respect. My parents were always fair and I knew I was wanted and valued. I lived in a small Kentucky town surrounded by relatives and friends. I walked to school every day and was taught by teachers who knew me and had, often, taught my parents as well. It was a safe world where I enjoyed the fun and adventure of a secure childhood. Then something happened. When I was thirteen I came into a wonderful and real relationship with Jesus Christ. My mother and father soon followed me into a surrender to Christ as Savior and Lord and we began to go to church together and grow in our new walk with God.

But something was wrong in my heart that I tried to hide from God. I had developed an ugly, explosive temper. I would suddenly rage at anything that did not conform to what I wanted. I had no self-control over my anger. Once when I was fifteen I went with my parents to view a house they were considering buying. I liked the old house and did not want to move. When my Mom and Dad told me they had decided to purchase the house we were standing in the front entrance at the new location. I yelled at my parents and said I would not move. When my sweet mother told me the new house was better I became so angry that I punched my fist through a wall. I embarrassed my parents and acted shamefully.

As I grew spiritually, my temper retreated but I knew it was always there beneath the surface waiting to rise and attack. After college I married a young woman with a deep and precious relationship with Christ. Amy's pure heart attracted me as much as her beautiful looks and spectacular personality. We had not been married long when Amy decided that

she wanted to do something special for my mother's birthday. We had little money (I was in graduate school and Amy was still in college) so she chose to bake my Mom a home-made chocolate cake as a gift. We could barely afford the ingredients.

My parents lived 3 hours from the schools we were attending. Amy worked all Friday afternoon after her classes to prepare the cake. She sat in the front seat of our car while I carefully handed her the cake. I then circled to the driver's side, entered the car and began to slowly move down the street from our apartment. I told Amy that I wanted to stop at a bookstore before we started the drive to my home. She said she was tired and asked if we could pass the bookstore and continue on the trip. I began to pressure her. I said the store stop would not take long. She again said she was tired after going to class and making the cake and could we just continue the trip.

Suddenly my old harsh temper erupted. I gripped the steering wheel, said I wanted to go to the store and slammed the brakes for added emphasis. I pushed the brakes so hard that Amy lurched forward and the cake on her lap flew up and smashed into the windshield. I watched as the cake on which she had worked so hard as a gift for my mother spread over the glass and dropped back onto her lap smearing chocolate on her and the car. Amy started to cry. I was stunned. I knew at that moment that I was a slave to a monster that had the power to destroy my home and my life. I prayed for God to forgive me and to remove that monster from my heart forever. I must have meant that prayer because God did a miracle and removed that dysfunction from my life.

I exited the car and helped Amy get out. I asked her forgiveness and helped repair the cake as

much as possible (one of God's blessings was that we were able to reconstruct the cake and give it to my grateful mother.) I have never had an explosion of anger like that again. The Bible says in Proverbs 16:32, "Better a patient man [or woman] than a warrior, a man [or woman] who controls his [or her] temper than one who takes a city." The Bible further says in Galatians 5:22, "But the fruit of the Spirit is love, joy, peace, patience, kindness, faithfulness, goodness and SELF-CONTROL."

Temper out-of-control causes tremendous damage. Harsh words wound. Violent behavior can ruin good relationships and cause people to turn against you. Sometimes anger is motivated by a desire to protect someone or make a wrong right. But when an outburst of anger explodes because you don't get your way or because someone disagrees with you then it is always selfish and ALWAYS WRONG. Do you want to be a great man or a great woman? Ask God to give you self-control in everything and especially with your temper. Everyone will thank you.

**By Ron Ball**

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# LET THERE BE LIGHT

## Laser Therapy Offers Hope for Pain & Brain Injuries

Star Trek fans may remember scenes in which characters were treated with lasers to heal wounds without the need for surgery. What was once the stuff of science fiction is now evolving into cutting edge medical technology and Lehigh Valley's H.O.P.E. Laser Institute is among the forerunners making it a reality. HOPE is the first to treat Concussion and Traumatic Brain Injury (TBI) in the Lehigh Valley with Photobiomodulation (PBM). The acronym stands for Home of Photobiomodulation Excellence. Despite its intimidating sounding name, photobiomodulation is simply the use of light to treat a number of conditions that previously had zero or limited success with other modalities. HOPE has developed the first patent pending protocol to treat Concussion and TBI. PBM is non-invasive, painless and has no known side effects, yet has been shown to be incredibly effective in repairing tissue damaged due to degeneration or injury, even years after the event. The technology is proving beneficial for a number of serious and challenging medical conditions, and the Institute is among the nation's premier facilities for its application. 8 years of experience and over 2,000 patients makes HOPE the most experienced PBM facility in the Valley.

Chicchi and Lukachek co-founders of HOPE began using the technology previously as owners of ATA Revitalization Institute in 2010 before partnering to form H.O.P.E Laser Institute in October, 2013. Both are certified laser technicians, and Chicchi also holds a master's degree in sports medicine. Her education and 25 years of extensive experience have enabled her to create specific patented protocols that provide measurable improvement for a variety of conditions, including ADHD, autism, Tourette's, stroke, pain management, concussion and traumatic brain injury.

"This modality has the ability to increase cognitive function, by decreasing inflammation, breaking down scar tissue, increasing blood flow and stimulating neurogenesis," says Chicchi. "These are the main components and issues surrounding Concussion and TBI; inflammation, decreased blood flow and scar tissue. We directly address these devastating components and we see an amazing increase in cognitive ability, and symptoms patients were told were permanent are disappearing."

PBM reduces inflammation while increasing blood supply to organs, bones and tissues. Specifically, it works by stimulating cells to produce adenosine triphosphate (ATP), often referred to as the "molecular unit of currency" for cellular energy. Studies show that chronic inflammation is linked to a number of conditions including Parkinson's disease, Alzheimer's disease, lymphedema and chronic pain. While LLLT is often used as a complement to traditional therapies, it can sometimes preclude the need for surgery and medications, which can not only be expensive, but may offer limited effectiveness while putting the patient at risk for dangerous side effects.

Though relatively new to the United States (it was FDA approved in 2002), cold laser therapy has been used in Europe for over 50 years. Over 400 randomized controlled trials and more than 4,000 laboratory studies prove its effectiveness, and a report published recently by the National Institute for Health (NIH) highlights the promising effects of the therapy. In fact, the modality has helped a number of elite athletes return to their sport following what may have otherwise been career-ending injuries. Among the athletes Chicchi has personally treated is recently retired superstar quarterback Peyton Manning. Following LLLT, he went on to sign with the Denver Broncos, throwing a near-record number of touchdown passes and adding to his MVP accolades – quite a feat after multiple surgeries and traditional therapies were slow in allowing him to return to his elite level of performance.

**By Tonie Chicchi**

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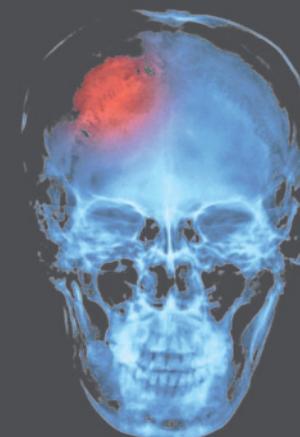
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# MESSIAH IN THE PASSOVER

Being raised in a traditional modern orthodox Jewish family, Pesach – Passover was (and is) a key part of my expression of faith and of hope. As a Messianic Jewish Rabbi for 12 years I had to re-evaluate my understanding of the Torah-Holy Scriptures. The Passover and Feast of Unleavened bread being the first two Spring Feasts of the bible, how do they fit with Faith in the Messiah Yeshua/Jesus.

To clarify, the Messianic Jewish faith is the belief that Jesus/Yeshua (His name means salvation), is the promised Messiah of the Tanach-Hebrew scriptures. If that is true then how do we understand God, and His appointed times through Him. The scriptures command us to remember and celebrate God's mercy in delivering the Israelites out of Egypt. "You shall also observe the Feast of Unleavened Bread, for on this very day I brought your hosts out of the land of Egypt; therefore you shall observe this day throughout your generations as a permanent ordinance. 'In the first month, on the fourteenth \* day of the month at evening, you shall eat unleavened bread, until the twenty-first \* day of the month at evening'" (Exodus 12:17-18 NASB).

This can be a celebration for not only Jews but for all that walk-in faith, as it has always been. Not only did the Jewish people leave Egypt but all that were faithful to the instructions of the Passover Lamb slaughtered. The book of Numbers 9:14 says: "If a foreigner is staying with you and wants to observe Pesach for the Lord, he is to do it according to the regulations and rules of Pesach- you are to have the same law for the foreigner as for the citizen of the land." (CJB)

The Exodus is a Shadow of the greater deliverance that was to come in the form of the Messiah. It is the Messiah through His promised sacrifice that will not only deliver man from physical bondage but spiritual bondage. The Exodus from Egypt by the faithful was and is a down payment of what was to be future deliverance in greater measure.

It is no coincidence Jesus/Yeshua chose Passover to reveal His intentions. "Now the Judean festival of Pesach was coming up; ... It was just before the festival of Pesach, and Yeshua knew that the time had come for him to pass from this world to the Father. Having loved his own people in the world, he loved them to the end." (John 6:4 & 13:1 CJB)

The Messiah is "thee" Passover Lamb, dying for the sins of all who will recognize Him as the redeemer of sin and the answer to death being defeated. For a believer in the Messiah today, the Seder is the setting for the beginning of our victory over It says in Revelation 12 verse 11; "They defeated him because of the Lamb's blood & because of the message of their witness..." It is by what Yeshua promised in the Seder & accomplished on the tree that we can celebrate new life!

What does the New Covenant, the Apostolic Writings say about Jesus's/Yeshua's relationship with the Passover? The book of Hebrews says: "By trusting, He (Jesus) obeyed the requirements for the Pesach, including the smearing of the blood, so that the Destroyer of the firstborn would not touch the firstborn of Isra'el." (11:28 CJB) I believe that the coming of the Messiah brings the Passover season to life for all trust in the God of Abraham, Isaac and Jacob! We no longer put blood on the doors of our homes or our gates and The whole world is invited to the Seder... the Seder of all Seders! Guess who's coming to the Seder? All that desire to come in faith of the Lord's wonderful plan... Amen

---

**By Rabbi Mark Shulman**

to problem areas in time to fix them. When you lose focus on your husband or wife you become insensitive to their needs and concerns which can breed resentment. When you lose focus on your children you can fail to recognize signals of anger, depression or rebellion. You may miss opportunities to connect and help them when they most need help.

When you lose focus on your health, you can overeat, fall into addictions, lose your fitness and sow the seeds of illness and maybe even a shorter life. When you lose focus on your finances you can become smothered by debt and crippled by financial mismanagement. Remember, it is easier to manage money well than to try to fix the problems that are created by mismanagement. When you lose your focus on God, you begin to live in fear and doubt. You forget the promises in God's word, the Bible, that are given to empower and protect you. It becomes easier to fall into the temptations that can ruin your life.

Behavioral Psychologists tell people to practice "mindfulness." This simply means to live with focus and awareness. It means to live every day "on purpose" in pursuit of God's best goals for your life. The Bible says in Proverbs 4: 25-26, "Let your eyes look straight ahead, fix your gaze directly ahead of you. Make level paths for your feet and take only ways that are firm." Open your eyes and watch where you're going. This will help keep you on the road to greatness.

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**By Ron Ball**

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## THE POWER OF FOCUS

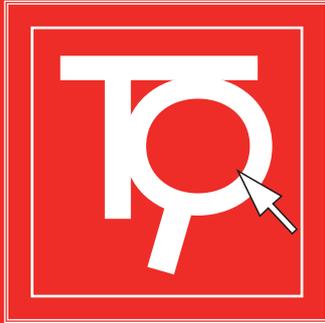
These are true examples of people who were so distracted by their phones they lost all awareness of what they were doing. A woman was admitted to a local emergency room with a nosebleed. It was determined that she had been texting while walking and walked into a door. Two students at a high school were both texting while moving down a hallway and collided with one another causing eye damage to one of the students. A woman was treated at a hospital for a lacerated finger. She had cut herself while cutting raw chicken and talking on the phone.

A man was admitted to the hospital having sustained injuries while horseback riding. He was galloping on the horse when his cell phone rang. He fell off the horse while trying to retrieve the phone from his pocket. A man was injured while working out in a gym. He was talking on his cell phone while bench pressing weights, lost control and the weights fell on him damaging his chest. A Man was treated in the emergency room for a corneal abrasion on his eye. He was holding his cell phone in one hand while attempting to apply super glue. He became distracted by the phone conversation and squirted the super glue into his eye.

A young man was admitted to the hospital with multiple injuries. He was riding his dirt bike at 45 miles per hour when his phone rang. While attempting to pull the phone from his pocket he wrecked the bike. He bruised his chest and broke two ribs. A 46-year-old woman was riding her bicycle and talking on the phone when she dropped the phone which became stuck in the spokes of her front tire which then caused the tire to lock, throwing her off the bike and breaking her nose. A 20-year-old woman tumbled down the steps of a public bus and slammed into the pavement, injuring her ankle. Observers say she was engaged in a phone conversation and lost her balance on the steps. It was surprising that she did not take anyone down with her.

Dangerous things happen when you lose focus. You may even become a danger to those around you. When you lose focus on your marriage you miss warning signs that could have alerted you

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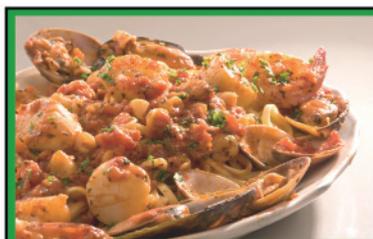
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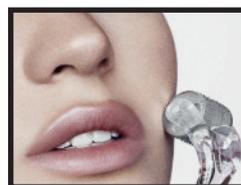
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