

Lifestyle

Tourism strong despite rising gas prices

There is perhaps no bigger topic facing the tourism industry across America than the rising gas prices. Destinations big and small are keeping a close eye on inflation and the cost to fill up gas tanks.

Here in Adams County, Destination Gettysburg, too, is monitoring the increased prices and is working to position our destination as a great — and sometimes, closer — alternative for summer and fall travel this year. Within a 300-mile proximity of nearly 70 million people, Gettysburg and Adams County are often attractive destinations for those looking to cut back on travel time and travel costs.

In other words, when gas prices are high or Americans become increas-

ingly concerned with spending, destinations like Gettysburg and Adams County tend to benefit as travelers look for shorter, more budget-friendly places to visit.

With that said, the staff at Destination Gettysburg remains focused on keeping visitation strong in 2022. In the first five months of the year, occupancy at hotels is up 13.7%, and the average daily rate that travelers are paying is up 22.9%, according to Smith Travel Research, which measures lodging data at most hotel properties in Adams County.

National travel forecasts indicate a strong interest for leisure travel this year, a sign of a recovery from the COVID pandemic that began in 2020

DESTINATION GETTYSBURG

*Carl
Whitehill*



and lasted almost 18 months. This forecast, coupled with the strong lodging data so far in 2022, gives Destination Gettysburg confidence that tourism in Adams County is indeed rebounding.

To encourage Americans to hit the

road this year and travel to Adams County, Destination Gettysburg has launched a new campaign to incentivize travelers with free gas.

Through this campaign, anyone who purchases tickets to local attractions — museums, tours and more — through Destination Gettysburg's "Gettysburg Go! Discovery Pass" will receive a \$25 gas card to be used on their trip to Adams County. The promotion will run through Labor Day.

"Gettysburg Go!" is an online marketplace that features tickets to a variety of local experiences, providing visitors with the convenience of purchasing tickets in one easy, online transaction. The pass launched in May as part of National Travel and Tourism

Week. You can learn more about the campaign and "Gettysburg Go!" pass at DestinationGettysburg.com.

This campaign is just one of the ways that Destination Gettysburg is employing to encourage visitors in our key markets — Baltimore, Washington D.C., Philadelphia, Pittsburgh and other places in Pennsylvania — to consider our region as their summer and fall travel destination. Our print and digital marketing, along with social media advertising, continues to remind potential travelers of Adams County's close proximity and affordability.

Carl Whitehill is vice president of Destination Gettysburg. He can be reached at cwhitehill@destinationgettysburg.com.

Tours of McAllister's Mill Underground Railroad site slated

In 1836, 70 years after the Declaration of Independence, a group of Adams County men met near a grist mill by Rock Creek in Cumberland Township to celebrate the 4th of July and honor their fathers who had fought in the War of Independence.

They decided to organize and appointed the mill owner, James McAllister, as chair. Many resolutions were passed, including the statement that since the Declaration of Independence affirmed the Creator endowed men with certain unalienable rights, including life and liberty, then "no human being can be rightfully held in slavery." A local Gettysburg newspaper, The Star & Republican Banner, called that gathering the "Anti-Slavery Meeting at McAllister's."

A few citizens decided to go further than just attending meetings and began assisting freedom seekers from slavery. They formed a loose network, both African-Americans and white people, that stretched from McAllister's Mill in Gettysburg, only a few miles from neighboring slave state Maryland, to Upper Adams and points north and east to freedom.

Due to its proximity to slave-holding Maryland, Gettysburg was not a safe place for escaping slaves. Many residents with family and business ties to Maryland would report escaped slaves to slave catchers staying in the area. Men like McAllister, Joel Wierman and William Wright, with quiet courage, became station masters on this Underground Railroad and point-

HGAC

*Bernie
Mazer*



ed freedom seekers to a safe place.

Their business and family connections included national leaders of the abolitionist movement, such as Wierman's family tie to the abolitionist journalist William Lloyd Garrison. The McAllisters' children and neighbors reported that freedom seekers

often sought shelter in the mill's cogwheel on their road to safe passage.

James McAllister purchased the mill in 1827 from the family of Sam Gettys' business partner. McAllister's wife was Agnes Andrew (nee Renfrew), a strong Covenant, and the couple raised 12 children in a faith that cursed slavery. Five of James and Agnes' sons, grandsons of Revolutionary War veterans, enlisted in the Union Army during the Civil War. McAllister's property became part of the fighting during the Battle of Gettysburg. James McAllister lived to see the passage of the 13th Amendment, which ended slavery in America after 246 years, on Dec. 18, 1865.

Little remains of McAllister's Mill and the foot bridge over Rock Creek,

but walking down the path to Rock Creek, one can almost hear the hurried footsteps of freedom seekers. Every Saturday at 11 a.m. from May to through August, rain or shine, Historic Gettysburg Adams County (HGAC) volunteers lead walking tours of Gettysburg's only Underground Railroad site, recognized by the National Park Service's Network to Freedom.

The tours leave from the historic marker on the former Mulligan MacDuff parking lot at 1360 Baltimore Pike. For more information, call McAllister's Mill UGRR Tours at 717-659-8827.

HGAC board member Bernie Mazer is one of the volunteer tour guides at the McAllister's Mill Underground Railroad site.

Connectivity and the power of partnering

I'm a firm believer in creating partnerships that all parties involved may profit from. That profit may not necessarily present itself monetarily, but may build relationships that connect people with others who may help them further their goals and missions.

In the last few years I've seen GARMA businesses working together in such positive ways. While many businesses were shuttered during the lockdown of the pandemic, some, like the Majestic Theater and Gettysburg Community Theatre, were closed even longer because there were no viable alternatives as to how they could conduct business. The Majestic Theatre thought outside the (pop)corn box and sold

popcorn outside on First Fridays. GARMA businesses held special sale days where a percentage of their days proceeds were donated to Gettysburg Community Theatre.

The Lucky Paw, on York Street, and Forever Love Rescue have partnered to get kitties adopted and bring awareness to TNR, trap-neuter-return. You can usually find one or two kitties hanging around The Lucky Paw waiting to meet their forever family. New GARMA member, The Good Samaritan (Masonic) Lodge in Gettysburg has also had fundraiser dinners with all monetary donations being given to Forever Love Rescue to help with expenses incurred with TNR efforts in the borough.

Battlefield Harley-Davidson has

GARMA

*Jennie
Dillon*



been a great contributor to the Adams County Arts Council, donating proceeds from their special event beer sales which helps offset expenses that the ACAC incurs for their events and projects. And for the month of June, countless GARMA businesses were sponsors of Gettysburg Pride.

For-profits and nonprofits, profiting together off of great partnerships. The power of connectivity.

So let me connect you with three new GARMA members. Welcome to Eighty-Two, at 82 Steinwehr Ave. I recently stopped in to have a coffee and pastry; my first visit. I'm not a big coffee drinker. Well, I drink it, but it's mostly made up of cream and sugar and a slight bit of coffee. I was very happy with my selections. Eighty-Two also has artwork for sale by local artists.

While you're on Steinwehr, you need to visit Cottage Creperie. Just down the street at 33 Steinwehr Ave., Cottage Creperie has taken up residence at the old Sunset Ice Cream Parlor location. You can still get some ice cream, but also incredible gour-

met crepes made right in front of you using local, farm fresh ingredients.

As mentioned above, The Good Samaritan Lodge #336, on Lincoln Square has also joined GARMA. The Lodge was first constituted in 1860 and had a couple different locations before settling in to their current space, the Funkhouser Building, in 1899. Before moving into their current location, The lodge rented a "hall" from John Rupp of The Rupp House, now the Children of Gettysburg 1863 museum. See how things in this town connect?

Connect with all of our GARMA members at www.gettysburgretailmerchants.com.

Jennie Dillon is the president of GARMA.

When to be concerned about a child's anxiety

Once upon a time society thought that the emotional problems of adulthood did not affect children. Now we know that is not the case and both depression and anxiety can be concerns for children. It seems often depression gets the spotlight and, yet children do experience anxiety at high rates.

Anxiety is simply fear. Excessive apprehension about future events that is constant, daily, and can shift from one thing to another or generalize. In the Diagnostic and Statisti-

cal Manual of Mental Disorders, 5th Edition (DSM-5) of the American Psychiatric Association the diagnosis of generalized anxiety disorder is based on the excessive intensity and duration of the worry. Worry that is difficult to manage and has been a problem for over six months.

More specifically, worries become an anxiety disorder when they are extreme and interfere with one's ability to think things through and join in social activities. These anx-

ious worries are constant and very distressing. The anxieties are throughout the day, daily, and seem to not have an obvious trigger or cause. Everyday worries do not tend to have physical symptoms, but anxiety can cause physical symptoms such as feeling restless, on edge, or jittery. The tension of anxiety can be felt in the body as muscle tension. Such symptoms can cause a child or adult to feel exhausted when there is no apparent reason for excessive fatigue.

Concentrating is also a problem when experiencing anxiety. Sometimes individuals will find their minds go blank at important times. For children or adolescents, this can be seen in the student who sits down to an exam and cannot recall the information she knew right before she came into the exam room. The anxious child or adult maybe cranky and irritable. Touchy and overly sensitive to other's comments. Final-

ly, sleep can be affected as well. The anxious child or adult may struggle to fall asleep or have some problems staying asleep. For children anxieties tends to be about school or any kind of performance situation. A child may have only one of these symptoms and be considered as having generalized anxiety.

Children with generalized anxiety disorder may strive to be perfect.

They may redo assignments repeatedly because they are not satisfied with what they have produced. This dissatisfaction is due to a lack of self-confidence. Children, much like adults, will worry to an extreme about catastrophic things that could happen. How the world will end is a good example of a catastrophic worry. All of this may lead the child to seek reassurance from adults about their worries.

Parents and other caregivers can help their children with several basic skills. First,

teaching a child how to self-calm. On the PBS program Daniel Tiger, characters demonstrate taking a deep breath and counting to four or five. Children can be taught to relax by tightening and relaxing muscles throughout the body until they are as relaxed as a ragdoll. Finally, distraction with positive, non-competitive activities such as taking a walk, free play, or time working with an adult on baking cookies can be helpful. Reading aloud to a child can calm both the child and the adult.

As always, when there is particular concern about a child's worries and behaviors, it is always good to consult the child's primary care provider. Some other forms of anxiety disorders, such as separation anxiety or obsessive-compulsive disorder, may be the problem and a professional will

MENTAL WELLNESS

*Margaret
Swartz*



need to sort out the concerns for a sound diagnosis.

If there is an emotional crisis with a child, Crisis Intervention at WellSpan Gettysburg Hospital can be contacted by calling 717-851-5320. If there is a concern about suicidal thoughts the National Suicide Prevention Lifeline is 800-273-8255. You can also text HOME to 741741 for free 24 hours a day.

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

Misses her family

Dear Annie: I am a 37-year-old woman, and I have three younger siblings who all live with my dad. I'm not allowed over to my dad's house because his girlfriend is there, and she hates me.

The whole thing started when I got cancer a few years back, and I found out she was cheating on my father. So being loyal to my dad, I told him. He confronted her, and that's when she started to hate me. She was nice at first, but now she and my father live in the same

house and they don't even talk to each other.

My siblings are teenagers, and I don't believe they should live in a household like that. I have not seen my father in two years. I miss my dad and the teens. I told my dad to just leave, but he said he can't because of his kids.

My dad is 66 years old; his kids are two 16-year-olds and a 15-year-old. I miss them so much and am writing to ask you: What should I do? Please help. — Miss Family

Dear Miss Family: Of course you miss your family. It is terrible that your stepmother is doing and also terrible how your father is enabling her to be so cruel to you. Could you reach out to your siblings individually — or as a group, but not at their house — so that she is not involved?

I would also speak with your father about it. She sounds like a very controlling woman, ruining all the love between you and your family. I'm sure your dad

misses you as well, so sit him down and speak with him. You might suggest that he and his girlfriend seek couples counseling.

"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.

SANDOE'S MINI STORAGE

- 600+ Units
- Video Surveillance
- RV, Boat, Auto Parking
- Automatic Security Gate

Family Owned Since 1988

TWO LOCATIONS:
2665 Old Harrisburg Rd. (Office)
1345 Belmont Rd.

Office Hours:
M-F 9-12; 1-5 & Sat 9-3
717.334.9581

Kyle Miller

CONCRETE CONSTRUCTION

Stamped Concrete
Sidewalks • Patios
Curbs • Floors & More

Business & Residential
Reasonable & Reliable
Call for Estimates
717-642-3771

Feature Pet of the Week!

ADAMS COUNTY SPCA
11 GOLDENVILLE RD., GETTYSBURG, PA, 17325
www.adamscountyspcaspa.org

CHAMOIS

Hi there, my name is Chamois. My siblings and I were found living in a barn. It was kind of a rough way to start our lives but things are looking up for us!! Here we've got nice cushy beds to sleep in, plenty of food in our bellies and we don't have to worry about what might get us!! Boy what a relief that is!!! I am a super adorable, friendly little girl who will most likely be the first one to greet you when you come in our condo. So how's about us getting together to discuss adopting me!! I will certainly be one happy little girl to have my very own home ... and not living in a barn!!!

THIS AD SPONSORED BY:

AW ARTWORKS
UNIQUE FINDS FOR YOUR HOME & LIFE

30 YORK STREET
GETTYSBURG, PA
717-334-4250

www.ArtWorkPA.com

*Morning
Glory Senior
Living Inc.*

419 North Queen St.
Littlestown, PA 17340
717-359-9990

Family Owned & Operated
Since 2002

Gettysburg Daylilies
~ OPEN GARDENS ~
Over 1,700 different daylilies

JULY 7 - JULY 17 • 10AM - 3PM
(Thursday thru Sunday)

45 Sachs Road, Gettysburg • 717-253-2246
www.gettysburdaylilies.com

Moser's Handyman & Home Improvement

Robert E. Moser, Jr.
717-642-8788 • 240-446-8727
rob@mosershomeimprovement.com

Specializing in all types of handyman services

NO JOB TOO SMALL

13 Finch Trail
Fairfield, PA 17320
PA038974
www.mosershhomeimprovement.com

JESTER'S COMPUTER SERVICES

Computer running slow?
Receiving error messages?
Computer clean-ups do wonders.

Contact
Jester's Computer Services
717-642-6611
Fairfield, PA