

# EAST LAMPETER TOWNSHIP

## *Newsletter*



Summer 2017

## *Thank you...*

the East Lampeter Township Park Board and Board of Supervisors would like to thank the following local businesses for their generous donations to help beautify the Township parks for 2017.



Conestoga Valley Greenhouse  
Greenfield Growers  
Green Leaf Enterprises  
Ken's Garden  
Shady Willow Greenhouse  
Shenk's Greenhouse  
Zook's Greenhouse

We also would like to extend an invitation to the public to come out and visit the parks and the wonderful landscaping done by the Township's Public Works Department.

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## **Garage/Yard Sales**

Yard and garage sales are permitted in any zoning district in the Township, but there are some rules:

1. Only 2 garage sales are permitted per calendar year.
2. No garage/yard sale shall be conducted for a period longer than 3 consecutive days.
3. Garage/yard sales may offer personal possessions for sale; no importing or stocking of inventory is permitted. No commercial merchandise.
4. Only one 6 sq. ft. sign is permitted to advertise the garage/yard sale. The sign must be located on the property where the sale is taking place and must be removed within six (6) hours of the end of the sale.
5. No garage/yard sale is permitted to be conducted within the street right-of-way.



2250 Old Philadelphia Pike  
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FAX: 717.393.4609

[www.eastlampetertownship.org](http://www.eastlampetertownship.org)

## You Can Curb Water Pollution by Starting in Your Own Back Yard

Stormwater, rain that runs off hard surfaces and eventually into local waterways, is a major and fast growing source of pollution that affects every watershed. This runoff may carry sediment, nutrients from lawns, waste from farms and pets, oil and litter from streets, and other contaminants into streams or storm drains. To cover the costs of managing stormwater's impact on the environment, some local governments have recently established programs that impose fees on property owners, who play a crucial role in limiting water pollution right in their own yards.

"When you add up the combined efforts of thousands of individual homeowners, the cumulative improvement on stormwater runoff and water quality can be quite substantial," says Al Todd, Executive Director of the Alliance for the Chesapeake Bay, "but it can be hard to find the right information to get started."

The following lawn and garden tips will help property owners partner with their community to manage stormwater and battle water pollution.

### Getting a start in your own back yard

A "stormwater-friendly" lawn is one that can absorb rainwater and does not harm local streams due to the over-application of chemicals. Likewise, a "stormwater-friendly" garden is one that uses organic compost as fertilizer to amend soil and minimizes or eliminates the use of chemicals. Reducing chemical applications and encouraging infiltration will help stabilize local water flows and also maintain natural nutrient levels in streams. Stormwater-friendly lawns and gardens will help you save money on fertilizers and time on upkeep once they become established.

### A stormwater-friendly lawn

Following the steps below will not only help protect local streams and rivers but can result in direct and substantial cost savings to you, the homeowner.

- Set mower height to 3 inches or higher. Taller grass slows the rate of runoff and produces a deeper, denser root system, which will absorb more water, prevent erosion, and suppress weeds. Deeper roots also have access to more water stored in the ground and can reduce the need for irrigation during droughts.
- Retain grass clippings and chopped leaves onsite. A mulch-mower is ideal for retaining and spreading clippings on your lawn. The clippings decompose quickly, provide important nutrients for your lawn, and settle to create an organic layer on the soil that encourages stormwater infiltration. This technique can significantly reduce or eliminate the need for nitrogen fertilizers. Also, by spreading grass clippings on your lawn, you can reduce the amount of fertilizer needed.
- Keep clippings and chopped leaves out of streams, off the street, and out of storm drains. If mulching is not possible, bag the clippings and store them in a compost area where the organic material can be used as a fertilizer later. Blowing them onto a street or into storm drains deposits the clippings directly into local streams, where they decompose and become major pollutants by increasing nitrogen to unsafe levels for fish and other aquatic life.
- Fertilizers for your lawn...do you need them? If so, what, where, when, and how much? Many lawns do not need fertilizer because they are already fertile or you have carried out the previously discussed practices. Using no fertilizer is ideal for the bay's health, but if your lawn is thin or has bare spots, you should consider fertilizing it.

Ralph Hutchison  
Jeanne Glick  
Charlie Thomas  
Tara Hitchens

David Sinopoli  
Kathy Treier

John Bowman  
John Brooks  
Larry Frankford  
Jeffrey Shirk  
Charity Kadwill

Jeannie Nelson  
Alecia Hair

Megan Towner

#### Township Manager

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Public Works Director  
Director of Planning/  
Zoning Officer

Assistant Zoning Officer  
Bookkeeper

Chief of Police

Road Superintendent

Sewer Superintendent

System Administrator

Stormwater Management  
Coordinator

Administrative Assistant

Administrative Assistant-  
Zoning

Administrative Assistant-  
Billing Clerk

#### BOARD OF SUPERVISORS

Meets 1st and 3rd Monday of each month  
except for February, May, July,  
September and November when  
they only meet on the 2nd Monday  
All regular meetings begin at 7:30 pm

#### PLANNING COMMISSION

Meets 2nd Tuesday of each month at 7:30 pm

#### SEWER AUTHORITY

Meets 2nd Wednesday of each month except for  
November when they meet on the 1st Wednesday  
All regular meetings begin at 4 pm

#### PARK BOARD

Meets 4th Wednesday of each month at 7 pm  
(NO MEETINGS in November and December)

#### ZONING HEARING BOARD

Meets 2nd and 4th Thursday of each month at 7:30  
pm  
(NO MEETING on 4th Thursday in  
November and December)

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Please contact:

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- A dense vegetated cover is the most “stormwater-friendly” lawn so take the following steps to determine if fertilizer is necessary for your property:



1) Test your soil or consult a local professional or certified applicator. There is no “one size fits all” when it comes to fertilizer. Needs vary drastically based on soil texture, pH levels, and nutrient levels. In fact, soil tests can reveal that lawns may be suffering from micronutrient deficiency, and standard chemical fertilizers may not alleviate the problem. Identifying these needs will reduce unnecessary applications, create a healthier lawn faster, and reduce your long-term costs.

2) Maximize the slow-release nitrogen in your fertilizer. Typically called “water insoluble nitrogen,” or WIN, on fertilizer bags, slow-release nitrogen limits nutrient runoff and exportation. This should be applied in the spring, not autumn, to provide a steady source of nutrients throughout the growing season.

3) Start with low amounts or fewer applications: Your lawn may achieve its ideal coverage and growth with reduced amounts of fertilizer, saving time and money.

4) Apply only during the growing season and check the weather. Wait until the grass begins growing in March to fertilize and avoid fertilizing after October. Fertilizing during a lawn’s dormant season increases the risk of the chemicals running off into streams or leaching into your water table because root systems are less active. Additionally, do not fertilize before it rains since most of it will wash off your lawn.

5) Do not fertilize or use pesticides within 15 to 20 feet of a stream and use riparian-specific herbicides, if necessary. Maintaining this distance will help keep chemicals out of the stream. Also, consider establishing a natural riparian buffer, instead.

6) Sweep any granulated chemicals off hard surfaces and back onto your lawn immediately: Your walkway, driveway, patio, or road is often a quick route to drainage pipes that discharge into local streams so make sure they’re kept clean of chemicals.

### A stormwater-friendly garden

Home gardens can contribute a considerable amount of nutrients and other pollution to streams and other water bodies if not cared for in a responsible way. This mainly applies to fertilizers and pesticides so here are some options:

- Garden fertilizers: Organic alternatives to chemicals include compost or manure. Compost can be created in your own back yard, is free, and contains the many nutrients needed for your vegetables. Also, be sure to apply organic fertilizers before plant-

ing to prevent runoff.

- Pesticides: When it comes to pesticides, identify the pest and research your options. Many insects are harmless to people and play an important role in maintaining a healthy lawn or garden ecosystem. If there is a problem, however, identify the exact pest you have. Consult an expert because there are many nonchemical alternatives to controlling pests. Pesticides can infiltrate the ground water, contaminate drinking supplies, and severely harm downstream ecosystems if applied incorrectly or unnecessarily.

In the long run, little actions, such as taking a stormwater-friendly approach to your garden and lawn, will have a big impact as all of us work together to protect our water’s quality.

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# Are you ReadyPA?

## Extreme Heat

Did you know heat is one of the leading weather-related killers in the United States? Hot and humid weather can be a silent killer. Several days of hot weather can build up heat in homes, especially those in cities. Older adults and children can have a tough time adjusting to the heat and extended exposure can lead to illness or even death.

### What should you Be Ready for?

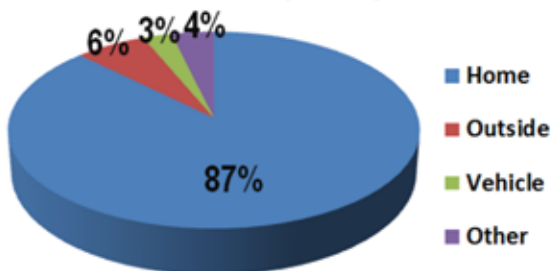
#### Health Hazards

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

#### Utility Outages/Brownouts

- Loss of electric, air conditioning
- No fans or cool water

### Pennsylvania Heat Deaths by Location



Data source: National Weather Service, 1995-2015



### Know the Terms

**Heat Advisory. Take Action!** Issued within 12 hours of the onset of extremely dangerous heat conditions. Rule of thumb: the temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°.

### Excessive Heat Watch. Be Prepared!

Issued when conditions are favorable for excessive heat in the next 24 to 72 hours. Take steps now to stay safe!

### Excessive Heat Warning. Take Action!

Rule of thumb: the temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°.

### How can you Be Ready?

#### Before



- Learn the symptoms of heat exhaustion and heat stroke and when to call 911 or seek help.
- Know those in your neighborhood who are older, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.

#### During



- Drink plenty of water; even if you do not feel thirsty. Avoid alcohol and drinks with caffeine.
- Avoid strenuous work during the warmest part of the day and take frequent breaks.
- Never leave children or pets in closed vehicles.
- Go to a designated public shelter or cooling center if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine, if air conditioning is not available.



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**Be Informed, Be Prepared, Be Involved**  
[www.ReadyPA.org](http://www.ReadyPA.org)





## Weeds and Tall Grass

With the growing season upon us, our lawns and gardens will soon be requiring our attention. Just a reminder, that East Lampeter Township has a Weed Ordinance and all weeds and lawns are to be kept no taller than six (6) inches in height. If you own a vacant lot, please keep an eye on it so the growth does not get out of hand. Please be considerate of the view your neighbors have to look at.

**Accept the Challenge**  
[lanastercops.org](http://lanastercops.org)  
 APPLY TODAY

**Lancaster County Chiefs of Police Association**

## East Lampeter Township Police

**Department** participates with the Lancaster County Chiefs of Police Association in a hiring consortium for police candidates. Applications for the consortium testing are now “live” on the site [Policeapp.com](http://Policeapp.com). All applications must be completed by August 18th and all paperwork must be submitted by August 25th. The test dates are September 9 and 10, 2017. For more information and to complete an application please visit [www.policeapp.com](http://www.policeapp.com).

**Just a  
reminder...**

## Curfew Reminder

East Lampeter and Upper Leacock Townships have established a Curfew Ordinance #226 for the safety of those under 18 years of age. A copy of this ordinance is available on the Township website or from the Township office. Remember that minors less than 18 years of age are not to remain in or upon any public place or remain in any motor vehicle operating or parked therein or thereon, or remain in or upon an establishment in East Lampeter Township after hours. “After hours” applies between the hours of 10:00pm and 6:00am Sunday through Thursday nights and 12:00 midnight and 6:00am on Friday and Saturday nights.



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## Leola Pool Is Open!

Are you looking for a way to cool off from the summer heat? Become a member of the Leola Pool. The 2017 Rates are as follows:

Residency	Individual/Group
East Lampeter Twp (ages 4 thru 64):	\$90.00 or \$250.00 for 6 or more* <b>School Students \$70.00</b> <b>Seniors (65 &amp; Up) \$50.00</b>
Daily Visitors (ages 4& older):	\$8.00, \$5.00 after 5:00 p.m.

**\*Group members MUST reside at same residence**

The pool will be open from May 27 until September 4, from 12:00 noon to 8:00 pm daily.

**\*\*THIS SCHEDULE IS SUBJECT TO CHANGE\*\***

For more information please contact 626-5096 when pool is closed or 656-9130 when pool is open.

## Free Kid's Cone

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# What You Need to Know about Opioids



**O**pioids include illicit drugs like heroin and licit prescription pain relievers like oxycodone, hydrocodone, codeine, morphine, methadone, fentanyl, and others.

Opioids interact with the nervous system to relieve pain. Many users will experience extremely pleasurable effects from them, and risk of addiction.

## Update, Facts, and Figures

Of the 20.5 million Americans 12 or older who had a substance use disorder in 2015, 2 million involve prescription pain relievers, and 25% of these people are also heroin addicts.

Drug overdose is currently the leading cause of accidental death in the United States. About 2/3 of these are from painkillers, and a 1/3 are from heroin. The CDC estimates one in four patients prescribed opioids *is currently addicted*.

## Problems Cause Problems

Most people obtain opioid-based prescriptions legitimately from a doctor when they experience moderate to severe pain. As more people have become addicted to opioids, prescriptions have become more difficult to acquire. In April 2017, drugstores nationwide were struggling to supply customers with even codeine-based cough syrup due to a national backorder.

Lack of legitimate medication has contributed to increased drug-seeking behaviors by those addicted to pain medications.

Heroin on the streets can be easier and cheaper to buy than prescription pain relievers, and it is often purer. This has led to a severe rise in heroin-related deaths in the U.S., which have tripled in the last six years!

In 2014 and 2015, drug deaths linked to fentanyl were particularly high. (Fentanyl is a powerful synthetic opioid similar to morphine, but is 50 to 100 times more potent!)

The current epidemic didn't start in dark alleys on the wrong side of town, but in well-meaning doctors' offices. Originally, post-surgical patients or those undergoing cancer treatment were prescribed opioids to help manage moderate to severe pain, the CDC explains. Over time, physicians began writing prescriptions for long term use of these powerful medications for people with problems such as chronic arthritic pain—which started the epidemic. New CDC prescribing guidelines now encourage doctors to prescribe pain medication short term, and to take precautions to prevent patients from abusing medication.

Be sure you understand the long-term effects of using opioids so you can avoid unwittingly getting addicted. Note: If you have a family history of drug/alcohol addiction, consider using a medical doctor who is certified by the American Society of Addiction Medicine (ASAM.org) to manage pain medications if you require them.

## Signs, Symptoms, and Risk Factors

Symptoms of addiction include developing tolerance and need for a stronger dose. Physical withdrawal may ensue when stop taking the drug. And some patients also experience more sensitivity to pain than before they took opioids.

Risk factors for addiction include:

- History of mental illness or substance abuse.
- Living in a rural area (lack of non-medical pain management alternatives makes prescription use more likely).
- A low income (illicit opioids may be cheaper, and therefore sought more readily).

Additionally, some studies show lower income persons experience more pain-related health conditions).

## Opioid Addiction Requires Treatment

Involve the entire family in learning about addictive disease to prevent enabling. Although addicts must learn to manage their continuing abstinence from opioids and psychoactive drugs (including alcohol) to improve their chances of survival, concerned loved ones without education risk behaving in ways that can provoke relapse.

## Do's and Don'ts

- Discuss the long-term effects of opioid use with your doctor.
- Ask if other medications for pain are available that are less addictive—or ask about nonmedical pain management alternatives. (Not all doctors will initiate such discussions with you.)
- Always take prescription medication as it's prescribed. If you notice a reduced effect, phone your medical doctor. *Do not* take "just a little bit more."
- If a family member or friend appears addicted to a pain medication, do not enable him or her with money or by helping him or her obtain prescriptions.

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