



Check out some of the most misleading health claims on food labels. **PAGE C3**

WELLNESS



KATE PENN — DAILY RECORD/SUNDAY NEWS

Kasey Keene, 13, does a shoulder press during a Special Warriors session in November at CrossFit Hanover. CrossFit coach Sheron Smith created Special Warriors to provide an exercise program for kids with special needs. Kasey, who has autism, has been taking one-on-one classes with Smith since August.

CrossFit tackles special needs

Hanover branch offers one-on-one program for children, adults with disabilities

By Leigh Zaleski » lzaleski@ydr.com » [@leighzaleski](https://twitter.com/leighzaleski) on Twitter

Kasey Keene lay on a weight bench under a barbell that held 45 pounds. His hands grasped the bar. Sheron Smith, a CrossFit Coach, stood behind the 13-year-old boy and held the center of the bar. She instructed him to lower and press the weight, which wobbled on each repetition.

“This has really helped him come out of his shell and gives him something to feel good about.”

— *Alysia Schmidt, mother of Maverick, who is autistic*

Online: For more on fitness, visit [WWW.YORKBLOG.COM/NOSWEAT](http://www.yorkblog.com/nosweat).

His father, Dwayne Keene, said the weight wasn't too heavy for Kasey, who's 5 feet 9 inches tall and weighs 203 pounds. He just lacked coordination.

“Control it, bud,” Dwayne Keene said. Smith added 20 more pounds to the bar. Dwayne Keene told Kasey he'd buy him a Nascar toy car if he could do eight repetitions.

“It's you and the bar,” Smith said, as Kasey powered through the set.

After his last rep, he jumped, threw up his arms and did a victory lap around the gym.

Kasey of Heidlersburg, Adams County, has autism. In August, he joined Special Warriors, a CrossFit program for people with special needs at CrossFit Hanover. He attends a half-hour session once a week.

Smith created the program in January 2012 because she said there aren't many fitness outlets for children with disabilities. She also runs a day care, where she gained experience working with children with disabilities.

“There needed to be someplace for these kids to do a regular gym workout,”

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CrossFit coach Sheron Smith, left, high-fives Kasey Keene, 13, during a Special Warriors session in November at CrossFit Hanover. Smith said she created the program because there aren't many fitness outlets for people with special needs.



KATE PENN — DAILY RECORD/SUNDAY NEWS

Thirteen-year-old Kasey Keene, left, and CrossFit coach Sheron Smith work out during a Special Warriors session at CrossFit Hanover. Dawn Keene, Kasey's mother, said the class has improved his coordination, strength and endurance.

HEALTH

Being outdoors eases tension

Contact with nature has restorative effect on humans

By Shelby Sheehan-Bernard
MCT

Life is stressful. With looming deadlines, 10-hour workdays and constantly buzzing smartphones, it's no wonder that a 2011 study by the American Psychological Association found that approximately seven out of 10 Americans report experiencing physical or non-physical symptoms of stress, including irritability, anger and fatigue.

And it turns out the age-old advice of taking a walk outside might actually be just what we need.

“Being in nature enhances well-being,” says Dr. Roger Walsh, professor of psychiatry, philosophy and anthropology at the University of California at Irvine. Walsh is currently developing a PBS documentary about his project “8 Ways to Wellbeing” (8waystowellbeing.com), which focuses on how therapeutic lifestyle changes can prevent and treat psychological disorders while also enhancing well-being.

Contact with nature, he says, has a restorative effect on humans.

“Being in natural settings is intrinsically soothing and is shown to reduce unhealthy behavior,” he says. “Exactly why isn't clear, but there is probably an evolutionary factor, as human beings and their predecessors were raised in, evolved in and likely designed for natural settings.”

This affinity to natural life forms, what researchers term “biophilia,” is now being incorporated into new therapy techniques such as walk-and-talk therapy and adventure-based counseling, according to clinical psychologist Mary Gregerson of Heartlandia Psychology in Parkville, Mo.

Being outdoors, she says, allows individuals an opportunity to “decompress” and can be a meditative experience. “You give yourself a change of pace and are able to lose a sense of that time pressure. It's about being in the moment. That in and of itself is the achievement that you're looking for.”

While the positive effects of nature have been illustrated in numerous studies, researchers are just beginning to understand why and how this happens.

Marc Berman, assistant professor of psychology and cognitive neuroscience at the University of South Carolina, studies how interacting with nature can improve brain performance. He cites Stephen Kaplan's theory of attention restoration as a probable explanation for why we feel refreshed after spending time outdoors.

According to Kaplan, humans have two kinds of attention: directed attention, which requires controlled concentration and is both fatigable and can be depleted (such as completing a work task), and involuntary attention, which is automatic and not depleted (such as watching a river run).

Both types of attention are part of the human experience, says Berman, but our culture's high demand for directed attention leaves little time for involuntary attention. Being in a natural

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BEST BET

Go to Harrisburg

There is so much to do at the Pennsylvania Farm Show this week in Harrisburg. Look at a schedule of events at farmshow.state.pa.us. Activities will go on through Jan. 11. FLIPSIDEPA.COM

Christmas Emergency Fund

The following people have contributed a total of \$200:



Leo Samelson MD and June Samelson of York, Patricia and Richard Walters of York, Arthur and Christine Stananovic of York and Rhonda and Daniel Detzel of York.

The Christmas Emergency Fund benefits the York County Food Bank, which distributes

food to more than 125 agencies, including shelters, churches, senior centers and schools throughout York County.

To donate, send your tax-deductible contribution to YDR Christmas Emergency Fund, c/o York Traditions, 235 St. Charles Way, York, York 17402.

If you are in need of help this holiday season, call 717-846-6435. You can also visit www.yorkfoodbank.org for a list of the food pantries across the county supplied by the York County Food Bank.

The York County Food Bank, located at 254 W. Princess St. in York, is open 8 a.m. to 3 p.m. Monday through Friday.

RUNNING TOTAL: \$13,884.04 AS OF DEC 30.