

Lifestyle

Seeing success with new conservation practices

Conservation can come in many forms, and often it comes with trying new things. Sometimes these new conservation practices benefit more parties than just the environment.

The “perfect” conservation objective would ideally involve both an environmental benefit and a tangible benefit to the person or people implementing the practice. One such practice is Advanced Nutrient Management, which we have been putting to work throughout Adams County.

The Adams County Conservation District has been working with Rose-tree Consulting over the past year to implement Advanced Nutrient Management practices on farms across the county. This project involved both Split Nitrogen Application and Adaptive Nitrogen Management.

By evaluating farm conditions, crop rotations, and crop needs (adaptive management) and applying nitrogen at the most beneficial times (split application), farmers apply nitrogen at the right time and rate to maximize their fertilizer efficiency and reduce their fertilizer costs. This efficient use of nitrogen also reduces the amount of nitrogen potentially making it to local streams.

This project was done over the last year through planting, growing, and harvest season and results are showing good promise.

Participants saw an average yield increase from a split application of 17.6 bushels/acre, and an 11% increase in fertilizer use efficiency by split-applying nitrogen fertilizer, this led to a 5-10% reduction in per bushel fertilizer costs. The average revenue

CONSERVATION DISTRICT

Ricky Whitmore



on split applied fields was an additional \$92 per acre, after factoring in the cost of the side-dress application.

“Will we always expect a 17.6 bu/A increase due to split applications? No! The average difference was 17.6 bu. One participant saw a nine-bushel loss due to site specific reasons that can be addressed in future years, while three participants saw a 30-plus

bu advantage. The advantage to split applications depends on weather, fertilizer application methods, and overall agronomic management of the crop. As long as your fertility program is agronomically sound, and seed is uniformly & consistently placed 1.5” to 2” deep, split applications are a no brainer. There is very little economic or production risks to a split-application and return on investment is easy to see,” says Eric Rosenbaum of Rose-tree Consulting.

This project, which was funded by the Pennsylvania Department of Environmental Protection, will continue into 2022. The project and data described above apply only to fields planted in corn.

In order to be eligible, your field(s) must be in Adams County, planted in corn, and meet Core

Nitrogen requirements prior to the start date. You must be willing to delay a portion of your fertilizer nitrogen to a side-dress application, provide a check strip to compare your data, and share your yield/application/economic data for education and data keeping purposes.

Participants will be reimbursed \$15 per acre for Split Nitrogen Application and \$7.50 per acre (true cost is \$10 per acre) for Adaptive Nitrogen Management. If you are interested in this program, or for more information please contact Ricky Whitmore by March 18 at rwhitmore@adamscounty.us or by calling 717-334-0636.

Ricky Whitmore is the community clean water action plan coordinator for the Adams County Conservation District at rwhitmore@adamscounty.us or by calling 717-334-0636.

Living a happy and healthy life to age 100

The discovery of “Blue Zones” was made in 2004 by Dan Buettner and his team with participants from National Geographic and National Institute on Aging. “Blue Zones” are what they called five towns across the globe where people reach age 100 at 10 times greater rates than the average in the U.S.

They then studied these towns to identify the lifestyle characteristic that could explain the increased longevity. In 2008, Dan Buettner published a book that details the nine evidence-based specific characteristics that are believed to slow the aging process.

The 9 characteristics that are outlined in the book are:

1. Move naturally – walk, garden
2. Know your purpose in life
3. Have a routine to shed stress
4. Stop eating when you are 80%

full, eat a small meal for dinner, no eating after that

5. Eat a lot of plants, consume meat about once per week
6. Drink alcohol modestly and regularly, one to two glasses per day with friends or food
7. Belong to some faith-based community, attend services four times per month
8. Put family first
9. Belong to a social network that supports healthy behavior

Although these behaviors seem like things that individuals can implement, the Blue Zones Project has found that putting the responsibility of creating a healthy environment on the individual does not work. The have found that when their group comes to your town and works through policy and environ-

HEALTHY ADAMS COUNTY

Betsy Meyer



mental changes that communities have been able to increase life expectancy.

Healthy Adams County became aware of this book sometime around 2012 and contacted the Blue Zone Project to inquire about instituting a “Blue Zone” in Adams County. The fee was, drumroll, \$2 million for them to come to our area and recom-

mend the changes needed to achieve Blue Zone status.

So, lacking \$2 million we instead founded the Community Wellness Connection group, our home-grown effort to instill the same healthy lifestyles recommended by the Blue Zone books and Project. We have rolled the nine characteristics into four focus areas – mind, body, community and spirit.

Each quarter we focus on a different one of these areas through newspaper articles and we offer free activities that help with different aspects of each. You can find more info about this on our website at adamswellness.org. If you are interested in participating, or knowing more, please contact Jen Gastley at jgastley2@wellspring.org.

Interestingly I saw an article in the January 2022 Eating Well magazine

by Jessica Ball summarizing the Blue Zone research and recommendations.

She summarizes 10 things people can do every day to help lead a longer, healthier life. Her 10 are: 1. Hydrate; 2. Stop eating when you are 80% full; 3. Snack on nuts; 4. Eat beans daily; 5. Walk when you run errands; 6. Schedule in social time; 7. Make time for hobbies; 8. Surround yourself with support; 9. Limit meat to once per week; and 10. Drink alcohol in moderation. So, some the same, but some different. But like our CWC focus areas all are intended as ways to help people lead healthier lives for more years. Please contact us if you have questions.

Betsy Meyer is a member of the Community Wellness Connections Committee and chair of Healthy Adams County's Physical Fitness Task Force.

Living room leg strengthening exercises for cyclist

Spring weather is just around the corner, so it's almost time to ride (or haul) your bike over to the local shop for the annual tune-up and start dreaming of warm days and long, winding roads. The COVID-19 pandemic sparked a bicycling boom, so some of you might be giddy with excitement thinking about your newfound love for the two-wheel lifestyle. Some of you might be

envisioning how an improvement in the saddle could help you beat your Strava times from last summer. And, unfortunately, some of you are recovering from injuries, or have fought them in the past-and may enter every cycling season with the same unsettling thought, “Let's see how long I can last this year.”

Whatever the case, there are a few things you can do now

to greatly improve your odds of a healthy, positive experience. While proper nutrition and sleep are always at the top of the list, focusing on strength training is also important. Here are six exercises you can do in your living room that will take your cycling to new heights. This list is a great place to start, but you can always seek out more help from an experienced

professional. (A quick disclaimer: You should always check with your doctor before beginning a new fitness program.)

Single-leg balance exercises: It's fun to think about the large muscle groups, but balance can be a great way to warm-up the smaller stabilizer muscles that are crucial for injury prevention. Start by balancing on each foot, preferably without shoes, for 30 seconds. Once you can do that easily, try shifting your focus, closing your eyes, or standing on a pillow, blanket, or other unstable surface.

Plank: The basis for any training program should always be core strength and stability; and love it or hate it, the plank is the king of core exercises. Start with a front plank by lying on your forearms and toes, or modified on your knees, and squeeze your abs to support your back. From there, you can adjust the difficulty by increasing the duration of each plank, lifting one leg at a time, rotating side-to-side, and many more. Aim for two to three minutes in total, combined time of all repetitions.

Forward lunges: We use both legs simultaneously for walking, running, and cycling, but they work separately, rather than in tandem. By focusing on each leg individually, you will accomplish equal strength and efficiency and continue to work on balance. Start in a standing position and take an exaggerated step forward with one leg. Your goal is for both knees to approach a 90-degree angle. Then push hard into the

floor with your front foot to return to standing. You may alternate legs or complete all repetitions on one side before switching. Aim for two to three sets of 10-15 repetitions per leg. Holding onto a chair can help to regress the exercise, while wearing a backpack or holding dumbbells can add weight and increase the difficulty.

Single-leg Romanian deadlifts: This is a great exercise for the glutes and hamstrings that also continues to work on balance. Start standing straight up, with your knees soft (not locked out). Keeping your shoulder blades squeezed and your back straight, hinge forward at your hip and raise one leg straight out behind you. Continue forward toward the floor until you resemble a table-top or letter “T,” then return, under control to standing. Repeat ten times on each leg for two or three sets. This exercise can be regressed by keeping the rear toe on the floor, and it can be progressed by holding weights.

Hip bridges: Here is a great little exercise that targets the glutes, specifically. Lie on your back with your knees bent and your feet planted firmly on the floor. Squeeze your butt to lift your hips off the floor and push them as high toward the ceiling as possible. Repeat 15-20 times for two or three sets. For added difficulty, switch to single leg. Extend one leg straight out along the floor and press through the other foot. Lift the

hips and straight leg in unison. Repeat 10-15 times per side.

Squat jumps: This exercise, great for the end of a workout, translates to the bike well. Start in a standing position and lower down in an air squat position. Keep your hips back and your weight evenly distributed throughout your foot, avoid lifting your heels and shifting the weight to your toes. When you reach the bottom of your range of motion, explode upward and jump, bending your knees when you land to absorb the impact. For a regression, don't leave the ground, but instead power up onto your toes. By stringing the jumps together without pausing in between, the difficulty will increase dramatically. Aim for two or three sets of 15-20 repetitions.

If you'd like more information about HABPI or want to donate to building trails, please check out our website at habpi.org or email us at habpi2012@gmail.com.

David Shaffer is a member of the HABPI Board of Directors. David is a certified personal trainer and running coach with a studio in Gettysburg. He is also an avid lover of all things outdoors.

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Market Watch

Wednesday, February 16

Closing quotes provided by Huston-Fox Financial Advisory Services, 113 Carlisle St., Gettysburg					
Halliburton	33.57	1.05	Weis Market	62.08	0.05
Harley	42.29	0.24	Wal-Mart	133.53	-0.84
Harsco	16.74	0.5	Exxon	78.35	0.36
Hershey Foods	202.65	-0.23	York Water Co	43.34	0.31
ACNB	32.69	-0.12	IBM	129.18	-0.76
Armst'g W'ld	97.31	-0.25	Intel	48.23	-0.21
Bristol-Myers	67.6	-0.17	Int'l Paper	46.57	-0.16
Caterpillar	203.64	0.23	Mohawk	150.17	1.85
Carlisle Co	238.76	1.33	Merck	77.22	-0.59
CSX Corp	35.17	0.62	Microsoft	299.5	-0.35
Codorus	22.13	0.03	M & T Bank	186.1	2.17
CVS Caremark	103.94	0.97	Nisource	28.4	0.14
Chevron Corp	134.3	0.04	PNC	208.59	1.4
Deere & Co	390.56	-2.84	PPG Ind	151.87	0.23
Dover Motors	3.61	0	PPL Corp	28.23	-0.02
Excelon	42	0.26	Rite Aid	10.3	-0.09
Ford	18.01	-0.07	Stanley Works	167.17	1.36
First Energy	41.08	0.64	AT&T	23.94	-0.4
Fulton Financial	18.57	0	Utz	15.46	-0.2
General Electric	101.41	0.49	Vulcan	191.72	2.61
Glatfelter	13.92	-0.03	Verizon	53.4	0.04
GM	50.43	0.76	Wells Fargo	58.14	-0.24

The Dow Jones closed down 54.57 at 34,934.27. The NASDAQ closed down 15.66 at 14,124.0. The S&P 500 closed up 3.94 at 4,475.01.

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