

Lifestyle

Partnering for water protection

The Adams County Countywide Action Plan (CAP) continues to progress. The CAP is the game plan for how to reduce nutrient pollution in Adams County waterways, thus preventing it from running into the Chesapeake Bay.

The plan includes a list of Best Management Practice (BMP) projects to be installed across the county in both agricultural and urban sectors. As the CAP coordinator, I work with the conservation district, the county planning office, Adams County Farm Bureau, local municipalities, and other local partners to help accomplish the goals laid out in our county plan.

This year we have held meetings with an Urban Advisory Team and a Cover Crops Advisory Team. These

teams were created to advise us on the best methods to meet our CAP goals in their respective subject area.

The Cover Crops Advisory Team concluded that in order to increase cover cropping in Adams County a dedicated funding source is needed. With that in mind the conservation district is now looking into developing such a program.

The Urban Advisory Team came together earlier in the year to discuss where projects may be able to be implemented in areas like municipalities, and school districts. The meeting also included local nonprofit groups who can assist with some of these projects.

The district is currently working on three additional stream restora-

CONSERVATION DISTRICT

Ricky Whitmore



tion projects in the county through the CAP process. These projects have come out of many partnerships with the PA Fish and Boat Commission, Western PA Conservancy, and Gettysburg Stormwater Authority.

The restoration efforts will take place on public property, as well as

the property of local businesses and private landowners. These projects will involve stream bank stabilization, installation of in-stream devices and streamside plantings.

In addition, the district, in concert with Rosetree Consulting is beginning a county-wide advance nutrient management project. This program seeks to change the way nitrogen fertilizer is applied to crops to reduce its environmental impact, and potentially save farmers money in the process.

The Adams County CAP is a significant undertaking, and one that I am excited to continue working on. Adams County has always strived to put our best foot forward in the realm of conservation, and our progress thus far is commendable.

With that being said, there are still many opportunities throughout the county to install more BMPs and work towards the end goals of our CAP.

There are many funding options, and technical assistance available to get new BMPs installed.

Please feel free to contact me if you have an idea for a project that may work on your property, would like more information about the CAP, or have any other thoughts or questions.

For more information, contact Ricky Whitmore, Community Clean-water Action Plan coordinator for the Adams County Conservation District at 717-334-0636 or at rwhitmore@adamscounty.us

A decade of food policy in Adams County

This is part of Healthy Adams County's 25th anniversary of its monthly Gettysburg Times column.

In 2007, in a basement of an old school, Support Circles met to inspire and equip families and communities to end poverty. Each week, Circle leaders shared progress and obstacles. One participant, a single mom with two kids, was making fast progress — from a waitress making \$10 an hour to a bank teller, making \$16. One evening she said, “I am proud that I no longer receive SNAP benefits, but all we now eat is cereal.”

As she shared her story, a systemic issue was revealed. There is a huge gap between when benefits drop off and self-sufficiency. When expenses such as housing, childcare, and transportation are fixed, food becomes the one thing that is a flexible expense. Therefore, people rely on the cheapest or free food. As Circles participants and leaders started to share their sto-

ries around the county, people began to listen, investigate and build solutions.

After Gettysburg College Center for Public Service invited residents and organizations to attend a food forum with food policy council expert Mark Winne, a smaller group formed to build a coalition. By May 2009, the Adams County commissioners recognized the newly-formed Adams County Food Policy Council, a coalition that envisioned every resident having access to a safe, nutritious, affordable, and adequate food supply within a sustainable system which promotes the local economy.

Over the last 12 years, the council's core membership has always included individuals and people from social service agencies, the agricultural sector, and the government to take action. Early projects focused on networking for food recovery and distribution, increased access to SNAP points of

HEALTHY ADAMS COUNTY

Kim Davidson



sale, resources for people who experience food insecurity yet are ineligible for federal assistance, and promotion of local food.

The collaborative model that was created in the early years continues to sustain the council. Maintaining a common agenda — access to healthy food for low-wage earners — and valuing those most impacted have provided the foundation for the council to influence organizational-level shifts and community outcomes. Most recently, the council has updated its

website at www.adamsfoodpolicy.org.

A dashboard of indicators has been added to allow us to track our food policy progress as a council and as a county. You can find fast fact sheets to aid in grant writing or just to find out what work has been done in all areas of food policy including but not limited to anti-hunger, food waste, food production and food access. An online version of our Local Foods Guide can also be accessed through the website.

A printed version is also available and will be distributed at upcoming partner events, the Adams County Farmers Market, and at many other locations and agencies that are on our distribution list.

If you would like a copy, please call 717-337-4137 and we will make sure you get one. The council is also finishing up a video project that will be used to help educate about our council and as a way to invite new members

to help us expand our work into other areas of food policy work.

Through grant funding from Gettysburg Hospital Foundation we continue to run our food programs that help SNAP recipients purchase fruits and vegetables at a 50 percent discount at Kennie's Market locations, and help families that are no longer receiving SNAP benefits but are still struggling to purchase fresh produce. We serve over 2,000 residents through our food programs a year that help people have access to fresh produce. Thank you to Gettysburg Hospital Foundation for helping to make this possible.

If you are interested in learning more about the council, please call 717-337-4137 or email adamsfoodpolicy@gmail.com.

Kim Davidson is past chair of the Adams County Food Policy Council with contributions by Kathy Gaskin, executive director of Healthy Adams County.

Why, where and when I ride a bicycle

In May, Lucas Thompson won the Healthy Adams Bicycle/Pedestrian Inc. (HABPI) bicycle riding challenge for commuting to work. He wrote the following response to our questions about his bike riding experience.

When and where did you first start riding? I can't remember a time when I didn't have a bike and it wasn't a significant part of my life. Growing up in the suburbs of Cleveland, having a bike provided ways to explore the neighborhood and a convenient way to get to my friends' houses.

How often do you ride now? I commute to work most days on my bike, a few miles each way, and go for longer rides most weekends. Building the riding into my normal daily routine is a great way to get some exercise without having to carve out big

blocks of time.

Where do you like to ride? I like to ride anywhere that I can explore and see new things. You get to experience a place differently at the speeds accessible on a bike.

What bikes do you ride? The bike that gets ridden most frequently is a mid-1990s Raleigh mountain bike that has been converted to commuter duty with fenders, racks, and baskets. The bike that gets the most mileage is our road bike tandem that my wife and I ride most weekends. After that probably comes my modern mountain bike that I ride on the trails in Michaux. There are a few others too, including a gravel/road bike, a cruiser tandem for around town, and a vintage road bike that is currently in parts.

How long have you been riding

HABPI

Lucas Thompson



and how has your riding changed over time? The biggest change in my riding occurred when I was in graduate school. I began viewing bicycles as a convenient and practical mode of transportation as opposed to just a tool for fun and exploring; it helped that it was faster than taking the bus and cheaper than paying to park my

car. I've basically been commuting to work and to run quick errands by bike as often as possible, year-round, for the past 15 or so years now.

What interesting bicycle adventures have you had? There is something special about a late-night summer ride — it's peaceful with next to no traffic, the heat from the day is gone, and the sky is full of stars — that I just love. It can make a ride you have done countless times feel new and exciting. My wife and I have also taken camping trips on our bikes, and designed and completed our own scenic century ride on the northern end of the Door County, Wisc., peninsula. The route was built to spend as much time alongside of Green Bay and Lake Michigan as possible. We got to ride through two state parks and a county

park along the way and passed one historic lighthouse.

What tips do you have for other cyclists? If you are going to use your bike for more utilitarian purposes, fenders make such a huge difference in keeping you and your bike clean.

What changes would you like to see to improve bicycling in Adams County? The normalization of using bikes for short trips and errands.

Please visit www.habpi.org to learn more about HABPI and learn how you can donate money to build trails in Adams County.

Lucas Thompson moved to Gettysburg in 2011 after living in the flatlands of central Illinois for graduate school. He is grateful for the topography, trees, and fresh fruit of Adams County.

Eye-opening facts about sleep apnea treatment

There is a massive recall underway for a popular CPAP unit, affecting sleep apnea patients nationwide. If you or a loved one is affected, I'd like to offer advice and an alternate solution, to help you make an informed decision about your continued treatment.

Sleep apnea is a condition, diagnosed by a physician. A Continuous Positive Airway Pressure (CPAP) machine, with a mask patients wear while sleeping, is how many patients manage their

sleep apnea.

Supply chain issues continue to plague numerous industries. If you're waiting for a replacement CPAP, I encourage you to reconsider your treatment and find out if oral appliance therapy could work for you. As a Diplomate of the American Academy of Dental Sleep Medicine (AADSM), I find that many patients discover an oral appliance to be a more comfortable, easier, and just as effective, form of treatment.

The first step toward an oral appliance is a referral, from your physician, to visit a sleep-qualified dentist (one that meets the AADSM criteria in training) or a Diplomate of the AADSM such as my Sweet Dreams Gettysburg practice, to be evaluated for an oral appliance.

I realize we're talking about a sleep-related subject, but I am going to share some eye-opening facts, pardon the pun.

Myth: CPAP is the only therapy for sleep apnea.

Truth: Oral appliance therapy uses a “mouth guard-like” device worn during sleep to maintain an open, unobstructed airway. Effective oral appliances are formed from custom dental impressions

made by a qualified dentist. An oral appliance is fitted and adjusted by a qualified dentist to ensure proper fit and maximum effectiveness. Patients like that oral appliances are easy to use, clean and transport. They are also comfortable, noninvasive, noise-free and less obtrusive compared to CPAP.

Myth: Oral appliance therapy isn't as effective.

Truth: Oral appliances have similar effectiveness and better rates of patient compliance at home. This translates into reduced sleepiness, improved quality of life, reduced risk of cardiovascular mortality and reduced blood pressure.

Myth: Oral appliance therapy can be provided by any dentist.

Truth: A qualified dentist who has appropriate training in the field of dental sleep medicine can guide your oral appliance therapy. The AADSM maintains a directory of qualified dentists.

Myth: Oral appliances cause tooth movement.

Truth: Qualified dentists are trained to mitigate side effects such as potential tooth movement.

Myth: CPAP is less expensive than oral appliance therapy.

Truth: CPAP treatment requires patients to replace masks, filters and tubes regularly. Oral appliance therapy can be the more cost-effective option.

Myth: Oral appliance therapy isn't covered by insurance.

Truth: It's actually covered by most commercial medical insurance and Medicare. It is not covered by dental insurance. Qualified dentists have familiarity with medical insurance and the necessary documentation, pre-authorization and other requirements.

My practice is currently booking sleep patients in the September and October timeframe, so I highly encourage patients interested in oral appliance therapy to call me with their questions and/or appointment requests.

Well-informed decisions, like good nights' sleep, provide peace of mind. I hope this column helps you consider your options as you seek that peace of mind and optimum health.

Dr. Rita Tempel is an accredited member of the American Academy of Cosmetic Dentistry and owner of Gettysburg Smiles Cosmetic & Family Dentistry as well as a diplomate of the American Board of Dental Sleep Medicine and owner of Sweet Dreams Gettysburg, 2018 York Road, Gettysburg. For more information, visit GettysburgSmiles.com, follow @ritatempel on Instagram or like her Facebook page @Gettysburgsmiles or call 717-339-0033.

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