

Lifestyle

An introduction to indoor bicycle trainers

Winter will be here soon with cold temperatures, ice on the roadways and short daylight. Fear not. You can turn to indoor riding with a bike trainer to keep your fitness up and your weight down. Bike trainers are tripod-like stands that allow you to pedal your own bike while remaining stationary. At first glance the choices for indoor trainers seem daunting, this primer should help you to find a few that match your needs and budget.

The first choice you need to make is a dichotomous one, between a "smart" and a "dumb" trainer. I had a dumb trainer for many years and it served me very well. A dumb trainer is a stand-alone machine that does not connect to a device; you simply attach your bike and pedal. You can attach almost any bike to a dumb trainer. The

back wheel rests on a small roller and the bike is secured in place. To control the resistance of the trainer, you shift gears as you would when riding outdoors. With a dumb trainer it is up to you to keep yourself motivated. Reading or watching TV while riding may not give you the workout you want.

What worked for me was following bike trainer videos that are available for free on YouTube. I especially liked Global Cycling Network's excellent training videos. The drawbacks of these trainers are that they are noisy and cause increased wear on your back tire. A dumb trainer will run you about \$250-\$350. If this price is too steep, I suggest that you look on local Craigslist listings. There always seem to be several for sale.

With the advancement of internet

HABPI

Dafna
Reiner



speed and device connectivity came smart bike trainers. Smart trainers connect to various platforms on the internet which provide a virtual and interactive riding experience. Last year, during the darkness of winter and COVID, I finally bought one for myself. After using it a couple of times all I could say was "why have I

not done this years ago?" Smart bike trainers come in two major categories, wheel-on and direct-drive models.

The difference between them? About \$500. In wheel-on models the back wheel remains on the bike (similar to dumb trainers). An entry-level one will cost you about \$500. In direct-drive trainers the back wheel is taken off and the bike is attached to the trainer and uses a trainer-installed cassette. Direct-drive trainers are quieter, smoother and they save the rear tire from the extra wear.

If you are a casual rider who expects to ride indoors one to two times per week for no more than one hour per session, then a dumb trainer should work just fine. If you are intent on maintaining or even building up your fitness and plan on multiple rides

a week with some sessions lasting an hour or more, then I recommend you seriously consider a smart trainer. The virtual worlds and social nature of the smart trainers keep you motivated and engaged. Additionally, there are structured workouts, group rides and even races available to you. The various platforms do charge a monthly subscription fee.

If you are interested in learning more, simply do an internet search for bike trainers. Also, our local Gettysburg Bicycle shop has a nice set-up where you can demo a trainer and see if you like it. Keep riding!

Dafna Reiner is a HABPI board member who has cycled on three continents. She has lived and worked in the Gettysburg community for several years.

Planning throughout life for the end of life

This column is part of Healthy Adams County's 25-year anniversary monthly *Gettysburg Times* column special.

The End of Life Committee of Healthy Adams County met for the first time in June of 2012 after surveying the community about the need for education and information about end of life planning and determining that there was one. The committee included service providers and other professionals working in the health system, along the care continuum and in fields such as legal and medical where knowledge of peoples' end of life wishes would be relevant.

The mission was clear: Individuals deserve to direct the care they receive as they approach the end of life and to make their wishes known to loved ones and care providers. The challenge was (and still is) encouraging

people to have conversations about their wishes, make the choices and put the necessary plans in place before they are in a situation which requires them. How do we convince people to talk about the end of their life without making it scary, sad or confrontative?

The committee decided the direct and practical approach was best. Discussing the reality of the situation, providing on-going education and materials, lists of helpful documents and resources. Materials were developed to share with anyone who wanted them and for the past 10 years the committee has worked to get the information out and around the county.

The committee began its work by hosting resource fairs featuring expert speakers and panels of professionals to answer questions. These events were held in a variety of venues around the county until 2017 when attendance

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Linda
Thompson



indicated they had perhaps run their course. The committee also hosted a screening of the film "Consider the Conversation: A Documentary on a Taboo Subject" with a panel discussion.

Next, committee members took information and set up displays in places people were already gathering, libraries, senior centers, exercise facilities, college classrooms, service club

meetings, churches, employer groups and continuing care facilities.

In 2017, WellSpan hired Roberta Geidner as its Horizon planning coordinator, an internal initiative regarding End of Life Planning. Roberta joined our committee and introduced the committee to the Hello Game and the idea of Death Cafes — both of which provide participants with opportunities to discuss end of life choices in safe settings. From 2018 to now, committee efforts have included organizing groups and places to play the Hello Game, and most recently monthly Death Cafe events, first in person and then virtual thanks to Healthy Adams County and zoom. The death cafes are held the second Thursday of each month and have attracted people from other states and countries as participants.

I have enjoyed my 10 years with the End of Life Committee very much.

Two of the many things learned from my time with them: the adage about leading horses to water is absolutely true with this topic and process. In spite of our years of educational and outreach efforts, until a person is ready to pursue this, they won't. The other is — once a person begins the conversations, they will feel better for doing so. It's a gift you give yourself and your loved ones who will be left to make the choices you don't.

To obtain copies of the End of Life Resource Guide, 5 Wishes book and other WellSpan Horizon Planning materials, please contact Kathy Gasikin or Jen Gastley at Healthy Adams County, 717-337-4137.

Linda Thompson is the community services director for the Adams County Office for Aging Inc. and co-chair of the End of Life Committee, an affiliate of Healthy Adams County.

Trees are the bees' knees

Trees are awesome, aren't they? They foretell the coming warmth of spring with greenery; provide plentiful shade and cooling in the heat of summer; give us a kaleidoscope of colors in the autumn; and beautiful icicle sculptures in the frigid winter. Some of the best benefits of trees, though, lay unseen below the ground.

Strong foundations are needed for many things and a tree is no different. A tree's root system provides some of the best environmental, and human benefits. Simple: it's all about that base. A strong root system physically holds the soil around a tree in place, reducing sediment run-off into nearby water bodies.

According to Sciencing.com, tree roots grow deeper than other plants and in addition to holding soil in place

physically, they also reduce soil compaction and increase water infiltration around the tree. Physical impacts aren't the only thing trees are good for though, just as important are the chemical benefits.

Its common knowledge that most plants, especially trees, remove carbon dioxide and produce oxygen. However, a tree's roots provide a tree with nutrients, minerals, and water which are all needed to produce that precious oxygen.

In performing these vital functions, a tree's roots impact the environment as well. Look at a tree sometime and notice how wide the branches at the top grow. A good rule of thumb is a tree's root system matches the branch or canopy growth. That's a big mass of roots underground.

CONSERVATION
DISTRICT

Tyler
Echard



Those roots are working hard too. According to AmericanForests.org, trees act as sponges, pulling in ground water and funneling it up to the top where some of it is evaporated from the leaves. Absorbing that water means less flooding in riparian areas with plenty of trees and a constant cycling of groundwater into the air.

With that water comes nutrients and minerals. Trees need plenty of those to get a large as they do and absorbing these nutrients and minerals from the soil reduces the amount that end up in Pennsylvania waters and ultimately, the Chesapeake Bay. Nitrogen and phosphorus are the biggest issues facing Pennsylvania waters and bay waters equally. While plants need these to grow, too much of a good thing is bad.

According to phys.org trees can reduce the size and occurrence of blue-green algae blooms that happen in ponds and lakes in the summer by absorbing excess nitrogen and phosphorus, which jump-starts algae blooms. When trees drop leaves, they break down to produce chemicals that are harmful to algae and that limit

algae growth and supply organic matter to the ecosystem which tiny critters living in the water need to eat.

Don't limit planting trees to only streams and creeks though. Do you have a swale or low area in your yard that lays wet? Is the mower always getting stuck there? Consider planting trees there and making it a no-mow zone. While trees are great for stream-side buffers, they can benefit you when planted anywhere. The conservation district can assist you in evaluating your property and may even have programs available to get trees in the ground. Do your part for the bay, plant a tree today.

Tyler Echard is the Chesapeake Bay Program technician for the Adams County Conservation District and can be reached at 717-334-0636.

Sad, stuck and not sure where to start

Dear Annie: I have been technically single all my life. I did have a casual long-term relationship with a man that lasted for 12 years. We were never exclusive. We would have never worked exclusively, and we both knew that.

That relationship ended badly. An unplanned pregnancy resulted in a painful miscarriage that required surgery. Not only was it physically painful but the emotional toll of losing my unborn baby was immeasurable. My "partner" completely abandoned me during that time and never acknowledged my pain or grief afterward.

It took about three years for me to not walk around with a cloud of misery hanging over me constantly. I developed a fear of dating any man and giving him the potential to hurt me like this again.

I decided I would throw myself into my career and work hard at rising through the ranks, becoming as successful as possible, and trying to achieve some self-esteem and happiness that way.

Unfortunately, my plan has not played out. Although I do work hard and strive for perfection, this has rubbed some people within my company the wrong way. I've been held back from promotions many times, and after 20 years with the same employer, it seems I am doomed to stay where I am and never move forward.

This has tapped into the feeling of low self-esteem that started after my miscarriage, and I feel like I am forever in a dark place again. I recognize that I am angry all the time and feel an overwhelming amount of sadness.

DEAR
ANNIE

Annie
Lane



Even though I recognize this, I am having a hard time breaking free and exploring other career opportunities, and the thought of leaving my company literally breaks my heart.

I don't know how to get over my fear of leaving my comfort zone, even though I know deep down it is what would be best for me. I feel like I am self-sabotaging, and I've hit a

wall that I don't know how to break through. I also feel like I am unconsciously sending a message that it is OK to treat me badly.

Any advice on how to build my confidence back and truly leap toward what I believe I deserve? — Self-Stuck

Dear Self-Stuck: Instead of viewing your past as something that has beaten you down, look at it as proof of your strength. You were able to bounce back from a breakup, a miscarriage and a medical emergency all by yourself.

Now that you're back on your feet, you have some choices to make: Do you want the fear of loss to stop you from ever finding love? Do you want to stay trapped in a stagnant career where your hard work is not appreciated?

Your letter alone tells me the answer is no. Change is scary, but if you are not satisfied with the current state of your life, then it is absolutely necessary.

You don't have to go through it alone, nor should you. Reach out to friends and family members; get involved in a local organization; and seek a good therapist to help you work through the past so you can build a brighter future.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

Thanksgiving air travel to rebound to 2019 levels, TSA says

WASHINGTON (AP) — The number of airline passengers traveling for Thanksgiving this year is expected to rebound to pre-coronavirus pandemic levels,

but the Transportation Security Administration says it is ready to handle the surge.

Administrator David Pekoske said Wednesday he expects agency staffing to be

sufficient for what's traditionally TSA's busiest travel period.

"We are prepared," Pekoske told ABC's "Good Morning America." He said travel-

ers should expect long lines at airports and plan to spend a little more time getting through security.

In 2019, a record 26 million passengers and crew passed

through U.S. airport screening in the 11-day period around Thanksgiving. But that plummeted in 2020 as the pandemic kept people at home.

Pekoske said he didn't think a vaccine mandate going into effect for TSA agents Monday would have any effect on staffing for Thanksgiving next week.

"In fact, implementation of the mandate will make travel safer and healthier for everyone," he said. "So, we see quite a significant increase in the number of our officers that are vaccinated, and I'm very confident that there will be no

impact for Thanksgiving."

Pekoske told NBC's "Today" on Wednesday he remains "very concerned" about the issue of unruly passengers as incidents on airplanes have continued.

"The level of unruly behavior is much higher than I've ever seen it," he said.

The Federal Aviation Administration says it has referred 37 cases involving unruly airline passengers to the FBI for possible criminal prosecution since the number of disruptions on flights began to spike in January.



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