



Because, Wellness Matters!

Mercersburg Area Council for Wellness (MACWell) is a nonprofit founded in 2008 by healthcare providers, school, business and community representatives. Our mission is to support a groundswell of personal and community commitment to making our area a place that inspires its population to live well. Wellness encompasses individual vitality, community vibrancy and environmental health.

Through growing community involvement and volunteerism, our programming has expanded to include-Everyday Chef community cooking classes; 28 Day Healthy Eating Adventure; Montgomery Peters Mercersburg Connectivity (MPMC) creating safe areas for walking and biking; Annual 5-Miler and Health/Fitness Expo; and the Johnston Run Waterway Council.

We invite you to become a part of our journey!

Vegetables and Fruits, get back to the basics and add them to every meal

Food is becoming the topic of conversation all over the United States. From organic to genetically modified crops (gmo), people are starting to become more aware of what they put on the table. MacWell is equally concerned. Today, corporate farms are producing higher yields of crops while lowering the nutrient density. More of these foods are then processed into junk food and the food industry is hoping you will hop on the bandwagon and start consuming these foods. Wenonah Hauter, in her acclaimed book Foodopoly, states that scientists work on creating foods that will make us salt and sugar addicts.

In the United States we have 3,700 calories of food available for every person every day. The problem is that much of what we consume are the wrong kinds of food. The next time you go to the grocery store, look at people's carts. How many are laden with boxed foods, desserts and soft drinks? These foods that consist of fats, sugars and white flour increase the incidence of degenerative, age related diseases, cancer, cognitive decline, cardiovascular disease and stroke. Foods that are high in sugar and fat also will tend to release dopamine, which makes us feel good, hence we become addicted. *Remember, that is what food companies are depending on!* Spending on processed foods over the past 30 years has doubled. In 1982, processed foods made up about 11.6% of all grocery budgets. In 2012, 22.9% of grocery budgets were spent on processed foods. These numbers are frightening as we move from staples like meat, eggs, dairy products, fruits and vegetables to processed "convenience foods".

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**No Farms, No Food!
Our farms matter!**



Top 4 US Food Retailers

US stores and net sales in billions of USD

Walmart 1
stores 4750 sales \$264.2

Kroger 2
stores 3624 sales \$90.4

COSTCO WHOLESALE 3
stores 592 sales \$88.9

TARGET 4
stores 1767 sales \$70.0

50%
of all grocery sales

SOURCE: Supermarket News: Top 75 Retailers & Wholesalers 2012 US Census
From FoodBank: The Battle Over the Future of Food and Farming in America
by Wenonah Hauter / FoodBanks.org

SAVE the DATES:

Everyday Chef-Feb. 4-25, 2014

Johnston Run Revitalization Community
Workshop-
Feb. 6, 2014

Healthy Eating Adventure-
Feb. 12, 2014

Annual Wellness Games-
Begin March 31, 2014

Five Mile Run- June 14, 2014

See Pp.10 for details!

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Michael Moss, in an article titled Salt, Sugar, Fat-How the Food Giants Hooked Us, claims that in the United States, the average person consumes 33 pounds of cheese and 70 pounds of sugar a year as well as 8,500 mg of salt a day. According to a National Health and Nutrition Survey, our average consumption of dark, green, leafy vegetables and whole grains are less than 10% of the recommended amount. Top source of oils in our diets? Potato chips!

So this is where our local farms step in. Biodiversity is integral to good nutrition. Food that comes directly from the farm is nutrient dense and much healthier. A Clemson study published in the Journal of Animal Science determined that meat finished on the pasture was lower in saturated fat, contained 54% more B Vitamins and Beta Carotene and 117% more linoleic acid. In the United States there are four times as many farm markets as there were 20 years ago. People are learning that biodiversity makes a farm more productive and increase the habitat for birds, butterflies and bees. MacWell believes that by nurturing the slow food movement and supporting our local farmers we can make a difference in the health of our communities. Not only are we investing in our local resources, we are also improving the quality of life in our corner of Franklin County.



“In the past four decades, food has taught me what is possible. I have realized that delicious eating is not an indulgence. It is the body’s way of reminding us how we can solve the ecological crises we face. All of us long for good food and I believe that it’s possible for a groundswell of food lovers to heal the Earth-as millions of us align our taste buds with what the planet and people need.” Frances Moore-Lappe

From Kick Off to Graduation, the 28-Day Healthy Eating Adventure empowers participants to take responsibility for their wellbeing through healthy eating. It surrounds people with a supportive community of coaches and other participants as they share experiences, know-how and ideas at weekly potlucks; experience the variety of flavors and the bounty of foods that have been missing as they begin changing their eating habits.

Participants gain knowledge and self-confidence by sharing their positive experiences with others and often end up drawing in their family, co-workers and friends who were previously resigned to fast food habits.

At graduation, the testimonies are broad reaching and speak for themselves-“no more cravings”, “re-awakened my taste buds!”, “I have more energy and sleep better than ever!” , “my sugars are in better control and I

need much less insulin” , “it just feels great knowing I’m really reducing my risk of another heart attack! “

Folks love doing their pre and post lab work to see the wonderful drop in their LDL “bad cholesterol” in just 4 weeks. Best of all the program is free and is all about community support. Join us for a Healthy Eating adventure near you and feel the benefits!



Healthy Eating Adventure participants share the flavorful holiday bounty and the glow of feeling in control of their health.

Social Determinants of Health-

Some of the Determinants of Health from the Commission on Social Determinants of Health– Final Report include the following:

- **Where you live:** Is there clean and safe air and water? Is housing safe and not overcrowded? Is there green space, with safe roads, low levels of crime and decent working conditions?
- **Income:** Higher income is linked with better health.
- **Nutrition:** Can you regularly eat enough healthy food?
- **Education:** Going to school often improves other determinants of health.
- **Relationships with friends and family:** Better support networks are linked to better health. Our Potlucks are a great example of the importance of community.
- **Culture:** Customs, traditions and beliefs can affect health. Are you generally optimistic or pessimistic? Believe it or not, it plays a major role in your health.
- **Access to and use of health services.**
- **Personal behaviors:** Do you exercise regularly? Do you smoke or drink? What types of food do you eat?
- **Social Status and Social Exclusion:** Those individuals who are excluded have worse chances of obtaining optimal health.

The mission of MacWell is to create and support both personal and community commitment to making the Mercersburg area a place that inspires its population to live well. Our goal is to work with area farmers to teach the importance of the foods we eat and increase the proportions of vegetables, fruits, legumes and whole grains consumed. Join us to explore new foods and improve your health through one of our many low-cost or free programs. Better yet, become a member!

***“Let food be thy medicine.”
Hippocrates***

Everyday Chef

Everyday Chef is a hands-on cooking community program. It consists of a series of 4 classes for individuals and families, each led by a different chef eager to share new ideas on how to make delicious, healthy, simple AND inexpensive meals. Working with a local chef, participants prepare and share family style meals. The class is ideal for individuals of all ages, as well as families who would like to bring their kids (12 years old or more) to learn together.

Each class involves learning techniques and simple recipes for an entire meal, along with variations of that meal. It also helps identify basic pantry items to ensure swift meal planning and preparation. The class includes an ongoing discussion of nutrition, and smart, healthy shopping. Registration is open for the next series of classes which will take place on Tuesday evenings in February. Register on mac4wellness.org.



Chef Jim Butler gets participants started on chopping and dicing.





MPMC is a sub-committee of MACWell, with the goal of building community vibrancy and enhancing public spaces by connecting people and places via

safe routes for pedestrians and bikers.

Due to the efforts of Tom and Becky Wolf and Fred Hendershot, "Share the Road" signs for our ardent bicyclists are springing up around Peters and Montgomery Townships. Supervisors have been amenable to installing signs along some of our favorite biking routes as their time permits. MPMC is planning on attaching further signage to poles which will name the routes, provide distance, safety and difficulty information.

Upcoming events for MPMC include the Annual Wellness Games, which will commence the first Monday of Spring, March 23, 2014. this year's theme is "Spring into Wellness!" The games will conclude with the Five-Miler, a running and biking MPMC event scheduled for Saturday, June 14, 2014. By moving the Wellness Games to a later date, more outdoor events will be possible and provide an antidote to the end-of-the season cabin fever! Watch for further details as the events approach or better yet, stay connected via our website : mpmcproject.org



Take a Walk!

Even though the weather is a little chilly, walking is still a good way to get some exercise. One classic walk uses the side walks along Main Street in Mercersburg. Park at the McDonalds/Dollar Store end of town and walk along the west side of Main Street. There is no sidewalk between the UniMart and Susquehanna Bank, but you can walk on the grass until you reach a sidewalk. Be mindful of the Johnstons Lane light, as well as the Oregon/Park Street intersection, as traffic does not always signal its intention! Enjoy the interesting architecture of the houses along both sides of Main Street and don't forget to admire James Buchanan's dapper-looking, seasonal Buchanan plaid scarf! When you reach the post office, cross the street and head down the east side of Main Street. Stop at the Chamber of Commerce office near the square to pick up a Walking Tour of Mercersburg brochure for your next visit. Continue north on Main Street, crossing to the west side of the street when it is convenient, returning to your vehicle's parking spot. The entire trip is about a mile long and is a fairly easy walk, with a few slight inclines. Be aware that ice does not melt quickly on brick sidewalks. Begin here and make it a new years goal to hit the fresh air everyday. You will be glad you did!



Walkers along McFarland Road

Community Information Workshop to be held by the Johnston Run Revitalization Committee



The Johnston Run Revitalization Committee will hold a community information workshop on **Thursday, February 6, 2014 at the First United Methodist Church of Mercersburg Fellowship Hall, 11 North Fayette Street.** The evening will include an open house, presentations, and time for community input. A dinner buffet will be available.

5 p.m. to 6:15 p.m.– Open House with representatives from a variety of natural resource specialties

PACD Non-Point source Pollution exhibit– Pennsylvania Association of Conservations Districts will describe sources of non-point source pollution associated with storm water runoff from our neighborhoods and farms. Learn about the measures we can implement to reduce these impacts!

Johnston Run Watershed Maps and Poster– Will present a summary of the results of the assessment and management plan using several watershed maps.

Trail Alignment Map– will present the currently proposed preliminary trail alignment

Stream Monitoring with ALLARM– Will describe ways for local citizens to become involved in monitoring stream water quality and watershed health. The Alliance for Aquatic Resource Monitoring is an environmental organization based out of Dickinson College that provides scientific tools to empowers local communities to assess, protect, and restore waterways.

Buffers with Chesapeake Bay Foundation– The Chesapeake Bay Foundation will describe the importance of maintaining a healthy riparian buffer and how the foundation can work with landowners to help install these crucial buffer zones.

Franklin County Conservation District– Learn about what the FCCD does all around the county to maintain environmental health.

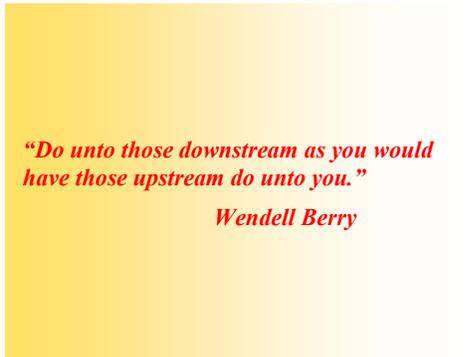
Enviroscape with student/ALLARM– Learn how our daily activities on land affect the water system around us. The enviroscape model is a hands-on educational tool that turns concept into reality using a model landscape.

6:30 to 8:30 p.m.-Presentations will be given by the Revitalization Committee and other experts, on the progress of the Watershed Revitalization and Trail Development

Two key presentations will be provided by the staff of KCI Technologies, Inc. and Consulting Firm , financed through a Technical Assistance Grant awarded to the Revitalization Council by the National Fish and Wildlife Foundation.

Michael Pieper, Senior Environmental Scientist, will provide a summary of the recently completed Watershed Management Plan. He will review the Johnston Run Watershed Assessment and detail recommendations for the stream’s restoration.

Darrel Sacks, landscape Architect, will provide an overview of conceptual plans for the Johnston Run Waterway Trail.



Just in Time, will cater the buffet which will be offered compliments of the Johnston Run Revitalization Committee.



The Johnston Run Revitalization Council, in collaboration with the Mercersburg Area Council for wellness and local municipalities, is working to restore the Johnston’s Run as a “Living Waterway”, inspiring our local communities to be stewards of our natural habitats and become a model for other communities. –Please join us in our efforts!

**Become a Part of the Solution
Join MACWell- and build a healthy community for our children!**

Name: _____

Address: _____

Email: _____ Telephone Number: _____

I am interested in learning more about:

MACWell Healthy Eating Adventures Everyday Chef Johnston Run Projects

MPMC Skateboard/Recreational Park

Annual Membership Fees:

Individual \$15.00 Family \$25.00 Lifetime Membership \$500.00 Other _____

I have enclosed a check for _____

I would like to charge my credit card. Visa Mastercard Credit Card Number _____

Name on card _____ Security Code _____ Expiration Date _____

Boost your Mood through Exercise and Good Food

The holidays are over, you get to work and return home in the dark. Slowly, you sink into a depression. Well, don't let that happen to you. There are excellent foods that are nutrient rich and give your brain the ability to help regulate your mood and fight depression. Getting outside and walking or exercising also helps to increase endorphin levels, which immediately make you feel better. Remember, the best source of nutrients are those we obtain from the fresh foods we eat. A colorful plate with variety is key to providing us with a balance of nutrients that can help lift our spirits! These include:

Calcium

- Helps maintain strong bones and healthy blood vessels
- Reduces the risk for Type 2 Diabetes
- Low levels have been associated with pre-menstrual syndrome depression

Examples of foods that contain Calcium: Collard Greens, Kale, Ricotta cheese, Yogurt, Milk

Chromium

- Helps metabolize food
- Regulates insulin
- Increases serotonin levels in the brain.

Examples of foods that contain chromium: Broccoli, Grape Juice, Whole Grain English Muffin, potatoes, Turkey Breast



Folate— also known as B9 or Folic Acid

- Helps create cells
- Regulates serotonin levels
- Aids in brain function

Examples of foods that contain folate: Spinach, Black-Eyed Peas, Asparagus, Brussel Sprouts, Avocado

Iron

- Transports oxygen
- Supports energy levels
- Aids in muscle strength

Examples of foods that contain iron: Soybeans, Lentils, Spinach, Oatmeal, Ribeye beef, Turkey (dark meat)

Magnesium

- Increases serotonin
- Plays approximately 300 roles in maintaining and protecting your health

Examples of foods that contain magnesium: Almonds, Spinach, Cashews, Peanuts, Edamame



Omega 3's

- Provides essential fatty acids for brain health
- Helps combat depression

Examples of foods that contain Omega 3's: Chia Seeds, Walnuts, Flax Seeds, Chinese Broccoli, Spinach, Atlantic Salmon

Vitamin B6

- Helps produce neurotransmitters
- Regulates brain function

Examples of foods that contain B6: Chickpeas, Wholegrain cereals, Sweet Potatoes, Tuna, Salmon, Chicken Breast

Vitamin B12

- Aids in the creation of red blood cells and nerves
- Plays a role in regulating depression
- *Found primarily in animal based products, thus vegetarians are encouraged to take supplements.*

Examples of foods that contain B12: Rainbow Trout, Sockeye Salmon, Swiss Cheese, Mozzarella Cheese, Tuna in Water

Vitamin D

- Regulates cell growth
- Helps maintain a healthy immune system
- Protects bones
- Helps keep depression at bay

Examples of foods that contain Vitamin D: Cod Liver Oil, Chanterelle Mushrooms, Salmon, Swordfish, Milk

Zinc

- Found in every cell
- Supports the immune system
- Protects your stomach

Examples of foods that contain Zinc:
Roasted Pumpkin seeds, Cashews, Alaskan King Crab legs, Pork Loin, Swiss Cheese



"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and the cause and prevention of disease."

Thomas A. Edison



Information from Dr. Elizabeth George and the Health and Science section of the Washington Post.



The Mercersburg Skatepark Association

MACWell is empowering people to get up and out of their chairs. Another group of interested citizens is working on a new recreational opportunity for people to move out into the fresh air.

The Mercersburg Skatepark Association is a 501(c3) nonprofit social benefit group whose mission is to provide safe recreation for everyone in Mercersburg. Originally, members got together to create a skatepark, but soon realized the potential to help create a public park that would benefit everyone in the community. Currently there is only one park in town for kids to play on and no off-leash areas or skateparks within a 30 minute drive of Mercersburg, thus the Skatepark Association decided to expand their mission to meet those needs as well. Their belief is that safe, fun and free parks improve the lives of those in the community; attract families to town to live and play; and provide close-to-home recreational opportunities for existing residents.

For more information or to become part of the team visit the Skate Mercersburg Facebook page or contact the association at TMCQUIRE202@comcast.net.

Save the Date!

- **Everyday Chef** February 4-25, 2014
5 p.m. to 7 p.m. Register at Mac4wellness.org
- **Johnston Run Revitalization Community Workshop**, Thursday, February 6, 2014, 5 p.m. to 8:30 p.m. at the First United Methodist Church Fellowship Hall, 11 N. Fayette Street
- **Healthy Eating Adventure** February 12, 2014 at 6 p.m. in the Tuscarora Room at Shippensburg University
- **Annual Wellness Games**— Spring into Health— March 31, 2014— Kick-Off is scheduled at Whitetail, to register your company go to Mac4wellness.org
- **Five-Mile Run**—June 14, 2014 *Stay tuned for additional information*

Be a part of the solution to creating a community of wellness, join MACWell!



Reading, mixing and dipping!



Teens teaming up for a nutritious, delicious salad!