Hello and happy summer! I hope you are all having a great season thus far. Summer, I believe, is finally here!

I would like to take the time to remind you all about personal safety - especially in the summer months!! We are all out and about more through the summer and sometimes forget about our own well-being.

One of the things that we all forget about (especially me as I found out with our first camping trip of the season!) is SUNSCREEN…even though most people in our field tan - it’s not about that. Sunscreen protects everyone from the UV rays that come from the sun everyday!! Even the most ‘tan of tan’ folks should still be protecting themselves; skin cancer still plays a big factor in everyday life.

Another big problem is ticks. I know a lot of us work out in the country and come across some pretty ugly BUGS - especially ticks. With Lymes Disease on the rise we need to be tick-aware and if you come across one attached to you, here are a few steps to follow:

1)      The best way to remove a tick is to use tweezers: make sure you get the head of the tick - this prevents any part being left behind. If part of the head is still stuck you will want to go see a doctor. They will make sure to get the rest removed or give you some tips as to what signs/symptoms to watch for.

2)      Some preventative ways to keep ticks off will be to use a bug spray containing DEET - simply spray onto your clothing. When applying to your face, spray your hands first, then apply. Wearing long sleeves, pants, and boots also help; at least from them attaching to you - they may still be on your clothing, but hey, they aren’t stuck to you!

3)      If/when you come across some reddish-black spots (some say it looks like caviar) in a yard - DO NOT TOUCH. This is a tick nest. Boric acid works the best, but kill it with whatever means possible. To keep ticks from nesting in your yard here are a few tips:

* Keep grass mowed
* Keep debris out of your yard like grass clippings, leaves, etc.
* Ticks like moist dark areas

I hope these little tips help you out somewhat. We will see you in July in Austin, MN for the annual Summer picnic!!

Erika Ediger-Connolly