

Lifestyle

The scoop on dealing with winter poop on the farm

The short days and nip in the air let us know in no uncertain terms winter is upon us. Managing manure in winter can be difficult. Manure is a farm asset containing essential plant nutrients. Manure also is a valuable amendment adding organic matter back to our soils. However, spreading manure on frozen, saturated, or snow-covered ground can lead to significant losses of nutrients and organic matter. This creates potential for pollution of surface and ground water.

Pennsylvania defines winter as being from Dec. 15 to Feb. 28, or anytime the ground is frozen four inches, or anytime the ground is snow covered. Because ground can be frozen and plants are not actively growing, winter has the greatest potential for manure and soil laden water to run off and cause pollution than any other season. That is why there are additional

restrictions when it comes to winter manure application. While winter manure spreading is not prohibited, it is strongly discouraged. Sometimes, however, winter spreading cannot easily be avoided. If you must spread manure this winter, be sure to follow these winter spreading guidelines:

- Don't apply more than 5,000 gallons/acre of liquid manure, 20 tons/acre solid non-poultry manure, or three tons/acre of dry poultry manure.
- Only apply on fields that have at least 25 percent crop residue or an established and growing cover crop.
- Don't apply within 100 feet of a stream, pond, lake, and other surface waters.
- Don't apply on fields with steep slopes.
- Never apply manure within 100 feet of a well.

CONSERVATION DISTRICT

Vy Trinh



Winter can also be a difficult time for pasture management. Most pasture grasses go dormant in winter, so once it is overgrazed, there is little to no regrowth of grasses until spring. If a pasture is overgrazed and not maintained in vegetation, it can be a potential source of soil and manure runoff. Pastures need to be managed to prevent pollution to ground and sur-

face waters even in the best weather conditions.

Simple best management practices include: limiting areas to which animal have access; moving animals away from wells, concentrated water flow, and other sensitive areas; identifying an area to "sacrifice" for the greater good of maintaining the more environmentally sensitive areas in grass and vegetation to ensure soil that is carried off is filtered, and manure laden water is treated through plant uptake.

Best management practices needed to control or prevent soil and manure runoff to ground and surface water should be identified in a Manure Management Plan.

Every farm in Pennsylvania that uses and/or generates manure and agricultural wastewater is required to have a Manure Management Plan.

Manure Management Plans can be prepared by the farmer.

Plans should include: field maps with sensitive areas and manure application setbacks identified; acceptable manure application rates for the crops grown; best management practices for crop fields and pastures; and manure application records.

It might be cold out there, but it's the perfect time to take care of some of that dreaded paperwork. All these rules and requirements can be a little confusing. If you have any questions and need help with writing a Manure Management Plan, or just want to meet and learn more, please contact the Adams County Conservation District at 717-334-0636.

Vy Trinh is the nutrient management technician for the Adams County Conservation District.

Wrapping up a year of celebration

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

I cannot believe another year has flown by and we are approaching the new year. Healthy Adams County has been celebrating its 25th anniversary all year. Unfortunately, we were not able to do too much in person due to COVID, but we tried to at least provide information about our past, our present and what we want to build in the future.

Our columns this year began with perspectives on our beginnings from Steve Niebler, a founding member of our organization and Bill Taft, Healthy Adams County's first executive director. Jenny Englerth, executive director of Family First Health shared one of our largest Access projects that brought the Federally Qualified Health Center to Adams County.

Many of our task force leaders followed with a history of their task force and what they continue to focus on today. Those task forces included Domestic Violence, Behavioral Health, Physical Fitness, Adams County Food Policy Council, Children's Health & Nutrition, Latino Services, Adams County Women's Cancer Coalition, and End of Life Committee.

Other task forces not mentioned above are Community Wellness Connections, Health Literacy, Wellness Arts Committee, Oral Health, Tobacco Prevention and our Car Seat and Cribs for Kids Programs. Community Wellness Connections provides a one pager in the *Gettysburg Times* every other month with articles regarding our focus on four dimensions of health: Mind, Body, Spirit, and Community. Our Car Seat program continues to

HEALTHY ADAMS COUNTY

Kathy Gaskin



purchase car seats for referred families who cannot afford a car seat. They receive education on how to properly install the car seat from a certified car seat technician. The Cribs for Kids Program provides families with a Pack and Play if they cannot afford a crib for their baby along with education on Safe Infant Sleeping. The other task forces listed have not been meeting frequently during COVID and hope to

get back to a normal schedule soon.

I am very thankful that Healthy Adams County is still going strong after 25 years. We have so many dedicated task force leaders, volunteers, and partners who help us do the work that is needed to help try to keep our community as healthy as possible.

There are so many issues that can be barriers to improving our quality of life including stress, lack of resources, poverty, and many others including a pandemic and our hope is to create solutions to those barriers so that more in our community have an opportunity to lead a better quality of life.

Looking ahead, we will continue to work with WellSpan Health to conduct a Community Health Needs Assessment every three years so that we can better determine what the needs are and how we can address them. A forum will be held in the summer months to

roll out the data from the most recent assessment that is being conducted at the beginning of 2022.

There will be opportunities to learn about our new priority areas for Adams County and planning sessions for those who would like to join us in responding to those needs. We will also be launching a new updated website this coming year that will provide many online resources that we used to distribute on paper.

If you have any questions about Healthy Adams County or if you would like to become involved in one of our task forces or initiatives, please contact us at 717-337-4137. I hope everyone has a wonderful holiday season and thank you to everyone who volunteers in our community. You are making a difference.

Kathy Gaskin is the executive director of Healthy Adams County.

The Inner Loop Trail for a happier, healthier community

Tom Jolin still recalls the excitement of getting his first bike when he was only 5 years old. For him it meant freedom to roam the safe, tiny Wisconsin town where he grew up. That excitement still shines through as the 73-year-old musician and co-founder of Healthy Adams Bicycle/Pedestrian Inc. (HABPI) reflects on the early days of its founding and the progress since then.

"We started in 2005 with zero, just a vision," Tom said. Today HABPI is a registered 501 ©(3) nonprofit with a 13-member board of volunteers working to develop walking and bicycling trails or paths in Adams County for recreation and transportation. Along with many community partners, this committed group can celebrate moving from a vision to detailed plans and substantial progress on the Gettysburg Inner Loop or GIL. "Known as active transportation, we do this for health, wealth, and joy," said Jolin.

In 2007, Tom and others hosted a series of community brainstorming sessions that led to the GIL being unveiled in 2010. It's about five miles of combined off-road and on-road safe and accessible routes that when complete will enable bicyclists and walkers to circumnavigate much of the Gettysburg area with easy access to key historic and commercial attractions.

The GIL also includes several completed connections that lead to the Peace Light Monument on the Mummasburg Road, the North Gettysburg Trail to Harrisburg Area Community College and the Gettysburg High School, and the well-marked, interpretive trail at the United Lutheran Seminary. Still envisioned is a beautifully landscaped "greenway" that will run from 4th Street alongside the railroad to Buford Avenue. Like all the GIL, the greenway will promote economic development and bolster local businesses.

HABPI

Lex McMillan



Tom notes that about half of the vision is now a reality. Most of the west side of the GIL is complete. This segment includes the Susan C. Naugle Bridge on Reynolds Street that provides a safe pedestrian and bicycle crossing at West Middle Street (Route 116) and another safe crossing of Buford Avenue at the Post Office. The segment on Lefever Street from Baltimore Street to Liberty Street at East Confederate Avenue is a particularly

handsome and safe route through the Middle School and Lincoln Elementary School campuses.

Some segments of the GIL are well-marked bicycle lanes along each side of the road that feature the familiar, stylized image of a bicycle and arrows known as a "sharrow." Whether the road is marked or not, under Pennsylvania law, motorists are required to give four feet of clearance when passing bicyclists.

Tom expressed his gratitude to many local organizations and individuals for active advocacy, contributed expertise, and financial support. "It's a long list," he says, but "the partnership with the Borough of Gettysburg has been essential from the outset." Other vital partners and supporters include the Gettysburg Hospital, which provided the initial impetus for founding HABPI as an offshoot of Healthy Adams County. Both continue

as faithful partners. Thrivent and Ski Liberty were among the first donors when planning funds were needed.

Other partners include the Pa. Departments of Conservation and Natural Resources and Community and Economic Development, Adams County Office of Planning and Development, the South Mountain Partnership, Hoffman Charitable Trust, the Adams County Community Foundation, and Gettysburg College.

For a map of the GIL trail system, go to habpi.org/pages/handouts.php and select the map. For more information about HABPI and ways to be involved click on "Home" in the red bar.

Lex McMillan is a HABPI board member. An avid recreational cyclist, he is president emeritus of Albright College and former vice president for College Relations at Gettysburg College.

Outdated tradition; happy survivor

Dear Annie: I am a baby boomer and appreciate the 20th-century tradition of "rising to the occasion" and taking in meals if a family member is ill or if there has been a death in the family. It is a kind and thoughtful gesture. I am in a club, and one member's husband was diagnosed with cancer two years ago. At that time, our president assigned each member a time to take a meal to them, staggered by a few days. Our president requested that we share the menu with other club members so there wouldn't be duplicated meals. The member's husband recently died, and our president has again requested that we take food to the house. And we are stepping up to the plate and doing so.

This member is financially very well-off. Her husband retired from a

career in government, and his retirement income was well over six figures annually. She is a successful Realtor. In 21st-century America, supermarkets have deli departments, and restaurants have takeout options. Home delivery of food is available. I agree that taking food to folks in these circumstances is a kind and gracious act, but I'm wondering whether that's still what etiquette dictates. — Wondering

Dear Wondering: Sure, it's easier than ever to have food delivered. But the gesture of bringing meals to the grieving or sick has never really been about making things more convenient for them (though that's part of it). It's about community. It's about showing someone going through a hard time that he or she has the support of friends and

DEAR ANNIE

Annie Lane



neighbors. So I'd encourage you to do whatever you can. If you find you don't have time to cook, then picking up takeout is just fine, too. It's your stopping by that counts.

Dear Annie: As a survivor of abuse, I would like to share some things with "Ostracized," whose adult children seem to have chosen their dad's

side despite his abusive behavior toward her: You are doing more for your children than you know. Leaving a toxic marriage teaches them how to stand up for themselves. Staying centered, calm and confident teaches them things that money won't buy. They have their own lessons to learn, and added demands will only continue this churning. Snail-mail letters are powerful because they can come back to them time and time again. You are their mom, and his money and control won't change that. I know it's hard (I have been there), but new family dynamics call for new traditions. Anything you can do to make things easier for the kids will help them more than you know (and I've been the kid, too!). They will figure all of this out. It may take some

time, but you will heal and show them that a happy life doesn't depend on money. Be gentle with yourself. — A Happy Survivor

Dear Happy Survivor: Thank you for your beautiful letter. I'm printing it to provide encouragement to "Ostracized" and anyone else who has left an abusive partner.

"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. Annie Lane is on vacation this week. This column originally ran in 2017.

Span of Memphis street renamed for slain rapper Young Dolph

By Adrian Sainz
Associated Press

MEMPHIS, Tenn. (AP) — Family and friends of slain rapper Young Dolph remembered him Wednesday as a loving father, skilled businessman and generous philanthropist at a ceremony renaming a street for him in the same area of Memphis where he grew up and also was gunned down last month.

The rapper's 7-year-old son stood on a ladder and pulled a string to remove the cover off the brown and gold street sign, not far from Young Dolph's boyhood

home and the bakery where he was killed Nov. 17 while picking up cookies in broad daylight. A stretch of road near Memphis International Airport, Dunn Avenue, now has a sign bearing the rap artist's real name, Adolph Thornton Jr.

Known for his depictions of tough street life and his independent approach to the music business, Young Dolph was admired for charitable works in Memphis. He organized Thanksgiving turkey giveaways, donated thousands of dollars to high schools, and paid rent and covered funeral costs for people in the Castalia

Heights neighborhood where he was raised.

Among those attending the ceremony were his parents, his life partner Mia Jaye, their children Adolph III and Aria, 4, other relatives, fans, friends, city officials and members of his music label, "Paper Route Empire."

"Having this street named after him will leave something visible, will leave something tangible," said DJ Rock Steddy, who was Young Dolph's DJ. "When you see that sign, that's not just a sign for Young Dolph, that's a sign for the future of this community and this city. You all can see that any-

thing is possible."

No arrests have been made in the killing, which stunned Memphis and shocked the entertainment world. Police said two men exited a white Mercedes-Benz and fired shots into Makeda's Homemade Cookies that Nov. 17. Police released photos taken from surveillance video that captured the shooting, and authorities later found the abandoned car.

City officials and community activists also pointed to the killing as a symbol of the scourge of gun violence in Memphis, where more than 250 homicides have been reported this year.

"We shouldn't be here celebrating Young Dolph in his passing," said JB Smiley Jr., a Memphis City Council member who is running for Tennessee governor as a Democrat. "We should be here celebrating as he lived today."

A private funeral was held for Young Dolph earlier this month. He will be honored Thursday during a public celebration at FedExForum, the home of the Memphis Grizzlies of the NBA and the University of Memphis men's basketball team.

When he was killed, Young

Dolph was in Memphis to participate in Thanksgiving turkey giveaways and visit a cancer center. Friends and associates handed out turkeys, stuffing mix and cranberry sauce at a church two days after the shooting, an event the 36-year-old rapper helped organize and was supposed to attend.

He also was organizing Christmas events at another church and a senior center, which proceeded without him, said his aunt, Rita Myers. Meanwhile, his plans to create a music academy at a community center are expected to continue.

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