

Lifestyle

HGAC's BarnArt Show & Sale returns on June 10-12

If you like barns and if you like art, then Historic Gettysburg- Adams County has an event for you! The 14th annual BarnArt Show & Sale, presented by the HGAC Barn Preservation Project and Grant Program, will be held at the G.A.R. Hall located at 53 East Middle Street in Gettysburg from Friday, June 10 until Sunday, June 12.

Exhibit hours are Friday, June 10 from 6-8 p.m.; Saturday, June 11 from 10 a.m. to 6 p.m.; and Sunday, June 12 from noon until 4 p.m. Art may be purchased at any time during the show. The BarnArt Show & Sale features works by some of the area's most noted artists. To

be accepted into this unique exhibit, all artworks must include a representation of a barn or a detail of a barn.

The opening night reception, from 6 p.m. to 8 p.m. on Friday, June 10, is free and open to the public. Award winners will be announced at 7:30 p.m. Two \$1,000 cash prizes will be awarded: one for "Best of Show in Fine Art" (donated by Jay Mackie, Ph.D. and Monica Oss) and one for "Best of Show in Photography" (donated by Dave and Cynthia Salisbury), and \$500 will be awarded for second place in both categories.

Opening night attendees will again cast their votes for the "People's Choice

HGAC

Bob McIlhenny

Award." New this year will be the "Artists' Choice Award," awarded to the artwork voted best by participating artists.

There is exciting breaking news about the BarnArt Show as I am writing this column. A local collector will place a nicely framed and signed original pen and ink drawing of a barn by the

acclaimed American artist and illustrator, Eric Sloane, for sale. The list price will be \$2,500.

Some of the artworks will be offered for sale, with 30% of sales benefitting the HGAC Barn Preservation Project and Grant Program. Since its inception in 2013, the grant program has awarded over \$59,000 to 40 barn owners in Adams County to make needed repairs to these architectural icons of our rural landscapes.

There are "fundraisers" like HGAC's biennial Civil War Barn Dance, and Historic Barns Tours...and then there are "friendraisers." Over the

years the BarnArt Show & Sale has proven to be both! We hope you will join us and maybe bring home a bit of barn art.

Questions about the BarnArt Show & Sale can be directed to event chair, Paul Mangan, at (717) 357-3145 or paulmangan@gmail.com and Bob McIlhenny at (717) 420-6500 or RMcilhenny@comcast.net, or visit www.HGAConline.org

Bob McIlhenny is the director of development of the HGAC Barn Preservation Project and Grant Program sponsored by Historic Gettysburg-Adams County (HGAC).

Spring is here, time for safe pet adventures

It's time for outdoor adventures with your dog. First, be sure to use a flea and tick prevention medication to protect your dog and your household from infestation. Ask your vet which is the best for your dog because there are differences.

Second, let's talk walking. Anytime you want to take your dog off your property, the law states that you must have control of your dog at all times. It's also a way to keep your pet safe from cars and other animals. Some dogs enjoy visiting other dogs on walks, while others enjoy their own space. Always be prepared to react to your dog if the meeting doesn't go well.

With all the state forests and state parks surrounding us, it is tempting to allow your dog to run loose on the trails. Don't do it. Read the park and forest rules on their web pages or read the signs posted on the trails.

Loose dogs can harass wildlife, which is illegal. They may also run into problems with skunks, porcupines, snakes or bears. Dogs can lead a bear right back to you.

Maybe the trails are not for you. Consider the following fun activities instead. Join an obedience class. It's one on one time with your dog with the added benefit of a better behaved animal.

SPCA

Donna Quante



After graduating obedience class, consider taking up agility training. This is a really fun time for dogs to use all their abilities in a controlled setting. Watching them learn and gain confi-

dence on the seesaw, the A-frame and the raised walk is amazing. Maneuvering through weave poles, tunnels and jumps requires them to use all their abilities. Most dogs love it and the time they get to spend with you.

Other fun activities with your dog include dock diving, scent work and lure coursing. West Wind Diving Dogs has a pool located at the Thirsty Farmer Brew Works in Biglerville over the summer. Check their Facebook page for information. Active dogs are happy dogs, and it's good for their humans as well.

Please remember not to leave your dog in your car this summer. Accord-

ing to the AKC, even with windows cracked open in 70 degree weather, the temperature in your car will climb to 100 degrees or more in just 20 minutes. Keep your animals safe in summer by leaving them at home if they aren't going to be out of the car with you. Also remember to check the temperature of the surface you walk on; asphalt and cement hold the heat and can damage the pads of your dogs' feet.

Donna Quante is the current vice president of Adams County Society for the Prevention of Cruelty to Animals Board of Directors. She shares her life with her Siberian Husky sled dog team in Gettysburg.

Get Outdoors Adams, a summer family activity

Are you looking for a fun, family-centered activity that gets your body moving, your heart pumping, keeps your kids occupied for some time, costs nothing other than the gas to drive there, involves no electronics or screens, gives you an escape from larger crowds, enhances your love of nature and kicks off your summer? Well, look no further – we've got the answer – it's hiking (even if you are not such an outdoorsy family). It's Get Outdoors (GO) Adams and it has already started. In Adams County, GO is entering it's sixth year and continues to encourage Adams County children, adults, and families of all sorts (pets included) to read and be physically active.

Partnering with the Adams County Library System and the summer read program, WellSpan Health is excited to launch, Oceans of Possibilities, the themed program to help children explore the ocean through reading, hiking, and discovering new pearls of wisdom.

Using a Wayfinder (guidebook), which can be picked up at any Adams County library, venture out across the county to community, local and state parks and follow written clues to locate a wooden anchor (post). Atop the anchor is a unique etching, that when rubbed over with a crayon or pencil, reveals a picture of something found in the ocean. Collect all 15 in Adams County or just hike a few, but Get Outdoors and hike.

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Sandy Gladfelter



Hiking makes you healthier, happier, and even smarter as you increase your attention span and continue your reading skills. Adults can benefit as well as hiking can bring your family closer together and you get to experience this big, fascinating world through your child's eyes.

GO and Dive Deep promotes learning about the ocean and how to take care of it, as well as appreciate the beauty of the parks you hike. You may find new places to picnic or find creatures in nature to learn about, and along the way, the smiles and giggles will lift your spirits each time. The program starts on Wednesday, June 1 and runs through Saturday, Aug. 13.

As you hike the hikes, you can help your child build their confidence in the outdoors, grow their creativity and imagination, and learn responsibility of taking care of the environment. A great quote, by Dr. Seuss, says it all "Its opener, out there, in the wide, open air." So, when you are in the wide, open air, look up at the sky, look down at the rocks, feel the

air on your face and in your lungs, and remember that trees can be our friends too. Stop by an Adams County library today, pick-up your Get Outdoors materials and check out a few books and make some new memories with your family.

Your child can earn changes to win great prizes, but the truth is, no prize compares to the time spent with family and the endless fun you can have this summer. So, GO and Dive Deep and explore the Oceans of Possibilities as you experience the Get Outdoors program. Your children and you will be thankful, happy and healthy.

Sandy Gladfelter is the coordinator for health education and community health for WellSpan and a member of the Physical Fitness Task Force.

Basic steps for a healthier brain

The mind has been called a process that regulates the flow of energy and information within us, the source of our mental activities. The health of the brain and nervous system are critically important components of the mind. You might be concerned that your brain will age in a detrimental way, but brain health can be cultivated in the same way we seek to improve our physical strength.

From Harvard's Guide to Cognitive Fitness, we learn that there are six areas we should attend to for the prevention of mental decline: eat a healthy diet, mostly plant-based; exercise regularly; get a healthy amount of sleep; present your

brain with challenges to keep it sharp; cultivate your social contacts with other people; and learn to manage your stress. Here are some specific suggestions to get you started on the path to better brain health.

Nutrition for a Healthier Brain

The MIND diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) was developed by Martha Clare Morris of Rush University. You may be familiar with the use of the Mediterranean diet for cardiovascular health and the history of the DASH diet for reducing high blood pressure. The combination approach of the MIND diet specifically targets foods

that have been associated with reduced risk for dementia. One study showed that the diet helped to reduce the risk of Alzheimer's disease by as much as 53% over four years of adherence. People who stayed the course with the diet experienced slower mental decline, and their cognitive ages were measured as 7.5 years younger than their peers who followed other ways of eating.

The MIND diet celebrates 10 food groups that should be encouraged, mostly for their association with cardiovascular health:

- green leafy vegetables
- other vegetables
- whole grains
- fish, especially fatty fish
- Nuts
- Poultry
- Berries, especially blueberries
- Olive oil
- Beans
- Wine

Six food groups to minimize or avoid in your search for brain health, mostly because they are associated with strokes:

- red meat
- cheese
- butter and stick margarine
- sweets and added sugar
- fried or fast foods
- diet soda

If you google "mind diet," you can easily find a wealth of information about this way of eating from a variety of respected sources like Mayo Clinic, Cleveland Clinic, Rush University, WebMD, and others.

Mindfulness and Managing Stress

Stress places a lot of, well, stress, on the body and the mind. We all have the sense that it breaks us down rather than building us up, and our perception is correct. We have known since the 1950s that being chronically overwhelmed by stressors takes a toll on most of the body's

physical systems and pushes the mind toward anxiety and depression. That's why one of the recommendations for fostering a healthy brain is learning to manage our stress. Popular magazines and programs these days advise us to become mindful, to just "be in the present moment." Often, these pieces give the impression that if we can just zone out in the present moment for a few minutes, our stress will be magically reduced. Mindfulness teachers, however, will tell you that it's more a matter of zoning in than zoning out, and that mindfulness is a way of experiencing the world that results from intention and practice.

Definitions of mindfulness vary a little, but there is general agreement that mindfulness means paying attention on purpose, in the present moment, without judging or immediately reacting to what we observe. Not all of this comes readily to people in our fast-paced world, but we all

MENTAL
WELLNESS

Julie Falk



have the capacity to develop the different qualities that support a mindful approach to living. Healthy Adams County and the Gettysburg Hospital Foundation have been supporting mindfulness training twice annually for several years now, in which participants gradually learn the skills underlying mindfulness.

The Mindfulness and Stress Reduction course will be offered in a series of workshops in the fall. More information will be available through Healthy Adams County later this summer.

Julie Falk, Ph.D., teaches mindfulness and focusing and chairs the Behavioral Health Task Force.

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