

Lifestyle

Practices to reduce municipal stormwater runoff

When rainwater falls in an urban area it runs across surfaces such as roads, sidewalks and parking lots, picking up any pollutants that cover the surface along the way. This stormwater, and all the new pollutants it picked up, continues flowing off into nearby streams. Not only does this pollute our local waterways, but this pollution can also cause issues as it flows downstream into larger rivers and eventually the Chesapeake Bay. Thankfully, there are numerous best management projects (BMPs) that can be implemented to prevent this polluted runoff or reduce the number of pollutants in the stormwater runoff.

Some of the BMPs utilized are dry detention ponds and retention basins. These practices are designed to capture and hold water for longer periods

of time rather than having it all run off at once. This also allows the pollutants to settle to the bottom of the pond. Next up we have practices like bio-swales, raingardens and permeable pavement. Bio-swales are long, often vegetated channels that run down hills or along roadsides.

Water flows into and is filtered as it flows through the channel. Raingardens are constructed similar to retention basins, but they are covered with draining soils and plants to filter rainwater as it drains through the ground. Permeable pavement is a porous pavement that replaces asphalt, often in parking lots, that allows rainwater to filter through the pavement rather than simply running off. Buffers, the practice of planting trees or shrubs next to streams, and other tree plant-

CONSERVATION DISTRICT

Ricky Whitmore



ings capture nutrients as stormwater passes through them on their way to streams or storm drains. Another BMP that can be used on a rolling basis is street sweeping. A street sweeper drives around on the roads sweeping trash, dust and other pollutants up off the streets as it goes. This is a good way to prevent pollutants

from ending up in the waterways by making sure they're off the street in the first place.

There are numerous ways to implement these practices and plenty of funding available to get it done. The Adams County Conservation District has already partnered with Gettysburg Borough and Cumberland Township to install projects like stream restorations, raingardens, and detention basins. Projects have been completed on Gettysburg National Military Park land at Culp's Run, at the Cumberland Township municipal building and with local homeowner's associations. These projects were part of an effort by these municipalities to reduce pollutants to levels decided upon by the Pennsylvania Department of Environmental Protection. There is funding available

through state and federal grants that are looking to implement BMPs like the ones we have discussed, and these projects are also part of the Adams County Countywide Action Plan (CAP) plan to reduce pollutants to our local waterways and the Chesapeake Bay. This funding and other technical assistance is available to all municipalities that are interested in installing BMPs. If you would like to discuss the installation of these BMPs in your municipality or have any other questions or comments, please reach out to me.

Ricky Whitmore is the community clean water action plan coordinator for the Adams County Conservation District. He can be contacted by email at rwhitmore@adamscounty.us or by calling 717-334-0636.

HABPI's board members give thanks

In this season of giving thanks, the board members of Healthy Adams Bicycle/Pedestrian Inc. (HABPI) recently reflected on bicycling and walking in Adams County and their reasons for giving thanks.

I'm thankful that at 73-years-old I can still get on my bike, cruise around our beautiful community, feel the exhilaration of reaching 27 mph on downhill runs and recall the care-free freedom of being a 12-year-old on his bike. I'm also grateful for the great majority of drivers who observe the four-foot rule and give me wide berth when they overtake me on the road. — Lex

I am thankful for the many partners of HABPI that work to improve health by promoting walking and bicycling. This includes WellSpan Gettysburg Hospital, Healthy Adams County, Physical Fitness Task Force, Gettysburg Borough, Adams County Community Foundation, Hoffman Charitable Trust, Straban Rec Board and GARA. — Tom

I'm thankful that my wife Betsy enjoys biking the backroads of Adams County as much as I do. I'm happy to be part of an organization that works

hard to promote health, recreation and alternative transportation through development of biking and walking trails and for the generous support we receive from the community. — Eric

I am thankful for the people in the group rides I take part in. Adams County PA Cyclists get together every Thursday from April to October for a faster-paced group ride leaving from rec park. Cranks & Dranks has monthly rides that are slower-paced and end at FourScore Brewery for post-ride social time. You can find both groups on Facebook. I am also a member of the Hanover Cyclists. Through these three groups I have met many wonderful people and ridden many happy miles. — Dafna

I'm thankful for local chiropractor Dr. Timothy Sheahan, who while fixing my aching thigh, suggested I get my bikes professionally adjusted and for Kent Anderson at the Gettysburg Bike shop, who did the adjustments. I learned the hard way that if something hurts, don't put off trying to get it fixed. — Steve

I am thankful for having beautiful landscapes to enjoy while riding my bicycle around Adams County. I

HABPI

Eric Meyer



am thankful that most drivers give me four feet or more while passing. I am thankful for the continuing support for building trails that we get from county residents. I am also thankful for the local bike shop staff who help keep my weird recumbent working. — Dennis

I am thankful that races and events are getting back to normal in the wake of COVID, especially the ones that take advantage of beautiful scenery and rail trails. This summer, I ran two "off-road" marathons. One utilized the Heritage Rail Trail in York, and the other followed a beautiful section of the C&O Canal Towpath. I am grateful to be part of an organization that is developing trails and paths, which can be used by these events. — David

Eight years ago, the bike I was riding went off the edge of the road when my attention strayed. My reflexive effort to get back on the pavement caught the asphalt lip, slamming the bike and my head to the road surface. I am (and will always be) thankful that I chose to wear my helmet. I jumped back up and continued my ride with much-improved focus. All I suffered was a minor scrape rather than a potentially life-altering brain injury. — Max

I am thankful that we have a fabulous bicycle shop here in Gettysburg. During COVID, I upgraded from my old bicycle and bought a Trek that bicycle enthusiast and employee Kate helped me select. The employees at Gettysburg Bicycle & Fitness are knowledgeable, work within your price range and needs, and they even took my ancient bicycle as trade-in. And the maintenance service is great, too. — Patti

About five years ago, discomfort in my back forced me to bring my running career to an end. Fortunately, I had a bicycle to turn to and I have been riding ever since. Until I began cycling around Adams Coun-

ty, I had no idea that the countryside was beautiful in almost every direction. Both on and off the battlefield, opportunities for short and long rides are an ongoing gift for which I am thankful. — Baird

Considering the recent Adams County Giving Spree, I am exceedingly grateful for the numerous organizations that work to improve the quality of life in our county. Being on the HABPI board, I appreciate my fellow board members for their dedicated work on projects that support bicycling in Adams County. I am especially grateful for Tom Jolin, who has served on our board since its inception and is "retiring" from his board position after decades of work, but of course not from bicycling. We owe him so much, and I'm thankful for his work and what he has helped accomplish. — Gary

We hope that you have also found much for which to be thankful this year.

Eric Meyer is the president of Healthy Adams Bicycle/Pedestrian Inc. and a retired engineer who rediscovered his love for biking about 25 years ago.

Balance and stability, continued

Two months ago, this column discussed the importance of balance in daily life and ways to test and improve your balance.

Since then, I continue to see many exercise blog/magazine/newsletter articles on the importance of working on your stability muscles. One of the big benefits of having good balance and stability is a reduced risk of falls. With winter approaching and bringing with it slippery walking surfaces, I thought this would be a good time to do a second balance article.

My source for the information below is an April 19 article in the VeryWell Fit enews magazine titled "Stabilizer Muscles Used in Exercise and for Balance" by Paige Waechner. The article talks about stabilizer muscles then quickly explains that there aren't specific stabilizer muscles in the body, the name simply describes what a muscle is doing at that time. An example she gives is when doing

a push up, the primary muscles working include the chest and triceps but the abs, back and leg muscles are all working isometrically to stabilize your body. So, during a push-up your abs are stabilizer muscles. But during a sit up your abs would be the primary muscles. Or to further clarify, the stabilizer muscles usually aren't directly involved in a movement but are working to keep you steady so that your primary muscles can do their job.

Ms. Waechner says that the only way to increase your balance and stability is to work on it on a regular basis. Studies have shown that a regular stability exercise routine of about 15 minutes per day, four days per week can show significant improvements in just six weeks. She explains that there is a progression to working on stability. At the lower end, if you exercise while seated, you are not working your stability muscles as hard. As soon as you stand up to exercise,

HEALTHY ADAMS COUNTY

Betsy Meyer



you involve your entire body in the exercise; you've taken away the support from the chair and your body has to support itself. Standing with your feet very close together, staggered or one in front of the other as on a balance beam further increase the amount of work you are putting on your stabilizer muscles while you exercise. The ultimate challenge is standing on one foot to exercise.

Ms. Waechner suggests that you can do the following moves while watch-

ing TV, talking on the phone, doing the dishes or other chores or while on a short break from work or chores; you don't have to carve out specific workout time, just do them when you can. She suggests that you start next to the wall in case you need to put a hand on something to help you balance/stabilize at first. Here's her lists of beginner and advanced suggested exercises:

- Beginner balance exercises**
- Stand on one leg.
 - Stand on one leg and close your eyes.
 - Stand on one leg and slowly turn your head from side to side.
 - Stand on one leg and slowly circle your opposite arm in a big circle.
 - Walk across the floor with one foot in front of the other, like you're on a balance beam.
 - Walk across the room on your toes.
 - Walk across the room on your heels.

Advanced balance exercises

- One-legged squat
- Bicep curl on one leg
- One-legged hip lift
- Warrior 1 Pose
- Warrior 2 Pose
- High Lunge

For more information on how to perform these exercises or how to improve your stability, please visit <http://www.verywellfit.com/stabilizer-muscles>.

Another way to improve your balance (and get some cardio) is to join us on one of our winter hikes. The first one is Sunday, Nov. 27. We will meet at the Pennsylvania Monument at 1:30 p.m.

Betsy Meyer is a member of the Physical Fitness Task Force and the Community Wellness Connection Committee, both affiliates of Healthy Adams County. Go to <http://adamswellness.org> for more information.

The evolution of social justice

"In these days of difficulty, we Americans everywhere must and shall choose the path of social justice...the path of faith, the path of hope, and the path of love toward our fellow man." ~ Franklin D. Roosevelt

Social justice is the assertion of the ideal that all humans should have the same rights and opportunities. From access to healthcare to safe spaces to live, social justice aims to level the playing field and elimi-

nate discrimination. The idea behind social justice is that we all have innate value as human beings, and no person's value is more or less than anyone else's.

The modern concept of social justice has roots in the 19th century, coinciding with greater social mobility and a growing middle class. The women's suffrage movement in the late 19th and early 20th centuries and the civil

rights movement of the 1950s and 1960s are two examples. Facilitated by today's hyper-connectivity, social justice movements large and small have found their way into the mainstream consciousness. Some major social justice topics right now include affordable healthcare, LGBTQ+ rights, racial equality and climate change.

YWCA USA's legislative and policy priorities for 2021-2022 and the 117th Congress included very similar social justice issues: racial justice, women's economic security, childcare, safety from gender-based violence, civil rights, healthcare and immigration.

There is a poster in my office that reads, "We're not new to this; we're true to this." Initially, the YWCA's mission reflected an emphasis on "mind, spirit and body" and its members were Protestant women. During the first half of the 20th century, the mission statement was changed. In the mid-1960s, the YWCA became "Christian but open." As a result, women who were not Christian were welcomed as members and in all leadership positions. In 1970, the statement "The association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary," was adopted. Commonly abbreviated to the name One Imperative, that statement has been reaffirmed at many conventions. It is an essential part of who the YWCA is and what the YWCA does. In 1991, a mission statement was adopted, including a statement of the Christian roots, acknowledging the diversity of many beliefs and values. In 2009, the current mission was adopted with input from local associations to make it more concise and relevant to the work we do today by incor-

porating "eliminating racism," "empowering women," and "peace, justice, freedom, and dignity."

One of the ways the YWCA Gettysburg & Adams County lives out our mission has been manifested in the diversity equity inclusion workshops that have been presented recently to our present board of directors and scheduled for the management team in December. These workshops include conversations about the need to engage in anti-racism work, clarification of the historical, political and social contexts for racism in the United States, offering participants opportunities to deepen their own awareness and understanding of racism and their commitment to racial justice, as well as some discussion of relevant strategies for challenging racism in ourselves, our organizations and our communities.

Our customized training could include consulting on your organization's work policies and HR practices, facili-

AT THE YWCA

Nancy Lilley



tating a difficult discussion with your leadership team, or designing and delivering custom workshops and training events that assist your company or organization in their pursuit of specific social justice or inclusion goals. Whatever your issues or needs, we would like to assist you. To begin that conversation, contact Nancy at 717-334-9171, ext. 115 or nlilley@ywcagettsburg.org.

"Sometimes we are blessed with being able to choose the time, and the arena, and the manner of our revolution, but more usually we must do battle where we are standing." — Audre Lorde, American writer, feminist, and civil rights activist

Nancy Lilley is the advocacy director of YWCA Gettysburg & Adams County.

The Gettysburg Writers Brigade is hosting a book signing meet and greet event for their 3rd anthology, **On Hallowed Ground**. Event will be held at *The Cottage Creperie* on November 18th, from 4:00-6:00 p.m. 33 Steinwehr Ave., Gettysburg. "Proceeds from the sale will go to reading and writing programs in Adams County"

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