

Gettysburg Senior Citizen Educates People About Environment



Mildred displays the curriculum materials that she provided to students who got involved with Soil and Water Stewardship Day. This event was just one of Mildred's activities as environmental technician for the Conservation District.



Working side by side with her husband on their farm for most of her life helps Mildred Musselman relate to farmers working with the Conservation District. It also motivates her to educate the community about conservation.

JAYNE SEBRIGHT
Lancaster Farming Staff
GETTYSBURG (Adams Co.)

— Mildred Musselman gets up at 5:30 a.m. every morning, goes to work from 8 a.m. to 4:30 p.m. at the Adams County Conservation District, and then goes home to work in her rock garden and lawn for most of the evening.

Maintaining the energy of a 25 year old, Mildred went to work at the Conservation District in 1989 when she turned 65 years old. Last year was her tenth year anniversary with the District.

Mildred and her husband Arthur farmed on their 162-acre farm in Gettysburg until Arthur passed away in 1985. They raised grain and poultry. "I was involved in every aspect of the farm," said Mildred.

After Arthur's death, Mildred began renting the farm to a local farmer. Then, in 1989, the farmer who was renting her farm encouraged her to apply at the Conservation District.

"He told me they needed someone down there to work with the farmers," said Mildred. "Since I was a farmer, he thought I would be able to communicate well with other farmers."

Mildred's first job at the District was to do Chesapeake Bay assessments for Adams County farmers. "I started out interviewing farmers and collecting information about their operations."

Shortly after starting, she became a Chesapeake Bay technician and helped farmers develop conservation plans. "I

always enjoyed working with the farmers because they spoke my language and I spoke theirs," she said.

Just last year Mildred switched responsibilities after working as a Chesapeake Bay technician for ten years to become an environmental technician. Now, instead of working with farmers, she'll be educating students, teachers, and the community about conservation and environmental issues.

"With my new position, I'll be able to educate the general public on environmental issues related to farming," said Mildred. "This will be my chance to give back to the farm community."

Mildred is one of seven full-time employees at the District. About 50 percent of the work done there involves farmers in some way. Mildred is the first to work solely with the community and education programs.

Some of her responsibilities will include promoting Soil and Water Stewardship Day and Earth Day. For Soil and Water Stewardship Day, she supplied schools with educational materials for the students to study prior to attending environmental camps.

With Earth Day quickly approaching, Mildred has been busy distributing seeds to senior citizens clubs throughout the county and coordinating a tree seedling sale. She also helped the Watershed Alliance of Adams County monitor local stream water to solve environmental problems.

"I just completed plans for a

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National Infant Immunization Week Reminds Parents 'You Gave Them Life - Protect It'

LOU ANN GOOD
Lancaster Farming Staff

LANCASTER (Lancaster Co.) — Caring parents do whatever possible to protect their children from situations that could cause brain damage, bodily injury, or death. Except, perhaps, they don't make sure that all immunizations are up to date.

Some parents, fearful of side effects and who may lack information on immunization, are skeptical of the need for immunization and do not have children vaccinated against tetanus, diphtheria, polio, measles, mumps, Hib, chicken pox, and hepatitis B.

This puts their children at risk not only for contracting the illnesses but also complications from the diseases, which can cause seizures, brain damage, deafness, other physical handicaps and even death. It also can cause others to contract these vaccine-preventable diseases.

"You gave them life — protect it," is the motto for the National Immunization Week, April 16-22. National Infant Immunization week gives the Lan-

caster County Immunization Coalition the opportunity to bring to the community an increased awareness for the need to vaccinate children at an early age. Infant immunization is simple and inexpensive.

Failure to see that children are properly vaccinated is often based on myths, according to Elaine Zuck, nurse at the Lancaster County site of the Pa. Department of Health. Some of these myths include the following:

- "I've never seen these diseases and I don't think they exist anymore."

"The reason few children contract polio, diphtheria, and many of the formerly common childhood diseases is because of immunization. Decrease the rate of immunization, and the incident of disease goes up," Zuck said.

- "Vaccines can make my child sick and might even cause death."

"Vaccines are very safe and effective," Zuck insists. "It is extremely rare to have significant side effects to vaccines especially since the release of the newer and safer vaccine DTaP,

which causes fewer and milder reactions than the formerly used DTP. Experience and research does not support the myth that vaccines cause the disease they are intended to prevent."

- "Vaccines hurt and I hate to see my child get a shot."

The reality is that temporary discomfort from an injection is soon forgotten and nothing compared to the excruciating pain of contracting one of the diseases.

Before attending school, Pennsylvania law requires that children must have had the following immunizations: four doses of tetanus and diphtheria, three doses of polio, two doses of measles, one dose of mumps and rubella, and three doses of hepatitis B. The only exemptions from this law are for medical or religious beliefs.

The medical profession believes that parents who shun immunizations because of religious beliefs should reconsider. They have seen heart-rending stories of babies and children who die or are permanently damaged because they were not immunized.

Although immunizations are



Elaine Zuck of the Pennsylvania Health Department prepares the third dose of DTaP for 8-month-old Austin held by his mother Bridy Mullikin, Lancaster.

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