



LightenUpLancaster.org

In Partnership with  
Lancaster General Health

July 2012

# Lighter Side

[www.lightenuplancaster.org](http://www.lightenuplancaster.org) • [coalition@lightenuplancaster.org](mailto:coalition@lightenuplancaster.org)

## Columbia Borough School District's Amazing Race to Amazing Taste

What better way to encourage middle and high school students to be active and eat healthy? The first Annual Columbia Borough School District's Amazing Race to Amazing Taste, of course.

Creatively developed and coordinated by their Wellness Team, this inaugural event took place on May 17th from 1-3pm. Staged on the School's football and baseball fields, students were able to participate in events including: relay races and competitive kickball and softball games, while music pumped out across the fields. School Board President, and Lighten Up Lancaster member, Tom Strickler even

dressed up as Crunch to cheer the students on.

Meanwhile, at the concession



stand by the football field, the Amazing Taste was in full swing. Gooseberries, guave, figs, fresh, healthy smoothies, were available for students to sample. Water, apple snack packs and goldfish were also donated by local vendors.

The event was a huge success and inspired teachers to take their students outside for more competition and additional physical activity on two different occasions before the school year finished.

Plans for next year's Amazing Race to Amazing Taste are already underway, with hopes of stepping it up a notch and extending the length of the event.

Lighten Up Lancaster celebrates the Columbia Borough School District's Wellness Council for planning an active and healthy event for their Middle and High School students!

## Lighten Up Members in Action: Meet Jenni Simmons!

As Corporate Benefits Administrator of High Industries, Jenni has been a member of Lighten Up Lancaster County & its Workplace Action Team since 2007. "As a larger group employer in Lancaster County, we are always looking for new and fresh ideas to help our co-workers achieve a healthier lifestyle," says Jenni.

As a member of the Benefits Department and chairperson of the Wellness Committee at High Industries, she is a positive role model by making a

conscious effort to choose healthy food options and being active.

For the first time, High has offered employee garden plots! There was a large plot of land sitting idle, so it was



offered up to employees to plant their own vegetable garden. There were 19 who signed up, including Jenni.

Says Jenni, "LULC is great because we get together as employers and discuss & share successful activities and programs. As employers, we are all in this together. We can make a difference, one person at a time."

LULC celebrates Jenni Simmons!

The City of Lancaster is only a few days away from submitting its formal application to the League of American Bicyclists for the official designation as a "Bicycle Friendly City." The Coalition for a Bicycle Friendly Lancaster has maintained a frenzied pace to assist the City's Planning Division complete the application.

During this cooperative effort, the CBFL has photographed and catalogued over 100 bicycle racks throughout the City and will be making that information available via Facebook and other web resources in the near future. The CBFL is dedicated to making biking friendlier and safer in our City.

### Action Team Contacts:

#### ADVOCACY/POLICY:

Info: [Beth.Schwartz](mailto:Beth.Schwartz@lancastergeneral.org), 544-3865

#### SCHOOLS/COMMUNITY:

Info: [Sue.Lackmann](mailto:Sue.Lackmann@lancastergeneral.org), 544-3284

#### WORKPLACE:

Info: [Leslie.Wireback](mailto:Leslie.Wireback@lancastergeneral.org), 735-0172

SACA Mobile Market is open for business!

Weds. 9-2 throughout the summer!!

LULC members are also encouraged to help promote the Mobile Market.

## Join us at our next Buddy Up to Lighten Up event: The 21st Annual Shoe Fly 5-miler



Long summer days are a perfect time to find a buddy and notch up your exercise program. Whether you are novice runner/walker or a more seasoned distance runner the Terre Hill Shoe Fly 5 miler is a great opportunity to test your endurance. This is a challenging 5 mile course that

takes you through the town of Terre Hill and the surrounding farmland. There will be water stations, after race refreshments and great restroom facilities available. Bring your children to cheer you on and they can participate in the FREE  $\frac{1}{2}$  mile fun run while you are out on the course. This year's race will be held on Saturday, July 21st at 8am, starting at the Terre Hill Community Center.

Looking ahead to cooler weather, it is not too early to start thinking about participating in the 8th Annual Hands-On-House 5K and  $\frac{1}{2}$  Marathon on Saturday, September 29th. The  $\frac{1}{2}$  marathon is a scenic 13.1 mile course

on country roads, passing a one room schoolhouse and over a covered bridge.

Both events are Buddy Up to Lighten Up sponsored events. For more information and to register for either race and Buddy Up, visit [www.LightenUpLancaster.org](http://www.LightenUpLancaster.org) and click on the Buddy Up link.

Join the Buddy Up team and receive free weekly, motivational, nutrition and training tips, a free t-shirt, goodie bag and a secure place to leave your gear on race day. Secure storage for your belongings on race day

## Healthy Recipe: Garden Pasta Salad suggested by Jason Ingargiola, Lancaster YMCA

### Ingredients:

2 cups whole-wheat rotini, (6 ounces)  
1/3 cup reduced-fat mayonnaise  
1/3 cup low-fat plain yogurt  
2 tablespoons extra-virgin olive oil  
1 tablespoon red-wine vinegar, or lemon juice  
1 clove garlic, minced  
1/8 teaspoon salt  
Freshly ground pepper, to taste  
1 cup cherry or grape tomatoes, halved  
1 cup diced yellow or red bell pepper, (1

small)

1 cup grated carrots, (2-4 carrots)  
1/2 cup chopped scallions, (4 scallions)  
1/2 cup chopped pitted kalamata olives  
1/3 cup slivered fresh basil

### Instructions:

Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.

Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large

bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

### Nutritional Information:

Calories: 205, Carbs: 29 g, Protein: 6 g, Fiber: 4 g, Sat. Fat: 2 g sat, Chol: 1 mg, Sodium: 291 mg

For a PDF version, click [here](#)



This recipe and others can be found on [EatingWell.com](http://EatingWell.com)

## Community Transformation Grant Update:

The CTG Program and the Lancaster City and County Medical Society (LCCMS) have convened the Community Care Collaborative, a team of primary care physicians who will develop and implement hypertension control protocols to be used by the two largest physician group practices (Lancaster

General Medical Group and Northern Lancaster Medical Society), Federally Qualified Health Centers (FQHCs), and safety net providers in Lancaster County. The Community Care Collaborative meets monthly to review data; discuss protocols, practices, and referral processes; and identify strate-

gies to overcome challenges in implementing hypertension control protocols. Next month, this team will have identified the total number of patients with a diagnosis of hypertension in 2011 and will begin working to determine the project's hypertension reduction goals for future years.

### Who We Are:

Lighten Up Lancaster Coalition is a volunteer group of concerned individuals, organizations, and employers, in partnership with Lancaster General Health, who want to increase the number of children and adults in Lancaster County who are at a healthy weight.

### Find out what's happening:

- [All Coalition](#) Meeting: 8/2 (8:30-10 AM)
- [Advocacy/Policy](#): 7/10 (9-10:30 AM)
- [Schools/Community](#): 7/10 (8:30-9:30 AM)
- [Workplace](#): 7/10 (8-9:15 AM)

Visit [our site](#) for meeting details

### How we can help you:

- "Crunch" is available for your wellness event. Contact the Coalition via [email](#) to reserve!



- Healthy cookbooks are available on our website and at LG Health Express locations.