

Lifestyle

No-Till Alliance comes to Adams County

The Pennsylvania No-Till Alliance (PANTA) hosts a meeting each winter focused on no-till production, cover crops and soil quality. Also, each winter the Adams County Conservation District (ACCD) hosts a meeting on soil quality. This year the organizations are joining forces. The PANTA/ACCD Annual Soil Quality Meeting will be held on Tuesday, Jan. 31, 2023, from 8 a.m. to 4 p.m. at the Southern Adams Volunteer Emergency Services (SAVES) banquet hall near McSherrystown.

This day-long meeting, discussion and networking event will educate farmers on the importance of soil quality and provide production practice ideas that they can adopt to improve their soil and overall farm operations.

For many years soil was not considered or understood to be a living ecosystem. Farmers were not made aware of the importance of the many bugs, bacteria, fungi and other critters in the soil that play a critical role in production agriculture. That all changed as the concept of no-till planting began to gain acceptance in the farm community. No-till production is the process whereby crops are planted without prior tillage of the soil. Special planting equipment is used to place the crop seed directly into the soil. With little soil disturbance, it started to become obvious that there were things going on in the soil that aided crop production. Not only was this proving to be beneficial to production, but it was also beneficial to the environment. Then the ag industry, universities, and government agencies started to pay

CONSERVATION  
DISTRICT

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SNEERINGER



attention. The soil quality revolution began.

Soil quality began to be studied, and over the years understanding and improving this measure of the soil has expanded. The need to keep producers up to date on new information, new equipment, new techniques and new ideas has become vital in driving this movement forward. This

annual meeting continues that goal. This year's meeting features Walton, Indiana farmer Cameron Mills. Mills and his family operate a nearly 4,000-acre diversified farming operation where no-till planting and cover crops are used to improve the quality of his soil. He will discuss his operation and how he manages his soil, hoping to continually improve it. There will be a host of other speakers as well with topics including cover crop establishment, carbon sequestration, advanced nitrogen management, variable rate technology, diversifying crop rotation and planting green.

Some key government and private industry personnel will be joining the event to discuss opportunities to aid farmers in making some of the changes necessary to implement these practices. Several companies from the

agricultural industry in the area will also be on hand to provide farmers the opportunity to learn about their services and what they can offer. There will be plenty of time for farmers to talk and share ideas with one another. The event is free-of-charge if you pre-register by Jan. 23, 2023. Lunch will be provided through the generosity of vendors and sponsors. There are a couple of ways to register for the event. Register online by going to <http://www.Panotill.org> or Adams County's website, or call ACCD at 717-334-0636.

So, plan on joining us at 8 a.m. on Tuesday, Jan. 31, 2023 at the SAVES banquet hall, located at 5865 Hanover Road, Hanover Pa. 17331.

Brian Sneeringer is the agricultural conservation supervisor for the Adams County Conservation District.

Health insurance options

Health insurance protects you from catastrophic financial costs. Depending on the insurance you have, it supplies access to a network of providers, certain medications and preventive services to keep you healthy. Your options for health insurance depend on your age, job and income.

If you are in doubt about meeting the requirements for any of the following options, please visit <http://www.healthcare.gov> to learn more, or if your employer offers health insurance options, inquire about them and learn about the options and enrollment timeline.

**Public options**

If you are 65 or older you may be eligible for Medicare, which is administered by the government. People pay

into Medicare as part of their payroll deductions. At age 65, people can enroll in Medicare for a monthly fee, which is deducted from their Social Security, if they are drawing; otherwise the person must pay monthly. It pays for some, but not all of your health care. Be sure to learn about the options available that meet your needs. You might be eligible for Medicare if you are under 65 if you have certain disabilities or health conditions. To learn more about Medicare coverage, providers and other information, please call 1-800-633-4227 or visit the website for a live chat option at <http://www.Medicare.gov>.

For those under 19 years of age, the Children's Health Insurance Program supplies affordable coverage for kids

HEALTHY  
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COUNTY

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from low-income families. To qualify, the child must be a U.S. citizen or legal non-citizen, a Pennsylvania resident and be uninsured. Call 1-800-986-5437 for more information.

Medicaid is a health insurance program for people with low incomes and others with certain disabilities. It is

funded by both the federal and state government but run by the state. For more information, call 1-866-550-4355.

**Private options**

If your employer doesn't offer health insurance, you do not qualify for Medicare because of your age or you make too much to qualify for Medicaid, you can access options through the health insurance marketplace. In Pennsylvania, the marketplace is called Pennie. Enrollment through the health insurance marketplaces is available through Jan. 15, 2023. For more information, please call 1-844-844-8040 or visit the website at <http://www.pennie.com>.

Regardless of your choice, when deciding, consider the following ques-

tions: Do you want insurance for a catastrophic event? Do you know if you have a health issue now that you're going to need ongoing care for? Be careful because some of the private options for health insurance plans are short-term or they may look affordable but do not cover a lot of services you need. Remember, you may qualify for subsidies to pay for your insurance premium or qualify for the federal or state-funded programs. To learn more about plans, income qualifications for different options, cost-sharing, deductibles or what to do if you are self-employed, visit <http://www.healthcare.gov>.

Yeimi Bautista is a health educator with WellSpan Health and member of the Healthy Adams County Health Literacy Task Force.

Humbled and loving husband, too late?

Dear Annie: I was a lousy husband. Not because of physical or emotional abuse but because of ignorance. I grew up in a household where I never heard my father tell my mother he loved her. I never heard him give her a compliment or ask her opinion.

He was a hard worker and a good provider. She bought whatever she needed, never wanted for anything. She just existed. I just existed. I guess you can say we were just not a family. We were three people living in the same house doing what we were supposed to do.

I treated my wife in the same way. She didn't complain. She came from the same kind of family. She was an angel; she deserved much better. It wasn't until she passed and I lived alone with time to learn from the media that I understood how ignorant I was and how bad I was to her. I wish I could tell her how much I loved her and that I am truly sorry. — Ignorant Husband

**Dear Ignorant Husband: Ignorant husbands don't write letters like this one. Your letter does not come across as being from someone ignorant. In fact, it comes across — you come across — as someone who might have made some mistakes in the past and has always cared deeply. Your ability to express that has changed.**

**Your wife sounds like an amazing woman, and I am truly sorry for your loss. But rest assured that you are being way too hard on yourself. If you had this realization, I'm sure you had moments of love and joy. Try to remember all of the good times you had with your wife.**

**When we know better, we do better. At the time, you didn't know, so there is no use in beating yourself up. You're grieving right now. Find a support group for widowers. Perhaps individual counseling could help you. Just by writing this letter, you are bringing awareness to other**

DEAR  
ANNIE

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husbands or spouses who might be doing the same thing and want to change. Thank you for sharing your story and expressing how much you love your wife. I have no doubt she knows it.

Dear Annie: The letter you printed from "Stressed-Out Student," who had no idea what subject to pursue in university, really struck a chord with me. Your advice to consult the career counseling office was spot-on. A properly run career counseling office will give the student psychometric tests,

which will give him or her a good idea what careers would be suitable for them.

I have always thought this type of testing should be mandatory in the final year of high school. At the end of an academic year, after graduating from high school, students generally are expected to go on to college or university or vocational school, but they have never had an opportunity to experience the world and find out for themselves who they really are and what they really like. Often, students pick a direction after high school that is totally inappropriate for them.

In the best-case scenario, this simply means the loss of time until they sort it out. However, in too many cases, this can lead to financial and psychological problems. This is really serious. If, as a society, we can afford to educate our children to the high school level, then surely we can afford to help them get to the next stage in

their lives by giving them this career counseling assistance. — A Former Stressed Out Student

**Dear Former Stressed Out Student: You make your case well, and I am sure many readers will thank you for it. At the same time, there is no substitute for experience, even if it means struggling to find oneself while in your late teens or early 20s. What appears like lost time can actually be a tremendous learning experience that will pay off later in life.**

Annie Lane is on vacation. This column was originally published in 2019. "How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology — featuring favorite columns on marriage, infidelity, communication and reconciliation — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

Mike Rowe gets filthy on 'Dirty Jobs' to reconnect Americans

By Mark Kennedy  
Associated Press

NEW YORK (AP) — It may come as no surprise to fans of Mike Rowe that when he recently visited the Florida Panhandle, he didn't lay out on the beach or take a cruise.

He donned a 100-pound (45.3-kilogram) diving helmet, waded into a smelly, muddy creek and joined a work crew putting concrete jackets around wooden bridge pylons. Emerging from the muck after several hours, he told the crew: "Glad you do it. Don't know how you do it."

Rowe has been immersing himself like that in some of

the toughest professions for years as host of "Dirty Jobs" every Sunday on Discovery and streaming on discovery+. A new season started this month.

"What makes the show relevant, I think, is that it's a constant reminder to things we've become disconnected from as a country," says Rowe. "You can learn a lot from dirty jobs collectively."

The show shines a light on those hardworking Americans whose contributions are rarely acknowledged in industries like construction, sanitation, manufacturing and more.

"If you share my addiction to smooth roads and affordable energy and well-maintained

runways and indoor plumbing, then the show has a message for you," he says.

The new season sees Rowe stirring massive vats of hot sauce made from fearsome chili peppers in Fort Mill, South Carolina, and getting dirtier by the minute trying to empty ultrafine carbon dust bags in Berthoud, Colorado.

He descends into an aging manhole in Tennessee to provide sewer maintenance and helps control the Texas feral cat population by sedating, shaving and neutering two dozen kitties.

"The intent with every segment is to make people who have nothing to do with that industry feel connected to it,"

says Rowe. "Think about the people who allow the lights to come on when you flip the switch."

There are some TV rules: No second takes, no preproduction, no casting and no writing. Just a behind-the-scenes camera that's always rolling, trying to capture a day in the life. He is inspired to visit dirty job sites by viewers who nominate candidates.

Rowe is eager to explode any stereotypes of what blue-collar and white-collar work is these days or what is a so-called good job. Many of the workers he gets dirty with are millionaires, though you wouldn't know it.

Part of the appeal of the show is the humor, both Rowe's self-deprecating

style and that which naturally emerges from the workers, whether they're gently mocking Rowe or good-naturedly joshing with each other.

"All you have to do is get out of the way and let it come out because it always will," Rowe says. "There's always humor. Sometimes it's gallows, sometimes it's inappropriate, sometimes dad jokes. But whatever it is, that honestly became the most important component."

Rowe did some 300 "Dirty Jobs" shows after he sold the concept in 2003 and took a break in 2012, having shot in all 50 states half a dozen times. The network continued to air reruns for the next decade.

"When 'Dirty Jobs' was at its best, we were going to towns you couldn't find on maps to meet people you didn't know existed doing jobs you didn't know got done," he says.

Then the pandemic in 2020 put a focus on jobs like nursing, food delivery workers and store cashiers that suddenly became vital for Americans, reviving interest in new "Dirty Jobs" episodes.

Rowe started back up in July 2020 with a four-episode run of "Dirty Jobs: Rowe'd Trip," in which he toolled around the country in an RV, and the main show returned in January 2022.

"Essential work is suddenly back in the headlines," he says. "Something's happening with work in general and that was reason enough to kick the tires."

Rowe is alarmed by what he notes is an employment picture that shows 7 million able-bodied men between 25 and 54 who are not looking for work.

"That worries me. Because there are 11 million open jobs in the country. A lot of them look dirty, most of them are better than people think and almost none of them require four-year degree."

In 2008, Rowe created the mikeroweWORKS Foundation to launch a national campaign for skilled labor and has a scholarship program to help people get trained for in-demand skilled jobs.


One sector Rowe is eager to highlight is environmental jobs, like visiting a biochar maker that turns scrap lumber into highly absorbent charcoal fertilizer.

There's money in green jobs, but he has an on-broad warning: "If you want to clean the planet, you better be willing to get dirty."

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