

Lifestyle

Riding the Rail-Trails in Pennsylvania

According to the Rails-to-Trails Conservancy (www.railstotrails.org/), there are 24,923 miles of abandoned railroad beds in the United States that have been converted into 2,294 multi-use trails for biking, walking, and jogging. Some are also used for cross-country skiing.

Since the trails were built on railroad beds, they usually have low grades, making them easy to use. Since they usually travel through forests and countryside, they are often scenic and attractive. Pennsylvania has 194 trails covering over 2,136 miles.

This article will briefly describe some of the most interesting and closest and encourage you to get out and experience one! You can find links to these trails on our Healthy Adams Bicycle/Pedestrian Inc. (HABPI) website by going to www.habpi.org and selecting "Bicycling," then "Trails and Parks," and scrolling to the bottom.

One of the best-known trails in our area is the Great Allegheny Passage, known fondly as the "GAP." It is the fourth longest rail-trail in the US at 150 miles and includes 20.5 miles in Maryland. It is on the Rails-to-Trails Conservancy (RTC) "Hall of Fame"

list. It runs from Cumberland, Md., to Pittsburgh, through Pennsylvania's Laurel Highlands. Most of the HABPI board members have ridden some or all of this trail and riding sections of the trail is one of its attractions. This short article cannot do justice to the trail as there are several books and websites about riding this trail.

Part of the fun is researching the trail and planning your adventure. My wife and I usually start above Cumberland, Maryland, which is Mile 0. We drive a couple miles up the steep hill from Cumberland to the Frostburg Trail Access parking area, across from 10109 New Hope Road NW. From there we head toward Pittsburgh, travelling up through the Big Savage Tunnel and up to the Continental Divide.

Then we travel downhill as far as we want, before turning around. At mile 20.5 the trail enters Pennsylvania and there are some great views. If we want to stop for the day after our ride, we can drive two hours back to Gettysburg, but since we are in the area, we often drive to a hotel or bed and breakfast for the night and ride another trail section the next day. Many

HABPI

Dennis
Hickethier



people take a few days leave and ride the entire trail in about four days. The possibilities are nearly endless.

Closer to Gettysburg is the York Heritage Rail Trail County Park, another RTC "Hall of Fame" trail. It goes from York, south about 21 miles to New Freedom, Pa., where it connects to the Torrey C. Brown Trail that goes 20 miles south to Hunt Valley, Md. My wife and I prefer to park at Hanover Junction, which has the old train station, and ride 11 miles south to New Freedom where there are several choices for eating and a rest before returning to our vehicle. If you ride to York there are even more choices for eating, but don't overdo it like we did one time at an Italian restaurant. It was

a sluggish ride back.

The Cumberland Valley Rail Trail is the closest one to Gettysburg if you go to the Shippensburg trailhead in town at Mile 0, or the township park at Mile 1. I actually prefer to drive to the trailhead at 23 McFarland St. in Newville and ride back to Shippensburg where there are more choices to eat and rest.

The Pine Creek Rail Trail in the Little Grand Canyon of Pennsylvania should be included in your list of ride adventures although it takes nearly three hours to drive to the southern trail end in Jersey Shore, Pa. The northern end is near Wellsboro, where I like to spend a night or two in the wonderful town.

The gorge where the trail travels can be 800-1,400 feet deep and a mile wide. Outside the gorge, the trail can be very close to Pine Creek with wide open views. As the website states, it is "62 miles of Pure Enjoyment" and one reason is that you are next to the Pine Creek most of the way.

The trail goes through Leonard Harrison State Park and Colton State Park, Tioga State Forest, and Tiadaghton State Forest. Since the trail is maintained by the PA Department of Con-

servation and Natural Resources, it is in great shape, as are the rest rooms along the trail. Since my wife and I usually ride 20-25 miles a day, we do the trail in three sections, going up and back for each section.

There is too much to say about these trails and others in this article, so please visit our website and follow the links for more details, including the link to the Rails-to-Trails Conservancy, which offers a book listing and explains the Rail-Trails in Pennsylvania. We will publish another article about trails in Maryland, Virginia, and Washington, D.C.

HABPI is pleased to announce that our seventh annual Ride for Trails fundraiser bike ride will take place on Saturday, Oct. 1 from the Gettysburg Rec Park. Please save the date and stay tuned for further details. You can donate to our local trail building efforts by visiting www.habpi.org

Dennis Hickethier has been a member of HABPI since it was created in 2005 as a nonprofit organization. He has lived in Adams County since 1992 and considers himself a slow, but steady recreational bike rider, enjoying our beautiful landscape.

Building safe online spaces together

April is Sexual Assault Awareness Month (SAAM). Sexual harassment, abuse, and assault knows no boundaries and can take many different forms. It can affect anyone.

During April we bring attention to sexual harassment, abuse, and assault in hopes of raising awareness of this all-too-common issue, to destigmatize the effects of reporting it, and provide the resources available to help those affected by sexual assault. This year's theme is "Building Safe Online Spaces Together." SAAM will focus on building online communities centered on respect, inclusion, and safety and the ways we can work together to

end sexual harassment, assault, and abuse.

We know that we can build and are building online communities centered on respect, inclusion, and safety where harassment, assault and abuse are taken seriously. Not only do we believe that together we can build a safe online world, but we also believe that these values, skills, and actions will build communities that thrive online and offline.

Together, we can make a difference to build inclusive, safe, and respectful online spaces.

Sexual harassment, abuse, and assault happens frequently and does not discriminate based on gender, race, ethnicity, or

HEALTHY ADAMS COUNTY

age. Approximately one in four women and one in 10 men have experienced some form of sexual violence and/or physical violence (National Intimate Partner and Sexual Violence Survey, 2010). LGBTQ+ individuals are even more at risk of experiencing some form of intimate partner violence in their lifetime. The National Intimate Partner and Sexual Violence Survey, 2010 Findings on Victimization by Sexual Orientation (NISVS) found that 61.1% of bisexual women reported that sometime in their lifetime they had experienced rape,

physical violence, and/or stalking by an intimate partner. The survey also found that 37.3% of bisexual men reported such violence (slightly higher than the heterosexual women's rate of 35.0% (<http://forge-forward.org/>). Studies have also shown us that child sexual abuse continues to be a problem. Rarely is sexual harassment, abuse, or assault committed by a person unknown to the offender.

Adams County Sexual Assault Services (ACSAS) can provide a variety of services, information, and resources to the survivors of sexual assault. ACSAS is comprised of confidential counselor advocates dedicated to serving individual

and families impacted by sexual harassment, sexual abuse, and/or sexual assault in the local Adams County community. Services provided include a 24-hour confidential crisis hotline, individual crisis counseling (available in-person and via telehealth), medical advocacy and hospital accompaniments, legal advocacy and court and police station accompaniments, civil legal referrals, assistance with filing Sexual Violence Protection Orders and Protection from Intimidation Orders, community outreach and educational awareness events, interpretation/translation services for community members with limited English proficiency, and resources and referrals.

Throughout this month you may see teal window clings stating "We believe and support survivors" posted throughout Gettysburg and the surrounding community. These window clings have information on how to access support and resources for survivors. To speak to a confidential advocate and learn more about the resources available in your community, please call the 24-hour confidential crisis hotline at 1-888-772-7227.

Written by the Adams County Sexual Assault Services Program staff and members of Healthy Adams County's Domestic Violence Task Force.

2022 Adams County tire recycling event planned

The Adams County Conservation District will host a tire recycling event on May 21, from 8 a.m. until 1 p.m. at the Agricultural and Natural Resources Center, 670 Old Harrisburg Road, Gettysburg.

I would like to thank Cindy Sanderson and Bicky Redman from Adams County Office of Planning and Development for holding this event for many years and hope they are enjoying their retirement. They have made this year's event transition seamless.

As the mosquito borne disease control coordinator for Adams County, the tire recycling event is important to

reduce mosquito habitat. Tires make great places for female mosquitos to lay eggs, and within a week they can complete their life cycle. Cleaning up old tires around your property not only improves the look but also helps with pollution issues. The tires that are recycled will be used for play turf, rubber mulch, roads, and athletic turf.

To participate in the tire event, you must be a resident of Adams County (commercial businesses are excluded) and you must register and pre-pay on or before Monday, May 2. The \$3.00 fee per tire must be paid before your registration will be considered complete. You

CONSERVATION DISTRICT

Christina Anders

must pay by check. Credit cards will not be accepted and payment will not be refunded. Participants are encouraged to register as soon as possible as there is a limit to the total amount of tires that can be accepted into the program.

This will be a one-day, drop-off program. Tires will not be accepted before or after the event. Participants

will be permitted to dispose of 20 car or standard-size truck tires per household. Tires exceeding 48 inches in diameter or 14 inches in width will not be accepted. All tires must be off the rims and free of mud and debris. Extra tires brought in that are not registered, may not be accepted.

To register, visit the Adams County Conservation District at 670 Old Harrisburg Road, Suite 201 (upper level), Gettysburg, Monday through Friday, 8 a.m. - 4:30 p.m. You may also call the office at 717-337-0636 or email candersons@adamscounty.us. Your registration will not be complete until pay-

ment is received. We are not responsible for checks that are lost in the mail.

Wondering how you can help? I am looking for volunteers to help the day of the event to load tires. Help is needed from 7 a.m. to 2 p.m. Breakfast, lunch and snacks are provided. Please contact me at the above email for more details.

For more information on tire recycling, visit the Adams County Conservation District page on the Adams County website at www.adamscounty.us.

Christina Anders is the mosquito borne disease control coordinator for Adams County Conservation District.

Career services: Helping students find their 'why'

"I have had a great experience with Career Services, the people are friendly and it is clear they truly want what is best for you. They helped me establish my goals and give me a lot of confidence when looking forward to my career." - HACC paralegal student

"I appreciate having the opportunity to further my education that will help me secure a new profession in medical information technology. I learned a lot during my time with HACC and hope that the journey continues with reaching my goals." - HACC radiology informatics student

The career services team at HACC, Central Pennsylvania's Community

College, is dedicated to the professional growth and career success of our students and alumni. We believe that career development is a lifelong process, and career education is fundamental. Many of our students have found career services to be an important part of their educational journey.

Our goals are to strengthen students' self-efficacy and empower them to connect their education to internships and full-time and part-time opportunities in their field of study. We provide inclusive and customized opportunities for students to discover their career pathways, identify needed skills, leverage experiential learning, explore employ-

ment opportunities and access career resources. We help them identify their values, interests, skills and abilities. In addition, we teach them how to apply what they have learned to choose an academic major and identify a career path.

Specifically, the career services team helps students find their "why" so we can craft an individualized

career path. We use a variety of tools to help students explore and connect to their "why," including appointments with career advisors, classroom presentations, innovative workshops, career fairs and events, and experiential learning programs.

HACC recognizes the importance of giving students guided pathways that show how their "why" aligns with the courses they take. That is why we are integrating various components of career services throughout the student experience. Our objective is to help all students explore and clarify their career path and select an academic pathway to achieve their educational goals. By leveraging the

work and expertise of the career services team - specifically their work on individualized career paths for each student - HACC is well-positioned to accomplish this.

To find your "why," please visit HACC's career resources website: <https://www.hacc.edu/Students/CareerServices/career-resources.cfm>.

Michelle Talbert-Horsey, Ed.D., NCC, LPC, is the director of career development services at HACC, Central Pennsylvania's Community College. Chrissy L. Davis Jones, Ed.D., MSW, is the vice president of student affairs and enrollment management at HACC, Central Pennsylvania's Community College.

HACC

Michelle Talbert-Horsey

Fed up with husband's family

Dear Annie: My husband and I have been married for three years. Life together has been good since our relationship blossomed almost five years ago. But my in-laws have never supported our relationship because I'm not a member of the Latter-day Saints church, and because our relationship started while we were both separated but not divorced from our previous spouses.

When we get together for family events or vacations, my in-laws ignore me entirely (won't look or speak to me for days). If I am spoken to, anything I say is manipulated and turned into something it isn't. Nobody in my husband's family attended our

wedding, and nobody reached out when I gave birth to our son over a year ago.

My husband is aware of their treatment, but he ignores them and pretends that everything is fine even though this has hurt me quite deeply. After my mother-in-law didn't show up for our son's birth, spread lies, said I wasn't welcome in her home and stopped communicating with us for almost a year, she wants to begin visiting to see her grandson. She visited a couple of weeks ago but didn't interact with our son, and when we explained how much she hurt us and how much we wished she was a part of our lives, she just blew us off with-

out taking any ownership of her actions.

I don't want to be around these people. They are toxic, and I am much happier, and my marriage is much healthier, without them. My husband wants to spend time with his family. What should I do? - Impossible In-Laws

Dear Impossible In-Laws: Family is a gift, and I usually suggest that we do everything in our power to hold our families close and make amends in times of conflict.

Your case is different; you must set boundaries to protect your marriage, your happiness

DEAR ANNIE

Annie Lane



and your son, who deserves an abundance of love and not the ostracism of his father's family. Exposing him to such negativity will do only harm.

Do not allow such toxicity in your home. If your husband wishes to see his family, he can visit them solo.

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