

Lifestyle

The joy of doing a 5K run

I did my very first 5K race in downtown Washington, D.C., walking in a Susan G. Komen Race for the Cure event. The Komen Foundation supports research, care, community, and action in finding a cure for breast cancer. That event drew tens of thousands of runners and walkers, which was thrilling for this first-time “5K-er.”

I’ve participated in so many 5K runs (which is 3.1 miles) and other distance races since that first one, and regardless of the distance of the event or number of participants, the excitement of being in a race is just as strong today as that first one in DC.

The thrill is found lining up at the start line, feeling the anticipation of everyone waiting for the starter to begin the race, hearing the cheers of spectators along the route and the

same amazing feeling of accomplishment crossing the finish line, no matter how well the race went.

Another positive aspect of “doing a 5K” is providing the motivation to move and train for walking or running three miles. It’s a relatively short distance, which really could be accomplished without training in about an hour for walkers.

However, it’s also the perfect distance for a beginner to improve endurance and stamina to beat that hour mark. Goals are so important in our fitness journey and a wonderful way to gauge improvements, provide validation and inspire for bigger accomplishments.

As a half-marathon runner (13.2 miles), I use the 5K distance during training and an actual race to break

PHYSICAL FITNESS TASK FORCE

Lisa Angstadt



down the long miles. As I complete each three-mile segment, I utilize the mindset of goals as mentioned above to combat any negativity that may slip into my thoughts, such as how much further I must go, tiredness and trying to keep up with others who are faster than me (which there are plenty!). In training for the 5K distance, breaking it

down into goals of one-mile segments can have the same effect in reaching your main goal of three miles.

My hope in writing this article is to stir the desire for those of you who have always thought about doing a 5K but haven’t taken the plunge to participate in one. Maybe you have that little voice saying go for it, but that other nagging voice saying you can’t. I highly recommend listening to the first voice and join us for a free 5K race on Memorial Day, Monday, May 30. The Healthy Adams County Physical Fitness Task Force has organized the free 5K event for the last several years. Every year, we on the Task Force are so pleased with the amount of 5K first-timers who participate!

This year, we are adding a “real race” feel with the donation of chip

timing services to provide all participants with accurate times and online registration. You may also register the morning of the race. Visit the Healthy Adams County Facebook page for more information about the race and registration.

After you have completed the Memorial Day 5K, continue your 5K training throughout the summer and join us on Labor Day for another free 5K. Remember, goals help to motivate. Using your time from the Memorial Day 5K, set a goal for Labor Day to improve. Your health and fitness will thank you.

Lisa Angstadt is a member of the Healthy Adams County Physical Fitness Task Force and a committee member for the Linda Kranias Memorial 5K, inspired by Stacy Hobbs.

Identifying community health needs through assessments

Last year Healthy Adams County celebrated its 25th anniversary which is also a celebration of responding to 25 years of conducting regular Community Health Needs Assessments or CHNAs. All the work of our organization is rooted in the data that is provided through these CHNAs and the priorities that are set from that data.

Recently as I was preparing for a presentation for the Kiwanis Club on the CHNA, I was nostalgic and read many documents pertaining to the preparation of all the assessments. Since 1996, we have conducted seven assessments. The first three included paper surveys that were mailed out to the community and focus groups that captured qualitative data from groups that were not reflected in the popula-

tion that completed the surveys.

The last four assessments were conducted by consultant groups who were able to complete surveys via telephone interviews along with analysis of secondary data from the Pennsylvania Department of Health and the Robert Wood Johnson’s County Health Rankings data.

Over the years our priorities have changed based on the data provided. From 1996 through 2011 much of our work centered around access to medical care, dental care, mental health, housing, transportation, family violence and some youth issues such as teen pregnancy prevention and youth suicide. Many task forces and partnerships were created to address these priorities and today we continue to address some of them.

HEALTHY ADAMS COUNTY

Kathy Gaskin



After 2011, our focus changed as access to care improved by the addition and opening of medical and dental services provided by Family First Health, a federally qualified health center along with many other factors such as physical activity, wellness, health literacy and food access taking

precedence.

Today our priorities focus again on mental health, affordable housing, food access, and wellness (physical activity and eating healthy). Many past priorities remain, and we continue to address them through the work of our task forces.

COVID-19 delayed our 2021 assessment, and it was pushed back to this year. Franklin & Marshall’s Center for Opinion Research once again worked with WellSpan to conduct the assessment in a five-county region which includes Adams County. This year in addition to residents being called to complete the survey, an online survey was available as well. We were also able to reach out to special populations in our communities

to have them fill out the online survey and help provide a more representative sample. In addition, a provider survey was distributed to all WellSpan providers and secondary data was collected and analyzed. Adams County will receive their full report in June this year.

Next month, I will share some of the preliminary data and provide some details about what has changed or stayed the same since our last assessment. A fall forum is being planned to roll out all the data and our priorities that will be set this summer so residents can learn how they can help us address them during the next few years.

Kathy Gaskin is the executive director of Healthy Adams County.

Is forgiveness necessary for healing?

Dear Annie: I’d like to offer an alternative perspective on your advice to “Trying To Heal,” who is finding it hard to forgive her abusive mother. I would argue quite strongly, and from experience, that forgiveness isn’t necessary to healing. Trying To Heal is under absolutely zero obligation to forgive her mother, and she can still heal without having done so.

One doesn’t need to forgive to lay aside their anger; those are two separate things. Society forgets that all too often, to the detriment of the victims

of abuse, crime and other traumas. People treat an inability to forgive like it’s some kind of conscious, vindictive choice instead of being a visceral emotional response to pain and grief. That’s a mindset that’s incredibly damaging to abuse victims, who are already grappling with their self-esteem. It’s also a mindset that prioritizes the rights of the abuser over the rights of the abused. Researchers have only recently started examining the question of whether forgiveness can have a negative impact, and they’re

finding that it can in many cases.

In my own journey to overcome the effects of the abuse I was subject to for the first 20 years of my life, I struggled and felt like a horrible human being for being unable to forgive my father. Worse, my therapists kept telling me over and over that I would never heal if I couldn’t forgive. Once again, I was being given no power and no agency over my own life. I was powerless as a child and then I was powerless as an adult and being told by professionals that I would always be powerless. How is that meant to help someone heal and move on?

A few years ago, I finally started seeing a therapist who advised me to stop focusing on my ability to forgive, who had the courage to go against

mainstream platitudes and toxic positivity and tell me that I was actually allowed to feel what I felt without guilt. And the progress I’ve started to see since that has been leaps and bounds above the progress I had made in the prior 20 years. In that time, I have come to understand the factors that led my father to become the kind of person he was. I have even come to feel some measure of sympathy for him. But I don’t forgive him, and I don’t need to, because he no longer has power over me. Until I was given permission not to forgive, he still did have power over me, and he kept me from really healing.

You can understand a person without sympathizing with them. Some things are unforgivable. That’s allowed, and it’s not something people should

be made to feel guilty or inadequate over. People are allowed to feel what they feel. The only thing that matters is what they do with those feelings. There is no magic panacea that always heals everyone.

Once I learned to accept that, I became happier, healthier (physically as well as emotionally) and no longer powerless. — Alternative Perspective on Healing

Dear Alternative Perspective: What a great therapist you are working with! Of course you are right to focus on your feelings, and the power that gives you. Being powerless as a child, and then as an adult who is told to feel a certain way — contrary to

DEAR ANNIE

Annie Lane



the way you actually feel — is crazy making. Thank you for your thoughtful letter. You have so many great insights, and they will undoubtedly come to the aid of many struggling readers.

“How Can I Forgive My Cheating Partner?” is out now! Annie Lane’s second anthology — featuring favorite columns on marriage, infidelity, communication and reconciliation — 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.

HEIDLERSBURG FIRE COMPANY
Gettysburg, Pennsylvania

BINGO

⇒ Doors Open @ 12:00 Noon
⇒ Kitchen Opens @ 12:00 Noon
FOOD AVAILABLE FOR PURCHASE
⇒ Bingo Starts @ 1:30pm
⇒ 4 Early Birds
⇒ 20 Regular Games
⇒ 9 Special Games
⇒ 1 Progressive Game
(PRICES VARY PACKAGE TO PACKAGE)
⇒ Games of Chance

SUNDAY, MAY 22, 2022

2720 Heidlersburg Road | www.hfdco25.com
1 Mile West of Route 234 and Route 15 Intersection
Call Down at 717-677-8029 for info

FunFest

Friday, June 10 • 4-7pm
Gettysburg Rec Park
545 Long Lane, Gettysburg

Vendor booths provide crafts & activities for children to celebrate this year’s ‘Ocean’s of Possibilities’ theme
DJ • Face Painting • Balloon Artists
Food, Shaved Ice & PA Dairy Association Milkshakes will be available for purchase

Free Event! Come Experience Everything the Library & Community Has to Offer!

For More Info:
www.adamslibrary.org/funfest

STAY UP TO DATE:
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NOTICE OF TELEPHONIC PUBLIC INPUT HEARINGS

For Columbia Gas of Pennsylvania, Inc.’s Rate Increase Request

Docket No. R-2022-3031211

The Pennsylvania Public Utility Commission has scheduled four telephonic public input hearings to receive public comment on Columbia Gas of Pennsylvania, Inc.’s request to increase its natural gas distribution rates by \$82.2 million per year. Members of the public are welcome to attend the telephonic hearings and to provide comments for the public record. At the hearings, you will have the opportunity to present your views to the judge hearing the case and the Company representatives. All persons testifying at the Public Input Hearings shall be available for cross-examination by all parties. All testimony given under oath becomes part of the official rate case record. The hearings are scheduled for:

Tuesday, May 31, 2022
1:00 P.M. and 6:00 P.M.

Wednesday, June 1, 2022
1:00 P.M. and 6:00 P.M.

If you wish to testify at the telephonic public input hearing, you must pre-register with the Office of Consumer Advocate (OCA) by 12:00 p.m. on Thursday, May 26, 2022. If you do not pre-register and provide the information listed below, you will not be able to testify. Individuals will testify in the order in which they pre-register. If you do not wish to testify but want to listen to the public input hearing, you may also contact the OCA to obtain the call-in information.

To pre-register, please contact the OCA by phone at 1.800.684.6560 or by email at consumer@paoca.org and provide:

- (1) your first and last name;
- (2) the date and time (1:00 pm or 6:00 pm) of the public input hearing;
- (3) the phone number you will be using to call into the public input hearing;
- (4) a phone number where you can be reached prior to the hearing if we need to contact you;
- (5) your email address if you have one; and
- (6) if you require an interpreter to participate in the hearing, the language of the interpreter.

Requests for Interpreters: If you require an interpreter, please pre-register as soon as possible. If you register too close to the hearing date, we may not have enough time to arrange for an interpreter. If you request an interpreter, we will make every reasonable effort to have one present.

Hearing Exhibits: If you have any hearing exhibits to which you will refer during the hearing, please email them to the OCA at consumer@paoca.org. The OCA will forward the exhibits to the Judge and all parties. Exhibits **must be received** by May 26, 2022.

The deadline for signing up for the public input hearings is 12:00 p.m. on Thursday, May 26, 2022.

If you have any questions, please do not hesitate to contact the OCA (toll-free) at: 1.800.684-6560 or consumer@paoca.org.

AT&T Relay Service number for persons who are deaf or hearing-impaired: 1.800.654-5988.

If you need assistance pre-registering, you may have someone register for you, but they will need to provide us all the information listed above. Additionally, if more than one person in your household would like to testify, one person may pre-register for other individuals in the same household, but we will need the information for each individual.

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MAJESTIC
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DOWNTON ABBEY: A NEW ERA PG
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- Masks Optional -
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