

Living

Saving the dates for arts council happenings

As a new year begins our minds turn to the calendar. With a clean slate, we carefully scan the months ahead and begin saving dates for favorite events with family and friends. It is now 2021 and we seem hesitant to make plans as the future continues to be unknown. However, a new year brings a renewed determination and methods to fulfill the socialization many of us crave and need.

I encourage you to get out your calendar and save a few dates with us. There are many wonderful things to share and I do not want you to miss an opportunity to participate. We are an outlet for creative minds bursting with ideas and provide a platform for students who remain eager to learn.

This year at the Adams County Arts Council you will find classes in the fine arts, literary arts, music,

dance, culinary arts, and the healing arts. We look forward to summer camps and activities for youth and families, including community partnership events like Youth Recycled Art Contest and Juried Art Exhibit at Schmucker Gallery. Offerings will be provided virtually, in person and a few will be a hybrid of both.

Program/Gallery Director Wendy Heiges has planned a full year of first Fridays. Kicking off the year, students from Alloway Creek Elementary, Bermudian Springs and Littlestown High School share a “Student Choice” exhibit. Their work is edgy and exceptional. January and February fine art classes start by bringing you the basics of drawing, bullet journaling, fused glass, knitting, photography, hammered jewelry, scarves, pottery, watercolors, oils and pastels.

ARTS COUNCIL

Leona Rega



Is food a passion or interest of yours? Take a journey in culinary arts and learn from the comfort of our home through our “Market Fresh” series on Monday nights. Using all fresh farm ingredients, registrants are provided a recipe card and shopping list. More interested in baking? Then you want to join our classes this winter and learn how to make cakes,

chicken and cherry pies. Mr. Ed’s very own Nicole Bucher will be teaching the “Craft of Confections” with hand dipped strawberries. All classes are virtual. You can watch and cook along or record and do the cooking later. In addition to teaching, consider the artful takeout lunches on Mondays and “taste of” diners. Special menus give you the opportunity to taste food from around the world along with cultural information corresponding to the meal.

More interested in the art of health and wellbeing? Seek out gentle and vinyasa flow Yoga and Hip Hop cardio classes. As part of community outreach with after-school programs, students will experience mindfulness and yoga. Our Eat Smart/Play Hard Programs will again offer the Kids Dinner Club for the entire family. These

are just a few mentions of what is to come.

Now how do you find out more details and start saving the dates? Join and follow our Facebook page, Twitter and Instagram at AdamsCountyArts. Many events will be streamed live or virtually via social media. Of course, you can still surf our website, read our E-Press, E-Blast and articles in the Gettysburg Times for information. I find the more ways I am reminded, the less likely I am to miss something special I had hoped to experience. Be sure to check our calendar and save those dates.

Leona Rega is executive director of the Adams County Arts Council, 125 S. Washington St., Gettysburg, PA 17325; 717-334-5006; email, aa@adamsarts.org; www.adamsarts.org. Our mission is to cultivate an arts-rich community.

A farmer’s work is never done

With the holidays behind us and the ringing in of the New Year usually comes a reflection on seasons past. The only reflection I want to see of 2020 is in the rear-view mirror. Let’s have a hopeful look to the future instead. I am told that 2021 will be the year of action! This is the year that begins the final push to meet our 2025 Chesapeake Bay nutrient reduction goals. The lion’s share of responsibility to reduce nutrients that enter the Bay falls on our farmers.

What have farmers been doing in the last 35-plus years since the Chesapeake Bay states pledged to reduce pollution and restore the estuary ecosystem? Lots.

Many on-farm changes have been made to reduce erosion and nutrient runoff. Some improvements you can

see, some not so obvious. On farmsteads, there are the big-ticket items like barnyards and storages built to collect and store manure. But there are also ordinary gutters and downspouts that keep clean water from running through the barnyards, there are fences to keep animals out of streams, there’s the humble gate that is shut when pastures need a rest in order to stay green.

In cropland, there are visible structural practices like waterways and diversions that direct or redirect water off of crop fields through stable grassed swales. What you may or may not have noticed over time is the quiet conversion from conventional plowing and tilling to no-till or reduced tillage using minimal soil disturbance to plant crops, or the increased use of cover crops as more and more farmers plant

ACCD

Vy Trinh



security blankets in their fields to better weather the winter.

What you may not know, much less notice is the behind-the-scenes planning to identify what needs to be done and when to do it.

Nutrient management planning is an important and necessary aspect of farming. Crop nutrient needs are iden-

tified using yield records. The appropriate application of manure and/or fertilizer to meet those crop needs are planned.

There is much to consider and take into account when planning nutrient applications. Was there a cover crop planted to scavenge leftover nutrients from the previous growing season? Is there nitrogen available from prior legume crops? Are there manure residuals from past and historic manure applications to take into consideration? This is the standard planning that is required of farmers to ensure nutrients are not over-applied.

Supplemental nutrient management evaluates existing practices and looks at further reducing inputs by assessing the source of nutrients and applying the nutrients at an appropriate rate and

placement, during a time when there is the least potential for nutrient loss.

It might mean splitting fertilizer applications, applying multiple times but in lesser amounts in order to place nitrogen when the crop needs it the most. Or it might mean using in-season testing to quantify nitrogen needs based on in-field data, soil types and local weather conditions.

We are asking our farmers to essentially do more, with less. The 2025 Chesapeake Bay nutrient reduction goals are high, some might say lofty, but I have much confidence our farmers will rise to the challenge, as they have in the past.

Vy Trinh is the nutrient management technician for the Adams County Conservation District. She can be reached at 717-334-0636 extension 3045.

The weather outside may be frightful, take a walk

We all know it’s important to exercise, but in winter it can be hard to get motivated. When it’s cold outside, it can be so cozy to just snuggle under a blanket in front of the TV. Add to that concerns about social distancing during the coronavirus pandemic, and it can be even harder to get off the couch and move.

Still, none of that changes the fact that exercise is good for us, body, mind, and soul. It keeps our bones and muscles fit, our weight in a healthy range, our brains more efficient, and our emotions lighter.

And it turns out that exercising outside in the winter can be especially beneficial. Outdoor winter exercise burns more calories because our bodies have to work harder to stay warm. It offers a bracing change of pace at a time when we’re spending most of our days inside. And getting fresh air and sunshine in winter can even help battle the symptoms of seasonal affective disorder (SAD).

How can we make outdoor exercising work in winter? One idea: Take a walk! Walking is great exercise, and it can be especially rewarding in winter. Here are some tips for making the most of your winter walks:

1. Dress in layers, including a hat and gloves. You’ve heard the adage: There’s no such thing as bad weather, only bad clothing. Dressing smart in winter means layers. Once you get moving, your body will heat up. You don’t want to overheat and do a lot of sweating, because hot, sweaty clothes eventually become cold, wet clothes. As you walk, monitor your temperature. Getting a little warm? Shed your hat or gloves, maybe unzip your coat to dump some heat. Cooling off? Zip up your coat and put your hat back on. You may find yourself constantly adjusting your clothing in response to your temperature, which is a great way to keep from getting all hot and sweaty.

2. Wear thick socks and warm footwear with good traction. Very little in

HABPI

Chris Little



life is fun if your feet are cold and wet! Make sure your shoes have good treads to help you cope with slippery spots.

3. Watch out for ice. Take it easy if the conditions are slippery, or skip your walk for a better day. Consider getting an inexpensive pair of hiking poles; they can help your stability if you do encounter ice or snow.

4. No need to rush. Exercising in cold weather is a little more work for your body, so take it easy until you know your limits. And to help avoid injury, be sure to start out slow to give

your muscles and joints a chance to warm up.

5. Take a look around. The world looks so different in winter. Make a point to savor the beauty of a snow-covered field, the twinkling of ice on the tree branches, the bright red of a cardinal at a bird feeder.

6. Walk with a friend. Walking outside is a perfect socially distant way to catch up with a buddy. Make it a weekly walking date!

7. Don’t forget the sunscreen, and the water. You can still get too much sun in the winter, so dab some sunscreen on your exposed skin. And even if you’re not sweating a lot, you’ll still lose moisture as you breathe.

8. Stay safe. Since winter days are shorter, you could find yourself out after dark. Plan ahead and make sure you’re wearing something reflective, even just a strip of low-cost reflective tape will help. And just in case, bring along your cell phone and a form of identification.

9. Keep an eye on the temperature. Sometimes it’s just too cold to be outside for long periods of time. If you develop bright red, very cold, tingly skin, cover up and get inside.

10. Vary your route. If you tend to stick to your everyday neighborhood walking loop, try changing it up: Oakside Park in Biglerville has great walking paths. So does the Rec Park in Gettysburg. Healthy Adams County’s Physical Fitness Task Force offers a series of guided winter hikes for all fitness levels that give you an opportunity to explore hiking trails all over the county and beyond. Find their schedule at Facebook.com/HealthyAdamsCounty.

So try bundling up and taking a little stroll outside, it can be a great antidote to the winter blahs!

Chris Little has lived in Adams County since 2001 and enjoys walking and bicycling in our beautiful county. She lives with her husband Tom, is a HABPI board member, and serves in other county organizations.

Building a partnership

There have been a number of good things that have happened in Adams County over the past 25 years. None has been more important and beneficial than the development of Healthy Adams County (HAC) a community health partnership that exists between WellSpan Gettysburg Hospital and the local human services community. It’s hard to believe that HAC is 25 years old and the same time, it’s hard to believe that it hasn’t always been around.

Why is it so important? Simply, it provides a mechanism for the health care community and those agencies, programs and individuals that serve a variety of human service needs in Adams County to work together to help improve people’s lives.

Several of us from the human services community and the health care world had the opportunity to attend training seminars and we learned first-hand the value of asking those who had a need or a problem how they would solve it. It sounds so simple now but it was earth-shaking then. South Bend, Indiana reduced emergency room visits by sick kids simply by helping families buy winter coats. Teenage pregnancy was reduced in Pittsburgh by matching high-risk teenage girls with positive role models called Mentoring Moms. It turned out that having the human service

HEALTHY ADAMS COUNTY

Steve Niebler



agencies in a community and local health care system could really change the local world! Again, it sounds so simple now but it didn’t then!

This led to Gettysburg Hospital and the Adams County Council of Community services (ACCS) to conduct the first of what has now been many community health needs assessments. This was the first time we really tried to figure out what the health care and human service needs were in the community and how we could jointly address them. We were so successful that a department of the Hospital was created to coordinate the work of a number of volunteers and others to really address some of these issues head on. Bill Taft was hired as first Executive Director and brought a wealth of health care experience to the enterprise. Jennifer (Williams) Gastley was

brought on as the support staff and remains to this day. Kathy Gaskin took Bill’s place upon his retirement and HAC continues to be a very positive force for change in our community. I had the distinct privilege of serving as the first Chair of HAC and stayed a lot longer than I should have been allowed to! It was such a labor of love that I stayed for 17 years. The good work goes on and on!

HAC has had to this point thousands of volunteers who have served on a number of task forces that have addressed issues like mental health, dental care, the development of the Family First Clinic on York Road, aging services, drug and alcohol abuse and countless others. It has truly been a community partnership in all the best senses of the word.

I am very proud to have been invited by the local hospital staff to attend the first healthy community training seminars and to have been able to play a small part of helping to establish and implement the work of Healthy Adams County. Its work is not done, and may never be really finished. But this community is immeasurably better for the work of HAC and all it’s done to make the lives of many, many people better.

Steve Niebler is founding board president of Healthy Adams County.

Video conferencing tips

Dear Annie: Throughout the pandemic, I’ve noted some things that make for a successful Zoom or FaceTime call. Perhaps these suggestions will be of use to your readers.

1. Look at yourself on your screen. What you see is what others will see.
2. Do not sit with a window or other bright light behind you. You will be a dark silhouette.

3. Have the light or window facing you from higher, beyond the laptop, or up to 45 degrees off to the side.

4. Incandescent lights are warmer and make you look more alive. Natural window light alone, particularly if snow is on the ground, can make you look ghostly pale blue.

5. Place your laptop on a table to keep it from moving around to dizzy others. TV

tray tables work.

6. Sit close enough so your head nearly fills the screen and you are recognizable.

7. Adjust the screen/camera angle to include your full face, preferably from nearly the same level to eliminate facial distortions and dominant ceilings. Sitting on extra cushions can sometimes help.

DEAR ANNIE

Annie Lane



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