

Lifestyle

Hoping to build more happy trails

Many people across the country have discovered the benefits of walking and biking trails over the past year. Trails have provided a great way to get outside for exercise and fresh air, to socialize safely with friends, and to simply clear one's mind or decompress. With this renewed focus on trails as a much-needed resource for communities, Healthy Adams Bicycle/Pedestrian Inc. (HABPI) has redoubled its efforts to develop a number of trails within Adams County. Here's the latest on what we're doing.

The Gettysburg Inner Loop is a network of bike paths that will eventually encircle the borough. Existing segments include the bike lanes along Steinwehr Avenue and the connector route to the rec park along Queen Street, which is designated by road markings known as "sharrows." The recent addition of the blue bridge near

Middle Street now connects the rec park to Buford Avenue.

We're currently working with the borough on the next phase of the loop, along the north end of town. Over \$250,000 has already been committed by local sources to help extend the trail towards the Historic Train Station on Carlisle Street. Grant applications have been submitted for the additional funding. The project will not only extend the trail but also address other infrastructure needs in the area.

Looking ahead, HABPI and the borough secured two no-cost land rights-of-way to connect Water and Fourth streets to the Historic Train Station. Thank you Spectra-kote and SCCAP for your generosity and community commitment. Additionally, the Gettysburg Station developer has indicated they intend to include the trail in their plans, thereby opening access to the train station.

HABPI

Eric Meyer



Also in the works is an off-road, multi-use trail extending from Gettysburg National Military Park (GNMP) to the Maryland border. This trail will form one segment of a larger trail system known as the Grand History Trail. In addition to providing locals with an enjoyable place to walk, jog, and bike, the trail will open up additional tourism opportunities. The project feasibility study was completed last year

and we are now meeting with specific land owners to discuss easements for the trail.

We're also working with the GNMP to gain permission for bicycle riders to use the wider walking paths from the Visitor Center to and across Taneytown Road. This access is important for visitors who wish to tour the park on bike, and it opens the first link of the Grand History Trail from the Visitor Center south towards the Maryland border. Happily, the park has indicated that it will make an announcement on bicycle access shortly.

We're in the early stages of exploring a biking and walking path next to Boyds School Road between Old Harrisburg and Biglerville roads. This new path would connect to the existing North Gettysburg Trail at the Gettysburg High School, providing access from town to organizations like St.

Francis Xavier School, the Adams County offices, and Gettysburg Place apartments. We are meeting with key stakeholders to explain the concept, identify concerns, and gauge support.

And finally, HABPI has begun discussions with the Adams County Historical Society regarding adding a short pedestrian/cycling path that connects the society's new location on Biglerville Road to the existing North Gettysburg Trail, improving accessibility for nearby residents and visitors.

We welcome your questions and comments. If you're interested in helping us in our work to develop trails and promote safe biking and walking, contact us at habpi2012@gmail.com. In the meantime, happy trails to you.

Eric Meyer is president of Healthy Adams Bicycle/Pedestrian Inc. and a retired engineer who rediscovered his love of biking about 25 years ago.

A cause that has no end

In a normal year, the Adams County Conservation District would host an annual Soil Quality Meeting that would be attended by well over 100 farmers, agency folks and vendors. It is an opportunity for farmers to brag or lament on the past year, compare ideas, hear about new soil health practices and products, and learn about recent field trials and university research.

The pandemic forced a change in how we held the meeting, but meet we did. On March 2, 2021, the district, along with the Mid-Atlantic 4R Nutrient Stewardship Association held a virtual meeting to talk about using the right nutrient source, at the right rate, at the right time and in the right place. The idea is to apply nutrients when crops need it the most.

Our presenter with the Mid-Atlantic 4R Nutrient Stewardship Association

specifically talked about corn nitrogen uptake patterns and how corn needs vary through its growth stage, what influences a soil's capacity to supply and store nitrogen, what influences availability of nitrogen and which management changes to consider, in-season test options to provide support for decision making, and nitrogen monitoring tools using available data to make nitrogen recommendations on a site specific basis.

Basic (setting realistic yield goals, routine soil and manure testing, accounting for legume and manure history) and advance (tissue analysis, in-season tests, setting up field trials, and N modeling) nutrient management practices were discussed that when used in combination can contribute to the economic and environmental sustainability of a farm.

CONSERVATION DISTRICT

Vy Trinh



In a perfect world, it means growing more with less inputs. But our world isn't perfect and sometimes we don't get rain as predicted, or we get too much. Sometimes testing and modeling will make a recommendation for additional Nitrogen application. But using some of the above advanced nutrient management tools available will identify opportunities to increase

nitrogen use efficiencies and thus reduce nitrogen loss.

During our virtual meeting, we announced a program that is available exclusively for Adams County corn growers to encourage the practice of split applying nitrogen, to better place fertilizer at a time when the corn needs it the most.

To help reduce a farmer's risk as they explore split application of nitrogen, we are providing a per acre incentive payment. Additionally, participants will get a cost share to use nitrogen monitoring/modeling platform including free in-season consultation with a 4R Certified Crop Advisor. A farmer can enroll between 40-500 acres in the program. Participants must meet basic nutrient management requirements, be willing to delay a portion of fertilizer nitrogen

application as side-dress application, provide a comparison check strip in the field(s), have farm and field data entered into a nitrogen modeling platform, and share yield and fertilizer/manure application records with the Mid-Atlantic 4R Nutrient Stewardship Association.

In a previous article, I wrote about how despite 35-plus years of making improvements on the land and in the water, the Chesapeake Bay continues to struggle. We all need to do more.

To quote Rachel Carson, "Conservation is a cause that has no end; there is no point at which we will say our work is finished."

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

Improving access to primary care – Adams County in action

This is part of Healthy Adams County's 25-year anniversary monthly Gettysburg Times column special.

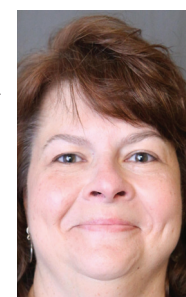
I have a bulletin board above my desk and each day it offers the opportunity to reflect on significant events in my professional life. Tucked in the upper left corner is my nametag from the ribbon cutting for Family First Health's Gettysburg Center. On April 24, 2009, community members and supporters gathered to welcome our team to the community. Since that time, we have grown to provide a medical home for more than 3,500 individuals and families, providing over 15,000 medical, dental and behavioral health visits each year.

What many people may not know is that Healthy Adams County, celebrating its 25th anniversary this year, paved the way for our expansion to Adams County making possible the impact we make today. Through the work of the Access Committee, the need was well defined and the model to address the need identified. Collaborating with a federally-qualified health center became the focus of the committee and Family First Health was fortunate enough to be invited to add this community to our growing health center.

The group was lead by Dora Rice Townsend and Kathy Gaskin and I am forever grateful for the trust they

HEALTHY ADAMS COUNTY

Jenny Englerth



and the entire committee placed in the Family First Health team. Working to improve engagement in health care and improving health at a community level requires long-term vision and both of these community members

apply that lens to the work of Healthy Adams County, then and today.

While it was understood that primary care access needed to be expanded it was also understood that engaging individuals and families that may struggle with income or have other barriers to health care would take intentional work that focused on building trusting relationships.

Healthy Adams County supplied a smooth entry to the community. The coalition and its members were our guides, making introductions and providing feedback to help us improve our services and connection to the Adams County community.

Family First Health continues to

enjoy a strong collaborative relationship with Healthy Adams County, which has helped to shape our work in the way that is most beneficial to the community. In the past year, in particular this has enabled our team to direct COVID testing and now vaccine distribution in ways that have improved lives while maintaining livelihoods at this critical time.

Happy 25th Anniversary Healthy Adams County! We look forward to many more years of work together, supporting the health of individuals and families throughout the community.

Jenny Englerth is president and chief executive officer of Family First Health.

Student's journey exemplifies Women's History Month

HACC Gettysburg Campus student Abigail Robillard is a woman determined to give her family a better life by earning an associate degree in business administration from HACC, Central Pennsylvania's Community College.

As we celebrate Women's History Month, HACC recognizes Robillard and her female counterparts, who comprise 67 percent of the student body, for overcoming barriers to accomplish their goals. Like Robillard, many of our students require the flexibility that HACC provides to balance their education with personal priorities and demands.

Robillard shared her inspirational journey with us. We are sharing

excerpts with you.

Why did you choose HACC?

"I chose HACC after getting an injury working in the warehouse industry. As a female heavy equipment operator, I faced a lot of issues, especially as a single mom working a full-time job. I applied to HACC at two in the morning, when I was struggling to pay bills on a full time paycheck. It was my last ditch effort to change my life and my kid's lives."

What is one thing that you don't think people know about HACC, but should know? "HACC has a wonderful program called KEYS (Keystone Education Yields Success) that helps to cover gas to get to and from the college. It helps to lower the cost of going

HACC

Abigail Robillard

to college and in doing that makes getting a degree more obtainable."

How has HACC made your life better?

"I managed to be able to leave my warehouse job and get a student worker job to help with bills. With a more flexible schedule I was able to cut down my monthly cost so I could go to school full time."

How did you overcome any nervous feelings prior to enrolling or on your first day at HACC?

"At the time it had been 10 years since I had used a computer. I would have to say my first semester was the hardest, since I was switching shifts, starting college, and then my fiancé left halfway through the semester. I decided that my best option was to finish school and show everyone who said I never would graduate that I most certainly can."

Please tell us about some of the challenges you have experienced in life. How have those challenges made you who you are today?

"I have been a single mom on my

own with no help, no child support and rarely do I get a break. My oldest is a severe asthmatic and my youngest was diagnosed as autistic in the last two years. It has made me stronger, because I have to depend on myself and no one else. In depending on myself I have learned to get right back up after every bump in the road and take things in stride. Also, sometimes it's not how much money you make but how much you enjoy your job. That is why HACC, that is why I want to finish my degree. I want to do something I love, rather than come home drained every day too tired to think."

Abigail Robillard is a business administration student at HACC, Central Pennsylvania's Community College.

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