

MPMC 4th Annual 5 Miler-*Claudia Peet*

Running the MPMC 5 Miler is even more than supporting Johnstons Run, it is about Mercersburg, our community, and preserving the environment. Thus, make sure you put Saturday, June 20, 2015 on your calendar-NOW!

The week before the 5 mile run can best be described as rainy and humid. There were downpours that swelled creeks and brought much needed moisture to the fields surrounding the town.

On the morning of the run, the day was crystal clear and cool...a truly perfect day to be outside and active. In the early morning, the sky and fields were a virulent blue and green. Runners from West Virginia, Maryland and Pennsylvania lined up at the start for a race that began promptly at 8. I had run the 5k Turkey Trot in Greencastle, but had never attempted 5 miles. It didn't matter. I was there to support MACWell and the Johnstons Run initiative. It had been a long winter, and to tell you the truth, I had no intentions of putting on my sneakers and participating as a runner...only as a volunteer.



Runners near one of MPMC's new Share the Road signs.

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October 23, 2014-6 p.m. at the Mercersburg Academy

MACWell celebrates 5 Years with Wenonah Hauter, Executive Director of Food and Water Watch, author of *Foodopoly: The Battle over the Future of Food and Farming in America*



Throughout the years, we have been able to receive grant funding and support to help make a difference in the lives of many people throughout Franklin County. Help us celebrate our successes and learn what is in store for the next 5 years. Stay tuned!

Many thanks to our "Partners in Wellness", whose support makes our continued progress on walkability/bikeability in our communities possible. The donations also support our Grant and Project Manager, Bob Whitmore, whose work is invaluable to our programs. Thank you-Atlas Copco, First National Bank of Mercersburg, Summit Health, and Whitetail Resort!

Who needs a Cross Training Program when you have the Fitness Trail!

If you haven't had the chance, try the Fitness Trail at the Mercersburg Lions Club Park. The trail, funded with a grant from Summit Health and sponsored by area businesses, starts near the bingo pavilion with a large sign that introduces the trail. There are 10 stops, each marked with a sign suggesting an activity within different skill ranges listed. Exercises vary from balance beam to sit-ups and lunges. The trail addresses strength training, flexibility, and endurance. So put away the video exercise programs and get outside. Let the sun and fresh air help bring you back to life on the fitness trail!



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"What is happening is symptomatic on an "I" illness. Too many people are thinking of themselves and not of others."

Tara Brach, founder of Insight Meditation Community



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I woke up at 6 a.m., saw the sun and thought *what the heck*— and haven't looked back since.

While the course itself is a mixture of flat road with 2 significant hills, it really was the views and the people along the route that made it such a wonderful run. I saw a woman taking a walk, garbage bag in hand. She would say hello to all of us as we passed and then pick up trash along the side of the road. There were farmers on tractors and those cleaning up after the morning milking; children eating cereal on their front porches while their dogs barked at every runner who passed; people mowing their lawns or weeding, taking advantage of the soil loosened by days of rain; and finally, close to the crest of the final hill, an entire cheering squad shouting, "You are almost at the top! You are doing great!" Needless to say, I needed that boost, especially since I was the last runner.

Believe it or not, I was quite happy to be the last one in...I had finished. At the end of the race, I heard several people say it is the one run they look forward to every year. Just a little more than a 5k and less than a half marathon. It really is the perfect run.

Other events that day included a Zumba class with LeAnn Bennetta and tables with information on Johnstons Run and Feldenkreis Movement. So next year—bike, walk or run with us, you'll be glad you did!

A very special thanks to our sponsors: Atlas Copco, Fast Ink, DL Martin, First National Bank of Mercersburg, Lininger Fries, Speaks DJ, Zumba with LeAnn, Summit Physician Services and Whitetail Resort.

A super, special thanks to Melissa McFadden, Teresa Gourley and Ken Speaks for their time and commitment in the Wellness Games and the race!

Nutrient Density in Foods—Why Freshness Matters!

There is nothing better than going to a Farmer's Market where the scent of the fresh foods hit you as soon as you near a fruit or vegetable stand. Now think about your last trip to the grocery store. In the fresh fruit and vegetable aisle, could you smell the products as you passed? Probably not. Many of the items may have been picked before they were ripe and come from large factory farms. Factory Farming is industrialized and intensive agriculture focused on profit. Unfortunately, often these high yields come at the expense of nutrient density. In the United States, most of us are overfed and undernourished. While there is a total of 3,700 calories of food available for every person in our country, much of the population is deficient in potassium, calcium, vitamin D and other essential nutrients. We are also a country addicted to processed, junk food. In the U.S., the average person consumes 33 pounds of cheese per year and 70 pounds of sugar! Many of our processed foods also contain high fructose corn syrup.

Eating sugars and fats releases dopamine, a hormone and neurotransmitter that helps control the brain's reward and pleasure centers. Major food industries have scientists working to develop processed foods that will release dopamine so consumers develop an addiction to the foods they developed. These foods make us feel good in the short term, but sick in the long term. A healthier alternative to fast foods and what our bodies really crave are nutrient dense foods—fruits, vegetables, beans and whole grains. While they may not stimulate the release of dopamine to the intensity that a package of Doritos may, the long term affects far outweigh the short term. You will feel better longer.

We are fortunate to live in an area with healthy, fresh produce all around us. Check out your farmer's markets, CSAs and local road stands. Food that is grown in the outdoors with a healthy dose of sunshine and rain has a much greater nutrient density than that which we purchase in the grocery store. Fresh greens, orange vegetables, fruits, asparagus, broccoli, beets, almonds, avocados, bananas, dairy and meats— are the foods rich in tyrosine, giving you a much better long-term, dopamine high. So eat right, exercise and get a good night's sleep. Together, they will make you feel better—longer. Fresh air and sunshine are essential to your well being. Take advantage of all that Mercersburg and MACWell have to offer. You will be better for it!

"Besides cooking certain foods, my goal is to provide a story. You connect people to the food."

Dan Barber

For the Environment—Consider Hanging Laundry Outside

- In the United States, 92% of single family homes had a dryer in 2005. In Italy, less than 4% of households have a dryer.
- Only 8% of American households line-dry their laundry during 5 months of the year. If all Americans who do not dry their clothes outside would do so for 10 months of the year, we could keep 12 million metric tons of carbon dioxide from entering the atmosphere.
- Sunlight bleaches and disinfects laundry.
- About 23.8 billion pounds of clothing and textiles are placed in landfills in the U.S. every year.
- Blue Jeans dried on the line and washed in cold water will last up to 50% longer.
- The average American household can save up to \$200.00 in electric costs by using a laundry line.
- Many states are now implementing laws that do not allow developments/housing authorities to ban clothes lines.



Nothing comes close to the freshness of clothes dried outside!

Johnstons Run-Why Riparian Buffers are Important

The work that is done on Johnstons Run has a major impact all the way to the Atlantic Ocean. In Franklin County it affects not only the health of the natural habitats surrounding the stream, but also the health of the community.

96% of the assessed Johnston Run does not have enough vegetation to provide these essential buffer zones. It is the goal of everyone involved in the Johnstons Run project to restore the health of the stream while providing nature trails for walking and biking. Through these projects, everyone wins. We are appreciative of the knowledge and energy provided by the National Park Service through the Rivers Trails Conservation Assistance Program, and also for the capacity building grant from the National Fish and Wildlife Foundation.

Riparian buffers are lands that run along streams. The land which provides these buffer zones of vegetation are usually composed of grasses, shrubs and trees. These buffer zones are crucial in reducing the amount of pollution that moves into surface waters. Many of these pollutants move into streams as sediments-pesticides and nutrients-that flow into surface waters as runoff after rains. Vegetative buffers will often help create a region of percolation, where the precipitation will slow down, allowing the natural vegetation to filter the sediments, thereby not sending them directly into the water source. Trees form canopies over the streams, helping to maintain cooler, healthier stream temperatures, while their roots help keep soil from eroding into the water.

Johnstons Run is a part of the Chesapeake Bay Watershed. Water running from the run, will empty into the Conococheague Creek and then into the Potomac, ultimately ending in the Bay region. Some readers may remember when Beverly Wagner used to take JB Middle School students to the Chesapeake Bay. It was on these trips that many students discovered the connection between the health of their own backyard streams and creeks in Franklin County and the health of one of the greatest estuaries in the world...the Chesapeake Bay.

A Bay is a partially enclosed body of water where fresh water from streams mix with salt waters from the ocean. These transition zones are known as estuaries. These waters are well protected and become a home to many fish and other wildlife. It is common for a wide variety of Atlantic fish and shellfish to go to the Bay to lay their eggs or birth their young. The Chesapeake Bay is the largest of estuary in the United States and many scientists consider the Bay environment one of the most productive on Earth. Why?

- Bays create organic matter
- Are a vital habitat for fish and other wildlife
- Protect areas from flooding
- Reduce pollution
- Tourism, recreation and industry

Since this habitat is so vital, protection of the water ways upstream becomes even more essential. When sediments flow into the streams in massive amounts, they will eventually flow into the Bay and could pollute the region. Riparian buffers provide the filtration that limits the sediments.

The Bay has changed significantly since the 17th century. John Smith was one of the first explorers to draw maps and write in journals about the Bay. In his diaries there are many accounts of his boat being grounded by oysters. There were so many oysters in the bay, that the entire bay was completely filtered every 24 hours. Today, it takes more than a year for the oysters to filter the bay once. So how does all of this information affect us in Mercersburg? We need to become the stewards of the water sources in our region.

If you are interested in reading a summary of the Johnston Run Waterway Assessment and Recommendations, go to mpmcproject.org or, if you are interested in joining the Johnstons Run Council, feel free to go to mpmcproject.org or MAC4Wellness.org and "Contact Us" The world belongs to all of us and we can be the change we want to see!



Share the Road signs

Several Share the Road signs have been placed throughout the Mercersburg area to start creating the "safe and scenic network of routes for non motorized traffic" as outlined in the feasibility study. The first sign was placed on Karper Road, not far from the intersection with South Park. Karper Road provides a scenic vista with some challenging hills and twisty turns. Another sign can be seen in the photo on the left, taken at the bridge toward the beginning of McFarland, just off of Findley. A good reminder, since McFarland has no shoulders, a lot of twists and turns, with walkers, joggers and cyclists enjoying the scenic beauty. It ends at Rutledge Road, just past the Mercersburg Academy. There are other signs at key places in both townships. A big thanks to the township supervisors for adding safety to our roads!

For those of us driving by a bicyclist, remember that the law requires you to veer at least 4 feet away when passing individuals riding their bikes along the road. If you cannot see safely to pass, please be patient and stay behind them until such a time that you can safely go by them. Accidents tend to happen when we are in a rush and numerous bicyclists have been seriously hurt or killed by a motorist trying to pass in an unsafe area. Remember, we all share the roads together! Find out more about the Feasibility Study and progress on walkability/bikeability in our area at mpmcproject.org.



Bob Whitmore and Dr. Elizabeth George making bicycle smoothies.

The MACWell Board:

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MACWell Mission

The Mercersburg Area Council for Wellness (MACWell) is a non-profit organization which was founded to create and support a groundswell of personal and community commitment to making the Mercersburg area a place that inspires its population to live well.

Upcoming MACWell Events

- Go to MPMCproject.org to see the latest Watershed Report Card
- Healthy Lifestyle Expo, Los Angeles, CA- October 10,11,12, 2014
Patti Nitterhouse and Dr. Liz George will present Healthy Eating Adventures
- October 2014– Everyday Chef-October 21, 2014- Chefs Jim Butler, Mercersburg Academy and Chef Adam Carlson, Tuscarora School District
Check out mac4wellness.org for registration information
- October 23, 2014– 6 p.m. MACWell Birthday Celebration
Wenonah Hauter, at the Burgin Center, Mercersburg Academy.
- November Healthy Eating Adventure-Wilson College. Stay tuned for more information at MAC4Wellness.org

On the Bookshelves-Great Books to Read



Clockwise from the left-The Third Plate:Field Notes on the Future of Food by Dan Barber; Cadillac Desert, The American West and Its Disappearing Water by Marc Reisner; Gaining Ground, A story of Farmer’s Markets, Local Food and Saving the Family Farm by Forrest Pritchard; and Foodopoly, The Battle Over the Future of Food and Farming in America by Wenonah Hauter. Foodopoly will be available for purchase and signature at the MACWell Birthday celebration!

