

Lifestyle

25 years of cancer prevention

This is part of Healthy Adams County's 25-year anniversary monthly *Gettysburg Times* column special.

Over 25 years ago, a group of breast cancer survivors, formed the Adams County Breast Cancer Coalition. After building their membership and beginning to fundraise to support their projects, they requested to come under the umbrella of Healthy Adams County. Under the direction of Laura Reyka, the coalition made the transition in 2006. Today this group is known as the Adams County Women's Cancer Coalition.

The mission of the Adams County Women's Cancer Coalition is to provide education and increase access to

screening and treatment for female cancers. The group meets this mission through programs that raise funds for the support of medical research, the free screening mammogram fund, the Pennsylvania Breast Cancer Coalition, and other educational programs in Adams County.

Formerly the Adams County Breast Cancer Coalition (ACBCC), the Adams County Women's Cancer Coalition honors and supports women and their loved ones who face the struggle with cancer.

The Adams County Women's Cancer Coalition is comprised of women from our community who play a pivotal role in the education and support of

HEALTHY
ADAMS
COUNTY

Michelle
Shriner



women in Adams County. The members all have had personal experiences with cancer — from assisting a loved one with their battle to fighting cancer themselves. Education, screening, and early detection are the keystones to

this coalition. The members are very passionate regarding increasing the awareness of cancers that affect women because they know that the key to early detection is knowledge and that the key to survival is early detection.

While our largest event, the Annual Dinner of Hope, has been canceled for this year we continue to support and reach women in our community. The Adams County Mammography Help Fund is largely supported by the Adams County Women's Cancer Coalition and WellSpan Health.

This fund attempts to decrease the financial burden of a yearly screening mammogram for those women who are over 40 and are uninsured

or underinsured. The simple screening process can be completed over the phone and within ten minutes a woman can have her mammogram appointment scheduled. To participate in this program please call Michelle at 717-339-2657.

If you have interest in supporting the Adams County Women's Cancer Coalition through donation or volunteering please call Michelle at 717-339-2657.

Michelle Shriner is an oncology nurse navigator and certified breast care nurse, WellSpan Adams Cancer Center and chair of Adams County Women's Cancer Coalition of Healthy Adams County.

Favorite walks and bike rides

I am more of a walker than I am a bicyclist, walking anywhere from four to six miles a day, seven days a week.

Serving on the HABPI Board I feel a little like an imposter. My fellow board members are all avid bicyclists and think nothing of taking their two wheels out into beautiful Adams County and doing a 20-25-mile loop. I admire them for that.

I guess you could say on the HABPI board I represent the P for pedestrian.

I love to walk with a friend, or alone, or with my pup. I enjoy greeting neighbors and friends, giving directions or suggestions where to eat or what to see to visitors in town. I try to do two walks a day to get my 10,000 steps in. Like my bicycling

friends, I do share with them some of my favorite loops and trails in town. I love to walk the beautiful Gettysburg College campus, the Peace Light loop, Barlow's Knoll, Spangler's Spring, and Culp's Hill. Those are some of my favorites.

When I do hop on my bike, and I have to give a shout out to Katie at Gettysburg Bike Shop for helping me with my new set of wheels, I love to take it around town to run errands, or if I am feeling really decadent, to Mr. G's. Then I will bicycle home via the battlefield and fool myself into thinking I have cancelled out the calories of the delicious ice cream cone I just ate.

Walking or bicycling gives one a distinct advantage. You see things that you miss while driving in a car. I notice people's beautiful gardens of

HABPI

Patti
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flowers and vegetables in small, but efficient borough-size backyards. I love to see how people decorate their porches for the various holidays, and I just love going to the Farmer's Market on Saturdays on my bicycle.

While I enjoy the recreational and health benefits of bicycling, I see my two wheels as an alternative mode of

transportation, especially as a borough resident. It is easy for me to get to appointments, meetings, the coffee shop, the library, and myriad other places in quite short order. During tourist season I get a particular kick out of passing cars on Washington or Carlisle streets because I can move more quickly on a bicycle. The motorists haven't figured out that I am racing them, so please don't tell.

As a casual bicyclist, or a woman with a purpose to get from Point A to Point B I also enjoy the feeling I get when I ride my bicycle. It takes me back to my youth, and I fondly recall hours spent bicycling to the park, the library, the pool, or to friends' houses. I love the meme that shows a pile of bicycles outside a house. That is indeed how we knew

where our friends were hanging out, pre-cell-phone era.

So, whether you walk or ride, it's great to be out and about in our town and the beautiful surrounding area. As others have pointed out we are indeed fortunate to live in a beautiful community with wonderful places to walk and bike.

Please visit our website at "www.habpi.org" to learn about "Organized bike rides" and all our other activities. You can also make a donation to support our trail development efforts. Email us at "habpi2012@gmail.com" If you have any questions or want to join the "Friends of HABPI."

Patti Lawson has been a long-time member of HABPI, a member of the Gettysburg Borough Council, a serious walker, and a casual bicyclist.

Winter pasture priority can be a challenge

Wintertime and its ever-changing weather will soon be upon us again. For many of us this means fun times in the snow or relaxing by the fireplace. For others, it might mean more work keeping animals and pastures happy and healthy.

Managing pastures in the wintertime can be a challenge. Our pasture grasses mostly go dormant during the winter months, which makes for maintaining grasses more difficult. Pennsylvania's definition for a pasture is grazed areas maintained in dense vegetation that is three inches high with minimized bare areas. For farms with pastures, this could mean more planning, more management and more work. But it's worth the added effort.

Keeping vegetation on pastures in the winter is very important. If a

pasture loses its vegetation by being overgrazed in the winter, the pasture becomes an Animal Concentration Area (ACA). ACAs are areas heavily used by animals which include barnyards, feedlots, loafing areas, exercise lots, and other similar confinement areas. These areas cannot maintain the dense vegetation required to be a pasture due to its heavy use. In fact, most of these areas lose most or all vegetation and turn into brown areas. Brown areas with little to no vegetation are much more susceptible to being sources of runoff and pollution into ground and surface waters. Winter months have a very high potential for loss of nutrients and sediment, more than our other seasons.

One way to minimize the impacts of winter weather on pasture areas is to

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create a "sacrifice lot." A sacrifice lot is a fenced in area away from waterbodies, wells, and concentrated water flow. Sacrifice lots do exactly what the name specifies. It sacrifices an area of a pasture and allows the animals to be on it in order to maintain a healthier pasture as a whole. Having a sacrifice area keeps wetlands, streams and

other environmentally sensitive areas in grass during the winter. This helps keep water clean. A sacrifice lot creates an Animal Concentration Area on purpose, but it is important to remember that a properly placed ACA is better than no vegetation in an entire pasture.

The state of Pennsylvania allows the existence of properly placed Animal Concentration Areas. Properly placed ACAs ensure that nutrients are not making it to clean water sources, and soil is staying on the pasture. There are a few best management practices to support an Animal Concentration Area, such as a vegetated treatment area to treat and filter polluted water flowing from an ACA making sure manure and sediment is removed from runoff prior to reaching any sources of water. Roof gutters and downspouts

can divert upslope water away from the downslope ACA. The goal is to make sure we keep as much clean water that we can, clean, in addition to providing treatment to dirty water. Manure and manure laden water can also be collected and properly stored so that the nutrients can be later used beneficially to grow crops. A well-placed fence can keep animals out of the aforementioned environmentally sensitive areas.

If you have questions or need help with either evaluating pastures or Animal Concentration Areas, or identifying management options, please contact the Adams County Conservation District at 717-334-0636.

Tyler Trostle is an agricultural conservation technician for the Adams County Conservation District.

Needing space from brother

Dear Annie: I need help, but I'm so lost on what to do. Please help with some advice. I'm 52 years old and so broken. My mom passed away on Sept. 14, 2019, at home. I've had to live with my brother "Ed" ever since. Or, should I say, he has had to live with me.

I love him, but he can be such a challenge. Life is all about him. He sees a counselor weekly; he is a recovering alcoholic and drug abuser; he is bipolar and high — I mean high — anxiety and needs complete hip surgery.

I am his caregiver, and I'm really not happy. Everything I do seems to be for him. He is going back to drinking after 170 days of sobriety and smoking again after three weeks of quitting. It never ends. He stands and mumbles where I can hear him carry on, usually about me. Ed is very self-centered and spiteful, but he is my brother. I don't want to just abandon him, but I need a life. I don't know where to turn. He only gets

\$794 per month Social Security, not enough to maintain his own place.

I've been single since my youngest was 4 years old. She is 26 now. I would like to find my special someone to spend my life with. What should I do? — Overwhelmed and Unsure

Dear Overwhelmed: I'm so sorry for the loss of your mother. I'm sure you still miss her every day.

You have given everything to your brother, and it's time that he takes some responsibility for himself. Even though he's carrying a large load, there is no reason he can't accept some part-time work to supplement his Social Security and get a place of his own. It's great that he is in therapy, but he should also look into Alcoholics Anonymous and Narcotics Anonymous for additional support in his battle with addiction.

As for your own well-being, reach out to your local Al-Anon chapter to

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meet others going through similar situations with their loved ones.

Remember that creating distance between you and your brother is not an abandonment; it's a boundary. You can only give someone else a tow if your own tank is full. If you're running on empty... well, then you'll both get stuck in the mud.

Take a deep breath and write down a list of things you're grateful

for. Often, when our lives feel like they're spiraling out of control, we become so overwhelmed that we feel helpless. This exercise will help put things in perspective.

Dear Annie: I am afraid you missed the boat on your answer to Worried in Wyoming. I am a lawyer, and I can assure you that the risk of her husband keeping virtually all of the assets in a noncommunity property state is real.

If she is concerned about the other woman, I suspect she at least has some reason for concern. Something that isn't a threat while it's at a safe distance can become serious quickly if that distance is removed. After all, there's only so much that can happen over the phone.

I agree that she shouldn't go on the attack, but moving to another state should always be a joint decision. If she doesn't want to move, her husband should be willing to discuss it.

How about staying put and arranging frequent visits? If the husband doesn't listen to her and insists on the move, then before she even considers relocating, she should find a good divorce lawyer immediately. — A Lawyer's Perspective

Dear Lawyer's Perspective: Thank you for offering your professional advice. Sometimes, what appears to be an irrational fear may very well be a gut instinct. If Worried in Wyoming feels like this plan will harm her, her relationship or her assets, she should indeed take action.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creator-publishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

Democrats warn against family leave cuts from spending bill

By Michelle L. Price
Associated Press

More than a dozen Senate Democrats are imploring President Joe Biden and congressional leaders to keep a national paid family leave

program in his sweeping social services and climate change package.

In a letter Wednesday to Biden, Senate Majority Leader Chuck Schumer and House Speaker Nancy Pelosi, 15 senators from the moderate and progressive wings of the party warned Democratic leaders that a program offering paid family leave for all workers must be included in the proposal as negotiators work to cut its \$3.5 trillion price tag.

The senators said the COVID-19 pandemic, which particularly sidelined working women who lost school and child care options, highlighted the stark need for the program.

"The pandemic has exposed an acute emergency on top of an ongoing, chronic caregiving crisis for working people and employers alike," the senators said in the letter. "We cannot emerge from this crisis and remain one of the only countries in the world with no form of national paid leave."

New York Sen. Kirsten Gillibrand, who spearheaded the letter, told The Associated Press that she thinks there is wide support for a paid leave program but wants to make sure it's not placed on the chopping block as Democrats on Capitol Hill work to get the legislation's spending down to about \$2 trillion.

Gillibrand said she's open

to negotiating the terms of the paid leave program, but if it's not included in the final package, she might have a hard time voting in favor of the legislation.

"It would be extremely hard because this is a bill, if we don't pass it now, it won't have a time like this again," Gillibrand said.

Biden can't afford to lose any Democratic votes in the 50-50 split Senate with Republicans fully opposed to the president's plans.

Gillibrand said the proposal needs to be gender neutral, offering all workers paid leave for things like the birth of a child or caring for a sick or dying family member. The

coalition of senators is seeking a plan to offer 12 weeks of paid leave, or as many weeks as can be negotiated, in a permanent way so it doesn't have to be muscled through Congress again.

The most recent version of the proposal would have offered the biggest benefit to low- and middle-income earners, offering up \$5,000 of paid leave for workers, giving workers who earn \$60,000 or less annually a full wage for 12 weeks.

In a meeting at the White House on Tuesday with a small group of progressive House Democrats, Biden told lawmakers he wants to include money to create four

weeks annually of paid family leave, down from his 12-week proposal.

Biden's discussion of the revised plan was described by two people familiar with the session who would only do so on the condition of anonymity. One person said there would be limits on the incomes of families that would qualify for the program.

Gillibrand said senators are willing to compromise on the numbers and build on the program in the future. She said she's also seeking to meet with conservative West Virginia Sen. Joe Manchin, a key holdout who has been seeking to curtail the size and scope of Biden's plan.

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