

Lifestyle

Winterize, spring clean property against mosquitos, ticks

I received my bachelor of biology with minors in chemistry and geography from York College of Pennsylvania. I am an avid outdoor person and am looking forward to conserving Adams County's natural resources while encouraging responsible development to help our county grow.

Your yard can be a perfect habitat for ticks and a breeding ground for mosquitos. Mosquitos lay eggs in still water and can complete their life cycle in five days in optimal conditions. Flowerpots, kiddie pools, bird baths and ornamental ponds are areas around your yard that breed mosquitos.

Flip those over before spring so they do not collect water. Snow and ice from winter can building up in

containers on your property. Old tires are also great water collecting areas that are often overlooked.

Avoid mowing grass when you could leave ruts. Ruts can hold water. Taller grass is a great hiding spot for ticks and resting area for mosquitos. Tall grass does not dry out as well which can lead to breeding areas for mosquitos.

Planting tick and mosquito repelling plants are a natural way to keep these pests away. Lavender, mint, sage, rosemary, eucalyptus, and marigold are just a few that will make your yard look pretty and repel pests.

Keeping pets out of the woods and a buffer between the yard also helps with tick and mosquito prevention. A

CONSERVATION DISTRICT

Christina Anders

good buffer is a 4- to 5-foot section between your yard and the woods that is free of brush, leaf litter, and ground cover. Ticks like to hide in leaf piles so removing leaves that pile up along the edges of the woods or buildings will prevent hiding places for ticks and mosquitos.

A little preventive maintenance of your property will not only help stop the spread of disease but also keep mosquitos and ticks from being pests

to your family. I am looking forward to helping keep Adams County mosquito and tick disease free. For additional information on these programs, please contact me at the Adams County Conservation District, canders@adamscounty.us or 717-334-0636 ext. 3049.

Mosquito monitoring was reduced this summer due to personnel changes. The previous mosquito borne disease control coordinator resigned in July 2021. I started in October after the monitoring season was completed for the year. Maya, the summer intern, continued the monitoring throughout the summer.

Mosquito statistics for 2021: 757 samples were collected; 158 samples were tested; only one sample tested

positive for a mosquito borne disease. One avian (bird) was tested and found to be negative for mosquito borne disease. Please keep an eye out for dead birds (corvidae, raptor, and robin species) that do not appear to have died by trauma (animal or being hit by a car). Birds are a carrier of mosquito borne diseases, and the mosquitos pass the disease on to humans. If you see sick or dead birds by natural causes, please report them to the conservation district at 717-334-0636 if they have not started to decompose.

Christina Anders is the mosquito borne disease coordinator and resource conservation technician for Adams County Conservation District. She is a lifelong resident of Adams County.

Happy HABPI 2022, the trail ahead

With the holidays behind us and spring still months away, January can seem pretty cold and bleak. But as we usher in a new year, January also gives us a chance to look ahead. For Healthy Adams Bicycle/Pedestrian Inc. (HABPI), the outlook seems pretty warm and sunny.

Could we see a new trail for biking and walking in Littlestown? We think so. Last year a local business approached us with the idea of using an old railroad bed that they own as the start of a trail that would run from Littlestown south through Germany Township to the Maryland border. We've been investigating the possibility and it looks promising.

The Parks and Recreation Department in Carroll County, Maryland, is already working to develop a trail along the same unused railroad line in Maryland. If the required easements can be secured from the railroad, the combined trails could extend roughly

six miles from Littlestown to just north of Taneytown. Stay tuned as we pursue this further.

HABPI is also working with the Borough of Gettysburg on the next phase of the Gettysburg Inner Loop, a bicycle and walking path that will eventually circle the borough. This phase of the project runs between Chambersburg and Washington streets, providing easy access to downtown businesses while also addressing critical stormwater management issues in the area.

Funding for trail development is a complicated endeavor, often involving multiple grant applications as well as requirements for local matching monies. We recently received news that the Pennsylvania Department of Conservation and Natural Resources (DCNR) has approved the Borough's funding request. It's looking like 2022 will be a very good year for the Inner Loop.

HABPI is also looking at develop-

HABPI

Eric Meyer



ment of a new sidewalk or bicycle/walking path that would connect the Adams County Historical Society's (ACHS) new facility on Carlisle Street with the borough. The path will enable safe bike and pedestrian access to the new buildings. We are working with Andrew Dalton, executive director, for the ACHS, on the effort. We're still in the early stages of analysis but hope to see our plans firm up in 2022.

Work continues on developing a

trail along Boyds School Road that would connect with the existing North Gettysburg Trail at Old Harrisburg Road. This year we'll be checking with property owners along Boyds School Road, about their willingness to grant easements for the trail.

HABPI is also working with the Gettysburg Area Recreation Authority to install a bike repair station at the rec park so that local cyclists will have the equipment they need to carry out simple bike repairs and maintenance, such as changing a flat tire or adjusting brakes and gears.

Also coming in 2022 is a new website for HABPI, which we'll unveil shortly. The website will have a more modern look and easier navigation to a broad range of information for cyclists and walking enthusiasts. We also plan to reinvigorate our "Friends of HABPI" program to provide better communication and seek more involvement

with our supporters.

Finally, a number of people have asked if we'll be bringing back our free group bike rides. We'd like to hear from you about what type of rides you'd be interested in (distance, location, pace) and what timing works best for you (weekdays, weekends, evenings, etc.). Send us your input via the email address below. If there's enough interest, we'd love to organize a few local rides.

We're very appreciative of the record-breaking donations we received at the Giving Spree. It was a truly uplifting way to close out 2021. We're excited about what lies ahead in 2022 and we hope you are too. If you'd like more information about HABPI, please check out our website at habpi.org or email us at habpi2012@gmail.com.

Eric Meyer is president of Healthy Adams Bicycle/Pedestrian Inc. and a retired engineer who rediscovered his love of biking about 25 years ago.

Struggling through grief, and the path forward

The past two years, 2020 and 2021, have been years in which a pervasive sense of loss has permeated society. Events such as the pandemic have resulted in acute losses such as the deaths of loved ones and disappearance of jobs while natural disasters have destroyed homes and personal belongings.

Social distancing guidelines and restricted activity/travel impact relationships and our sense of self. Personal responses to loss vary from individual to individual, however a common denominator in all situations of loss is grief.

Grief is the process which helps us adapt to the reality that someone or something which was present in our lives is now changed or absent. Grief is uncomfortable, and therefore people may try to ignore or avoid the feelings that accompany it. But grief also posi-

tions us so healing can begin.

An understanding of some of the basic tenets of grief can help people recognize that what they are experiencing is normal and healthy.

Grief serves as an outlet for our emotions. Anger, guilt, frustration, sadness, and even relief are some of the normal feelings associated with grief. Attempts to avoid the grief experience may lead to the expression of these feelings in unhealthy ways.

You are not alone. Grief is a universal experience although the specific process is unique for each individual. Some individuals experience healing through "feeling," and find sharing their emotions with others to be helpful. Others are more action oriented and focus on "doing" things for themselves or others to assuage their grief. Recognizing which approach is most helpful for you, or that you require a

HEALTHY ADAMS COUNTY

Karen Kaslow



balance of both approaches, can help you focus your interactions with others as you move forward.

Grief does not follow a straight line. The same feelings do not occur for everyone, nor do they occur in a certain order or for a certain amount of time.

Feelings of intense grief may pop up at unexpected times. A particular object, a song on the radio, or the

smell of a certain type of food can trigger memories of your loved one and a temporary meltdown. Recognize that this is normal and accept a loss of control for a few moments.

Professional help is recommended if you experience prolonged intense sorrow and/or an inability to function in daily life.

Individuals who are providing support for someone who is grieving may feel awkward about what to say or how to act, and therefore some people may have a tendency to shy away from offering condolences or assistance. Here are a few tips for interacting with someone who is grieving:

Allow the sharing of feelings, even negative ones, if the individual is willing to share. Do not force someone to share who isn't ready.

It is OK to share stories and memories of a deceased individual with a

person who is grieving. You are not reminding them of the loss as it is already foremost in their thoughts.

Remember days which are meaningful to the grieving individual, such as birthdays and anniversaries.

Be available after the initial surge of activity/support following the loss, when others have returned to their daily lives.

Listen without judging or offering advice.

Avoid offering platitudes as they are not comforting to a grieving individual.

Offer to handle a specific task for the grieving individual instead of a general statement such as "Let me know how I can help."

Karen Kaslow, RN, BSN, is co-chair of the End-of-Life Committee, an affiliate of Healthy Adams County and care coordinator for Keystone Elder Law.

Drive while high, get nabbed for DUI

Dear Annie: I had a high school boyfriend 47 years ago but left him. He came to my house the day before I was marrying someone else and begged me not to marry him, but I did. Long story short, after getting divorced, I tried to find him, but I couldn't. I married again and got divorced again. I then focused on trying to find him again only to find out he's been dead since 2007. I don't know how to process my guilt and grief and wondering what

might have been. He never got married nor had any kids. Missing him after all these years. — Nostalgic and Regretful

Dear Nostalgic and Regretful: It's easy to romanticize the things we don't have, the relationships that could have been, the ones who got away. But think back to 47 years ago: There was a reason you left him. There was a reason you married someone else. You did the best you could with the information you had. Stop beating yourself up.

Dear Annie: My wife and I recently found out that our 19-year-old son has been smoking pot for about a year. We had been suspicious but didn't have proof until last week. He says that it helps his anxiety (something we didn't know he had), keeps him focused and helps him to have a decent appetite. He insists that it is not addictive, yet he does not want

DEAR ANNIE

Annie Lane



to give it up. He says that he usually smokes it in a remote area and then drives himself to wherever he is going. This is crushing to us on so many levels!

No. 1: We would like to see him deal with his anxiety through some other, safer means (a therapist maybe?); No. 2: He is not legally old enough in our state to have marijuana; No. 3: He insists that he doesn't drive stoned, but it sounds like he

has. What if he hurt someone?; No. 4: He has a friend whose sister, just a few years ago, used pot for her anxiety, and when that didn't work, she went to stronger street drugs and eventually overdosed and died. When that happened, we had long talks with our children about drugs, and we thought they were smart enough not to get involved.

We don't know what to do. Right now, we are switching health insurance, so we cannot see a doctor or therapist until he can be added to our new insurance. What should we do? I would love to turn in his supplier to the authorities, but he won't give up the guy's name. Any suggestions? — Worried for our Son

Dear Worried: If your son gets pulled over while under the influence of marijuana, he'll get a DUI. And the fact that he's underage could result in high fines or even

jail time, depending on state laws. A lot of teenagers are under the impression that driving high isn't an issue, so make sure he's aware of the consequences.

His use of marijuana to self-medicate is a different problem entirely. He needs to address his underlying anxiety issues, rather than mask them with a drug. Contact the Substance Abuse and Mental Health Services Administration until you are able to find a good therapist for your son.

"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.

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