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Information Center

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- Wildlife
- Yard and Garden
- Youth Development



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(441-7188 in Lincoln area)

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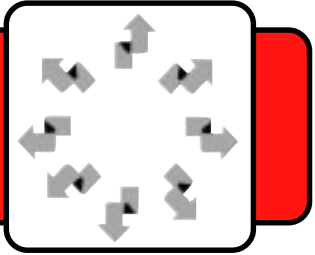


Be alert to the danger; poison hemlock abounds this year

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containing the highest concentration of alkaloids followed by the vegetative material. Mechanically removing plants may work as long as the cut dry matter is removed from livestock access. Dry plants on the ground or in hay may still be

Miscellaneous



Focus on food

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make it look brown before it is done. Brush or sprinkle sauces/spices on the surface of cooked burgers. Completely thaw meat or poultry in the refrigerator. Frozen patties do not cook evenly and may not be safe. Remove cooked meats from grill with a clean spatula or tongs.

■ **Keep hot foods hot until served.** Cooked meats may be set on the side of the grill rack to keep them hot.

■ **Leftovers that have been off the hot grill for less than an hour, may be safely transported home in a cooler with plenty of ice.** Cold foods that have been kept cold in the cooler may be safely returned to your refrigerator. Plan to eat leftovers within a day or two.

■ **Discard any food left out for more than two hours or one hour in hot weather.** When in doubt, throw it out!

Cross contamination between raw and cooked product, undercooked ground meat and food being left out at room temperature for too long are prime causes of summer foodborne illness. Have a safe and healthy summer and make sure that your enjoyable summer picnic doesn't become an invitation to foodborne illness. (AH)



Ticks and disease transfer

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bodies, giving extra attention to the head, neck and waist.

Pets can be tick protected with dips, sprays and powders. Vaccines also are available for pets to protect against Lyme disease. Contact your veterinarian about vaccinations. Heavy tick infestations can reduce an animal's vitality and make it irritable.

Once a tick lands on a person or animal, it can take several hours before they start to feed. The disease potential is related to the length of time a tick feeds. Ticks can feed for several days. A tick will fall off a host when it is completely engorged to molt or lay eggs. A female tick can lay thousands of eggs after a blood meal, which will hatch and could infest a home.

To remove attached ticks, use tweezers to grasp the tick at

the point where its mouthparts are and gently pull until it's removed. Avoid breaking the body of the tick from the mouthparts, if possible. Infections can occur if mouthparts are imbedded in the skin.

A common myth about ticks is that they fall from trees. Ticks primarily live in tall grasses. They wave their front legs to attach to a warm-blooded host that walks by and continue their life cycle after a blood meal.

For acreage owners, mowing grass around buildings can deter ticks. Ticks need a humid environment to survive and short grass makes the environment less suitable and attracts fewer animals.

For more information on ticks, see NebGuide G94-1220-A, "Controlling Ticks," or contact the Lancaster County Extension office. (DJ)



Fad diets mostly hype

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by a few telltale signs:

■ **Miracle foods.** Overeating and lack of activity can take a toll on the body, and no food can undo those effects.

■ **Rapid weight loss,** more than one to two pounds a week, is unnatural and can upset body chemistry. Weight lost slowly over time has a better chance of staying off.

■ **No exercise.** Exercise is extremely important for losing and maintaining weight loss. The majority of fad diets don't stress exercise as necessary.

■ **Food combinations.** There is no scientific proof that eating foods in a specific order or combination can help in weight loss.

The keys to permanent

weight loss are variety, moderation and balance—making a permanent change in lifestyle, both in eating habits and exercise. Exercise three to five times a week for at least 30 minutes. If you haven't exercised before, start off slow and gradually increase physical activity. Any kind of exercise is good, although it's a good idea to check with a physician before starting.

Losing weight slowly is the key to keeping it off. By maintaining a balanced diet and exercising regularly, fat can be eliminated without long-term harm to the body.

SOURCE: Wanda Koszewski, Ph.D., nutrition specialist, NU/IANR (AH)

toxic.

Poison hemlock is a plant we have lived with for several years. Be aware of its abundance this year and how to deal with it. Also, teach children to stay clear of poison hemlock as well. Taking precautionary measures

may reduce the likelihood of problems with this highly poisonous plant.

Source: Jeff Rawlinson, Extension Technologist Weed Science and Bruce Anderson, Extension Forage Specialist. (TD)