

# Lifestyle

## Summer at Spangler: A passion for Pennsylvania barns

On July 2, 1863, Private John C. West of the 4th Texas Infantry fought in the unsuccessful assaults the regiment made on Little Round Top. That view of the countryside certainly contrasted with the one he recorded earlier while marching through Pennsylvania. Remarking on the fecundity of the farms he passed, West concluded, "The barns were, however, the most striking feature of the landscape, for it was one bright panorama for miles." In another letter home, he noted he had not seen a barn "...that was not more substantially and carefully built and fitted out than any house I have ever seen in the country in Texas." These two observations—external appearance

and interior structure—remain as contemporary now as then. HGAC's Summer at Spangler program is designed to address these aspects of the barns.

The Summer at Spangler program derives from HGAC's Barn Preservation Project which, since 2005, strives to save these wonderful structures. Summer at Spangler fulfills the education imperative of the project's charter. HGAC barn experts share with visitors the complete story of these barns, inside and out. After a visit to the barn exhibit, visitors leave with a full appreciation for the role these barns play in the agricultural, social and economic facets of the farm's lifespan and the place of these barns in the regional cul-

HGAC

**Greg Kaufmann**



tural context. The construction methods are also a prime focus of the exhibit. Visitors can handle models of various timber framing joinery, period tools and other items that all contribute to tell the complete story of these barns.

We are fortunate to partner with the Gettysburg Foundation in the use of their George Spangler farmstead which provides this sterling example of a Pennsylvania barn. The barn, a notable example of regional vernacular architecture in its own right, still lends its majesty to the farm. Built around 1850, the barn stands today, 172 years later, with the help of an award-winning restoration. It has many stories to tease out beyond its notable role as the 11th Corps field hospital.

Join barn experts from HGAC and the Preservation Committee at the Spangler barn every Sunday starting June 12 through August 14 from

10 a.m. to 3 p.m. Shuttle service from the battlefield's Visitor Center to the farm is re-instituted this year and tickets are available inside the Visitor Center. In addition to the regular season, there will be three free Family Days on May 28, Sept. 3, and Oct. 8, 2022. On these days, visitors may drive directly to the farm.

Whether local resident or a visitor, there is much yet to learn about these impressive structures. See you at the barn!

Greg Kaufmann is a member of the board of directors of Historic Gettysburg-Adams County. For more information on events and programs, visit [HGAConline.org](http://HGAConline.org)

## Tips on how to find a therapist

There are many times in our lives that we find ourselves thinking about talking to someone about our troubled thoughts and emotions. Family members and friends can be a good choice to talk to, but they are often exactly the wrong choice—particularly if the problems we want to discuss involve them. This sort of situation leads to the thought of, "maybe a therapist is the best choice." Now the question is, "how do I find a therapist?"

The first step for anyone seeking therapy should be a discussion with your primary care provider or family doctor. Some medical conditions can mimic emotional problems. Once this has been done, then the next step is to seek out a therapist.

Without getting too far into the weeds about the different kinds of therapy, it is important to know that different therapists have different

approaches. Some therapists focus on just listening, while others are more like personal teachers or coaches. Some will give between session assignments and follow fairly set treatment plans. Others work with whatever the client feels a need to discuss each session. It is enough to say that "therapist" is a generic term. In the state of Pennsylvania, licensed therapists are trained in one of several therapeutic disciplines. These include social workers, professional counselors (including art therapists), marriage and family therapists, and psychologists. To be licensed in one of these disciplines individuals have graduate degrees and have completed the required licensing exam and field training requirements to be granted a license by the state. Licensed therapists can then apply to insurance companies to be what is referred to as "credentialed" with the insurance

MENTAL WELLNESS

**Margaret Swartz**



companies. This is important to know because this is the first place to look for a therapist. Most insurance companies have provider lists. To learn who these therapists are simply look on the back of your insurance card for where to call or look online to see who the therapists are who can work with your insurance.

The next option for locating a therapist is to look online for websites that list therapists by area. The Psychology

Today website or Goodtherapy are two such lists. Therapists pay to have their picture and information about their practice listed on these sites. You can read a bit about the therapist and their therapeutic approach. You can also see if they are meeting clients in an office or only through telehealth. The insurance they are credentialed to accept or if they accept cash payment for their services is also provided. Within the site you can also send an email to the therapist requesting information or asking for a first session. These sites are not the same as the heavily advertised online therapies. Betterhelp and Talkspace would be included in this group of online options. These services are quite new and it is important be clear about what it is they are offering. Exchanging text messages or chat any time of the day or night is not considered therapy.

Finally, it is always an option to contact the larger area behavioral health providers. In this area that would include WellSpan, True North Wellness, or PA Counseling. If your insurance is Medicaid, also referred to as medical assistance, then you may need to contact a larger provider group to find a therapist. Also, only social workers and psychologists can accept Medicare insurance.

If you are in crisis, then seeking a therapist is not the first step. Rather, call the local crisis number, 717-851-5320, or go to the nearest emergency room for assistance. The National Suicide Prevention Lifeline is 800-273-8255 and they can also provide assistance.

Margaret H. Swartz, Psy D is a licensed psychologist in private practice. She is also a member of the Healthy Adams County Behavioral Health Task Force.

## Remember, honor someone special with a book donation

Have you ever received a book from someone who wrote a note inside the front cover?

My grandparents, aunts, uncles and parents always wrote a note to me in the book. For example, if it was my birthday, the note might have said: "Happy Birthday Erica, we love you!" The entry always included their signature and the date the book was given to me.

I've kept many of the books to share with my children and nieces and nephews and every time I open the front cover I am taken back to that day and it warms my heart because it is always there. I've carried on this tradition when I give a book to my family and friends and am pleased when I receive a book to see that it's

not just our family!

Are you looking for a way to show special appreciation to someone you know? You can, by choosing to donate a Memorial Book for them through Adams County Library System. We accept donations starting at \$35 and up per book to expand our collection.

Our staff will take into consideration the subject and preferred genre and provide a "name plate" in each book with the wording you choose and an acknowledgement letter will be sent to the person you've chosen with the names of the books purchased.

Personally, I would love to be honored in this way. Wouldn't you? Are you starting to think about who you would like to

AT THE LIBRARY

**Erica Duffy**

donate an honor donation in their name or would you like suggestions? I can think of several that are perfect for this time of year. Parents, school will wrap up soon and I always have a hard time deciding how to convey how thankful I am for my children's teachers. An honor donation is a perfect gift for them.

Mother's Day and Father's Day are also around the corner and I do the same thing every year on those occasions. Which

is, flowers for my mom, a tie for my dad and special dinner out with our family. You may be thinking I am not very creative and I agree, but it is hard to find something special because they already have everything I can think to give to them. Not this year though. Is someone you know graduating this year from kindergarten, middle school, high school, tech prep or college? May I suggest a gift of an honor book in their name through Adams County Library System?

If you like any of my ideas

or have some of your own, visit one of our six branches in Adams County and request an Honor Book request form. You may also complete the form online by visiting [www.adamslibrary.org](http://www.adamslibrary.org) support your library, donate and select Memorials & Honor Books. You may also consider a Memorial Book donation as a remembrance of special people in your life who have passed on. Our branch locations in Gettysburg, Biglerville, Carroll Valley, East Berlin, Littlestown and New Oxford are open daily to serve

you and answer any questions you may have about Honor and Memorial Books.

Erica Duffy is the development director for the Adams County Library System. You may contact her via email at [ericad@adamslibrary.org](mailto:ericad@adamslibrary.org); or call her office at 717-334-0163; or her cell, 717-809-9190. Thank you for your continued support of our vision which is to see every life fulfilled by opening gateways for exploration and connecting people to opportunities to enrich their lives.



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### Market Watch

Wednesday, May 4

Closing quotes provided by Huston-Fox Financial Advisory Services, 113 Carlisle St., Gettysburg

ACNB	34.08	-0.02
Armst'g W'ld	87.49	0.94
Bristol-Myers	76.31	1.26
Caterpillar	222.59	8.97
Carlisle Co	272.84	6.84
CSX Corp	35.5	0.97
Codorus	23.61	0
CVS Caremark	100.57	4.59
Chevron Corp	167.59	5.1
Deere & Co	396.35	6.91
Excelon	47.92	1.23
Ford	14.98	0.42
First Energy	43.65	0.51
Fulton Financial	15.9	0.42
General Electric	80.43	2.77
Glatfelter	9.38	-0.02
GM	41.17	1.23
Halliburton	38.08	1.41

Harley	41.06	2.31
Harsco	9.04	0.48
Hershey Foods	225.33	5.26
IBM	137.4	4.88
Intel	46.54	1.48
Int'l Paper	48.49	1.67
Mohawk	157.83	4.69
Merck	88.52	1.42
Microsoft	289.98	8.2
M & T Bank	176.09	5.86
Nisource	29.67	0.71
PNC	173.72	4.06
PPG Ind	137.34	4.13
PPL Corp	28.89	0.72
Rite Aid	7.1	0.23
Stanley Works	130.89	4.65
AT&T	19.95	0.62
Utz	14.42	0.06
Vulcan	185.43	8.5
Verizon	48.37	1.2
Wells Fargo	45.98	1.82
Weis Market	85.35	6.11

The Dow Jones closed up 932.27 at 34,061.06. The NASDAQ closed up 401.10 at 12,964.86. The S&P 500 closed up 124.69 at 4,300.17.

This information has been provided courtesy of Huston-Fox Financial Advisory Services. Although it was obtained from sources believed to be reliable, no representation is made to the accuracy of the information. Securities quoted are for informational purposes only and do not constitute a recommendation to buy or sell, in addition Huston-Fox Financial Advisory Services, Its Clients and Employees may or may not own the quoted securities.

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