

To DEET or not To DEET

For some reason, ticks are abundant this year . . . perhaps it was the warm winter. Most of the ticks in the Lancaster County area are wood ticks, also called the American dog tick and not really much of a concern. But, if you are spending time in the southeast corner of Nebraska, especially Indian Cave State Park, be aware about 50 percent of the ticks you will encounter are Lone Star Ticks. These ticks have been implicated in the transmission of Lyme disease.

If you spend much time in tick-infested areas, it would be wise to use an insect repellent. The most effective products contain some concentration of the chemical N, N-Diethyl-m-toluamide commonly known as DEET. To determine if the repellent you are considering contains DEET, look at the "active ingredients" on the label. You will either see N, N-Diethyl-m-toluamide, or its abbreviation, DEET.

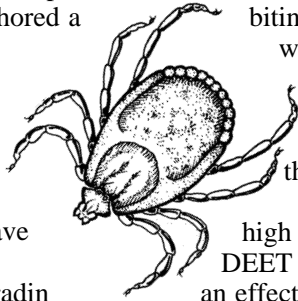
Why DEET?

"Even after 40 years on the

market, DEET remains the gold standard of insect repellents," says Mark S. Fradin, M.D., a dermatologist from Chapel Hill, N.C., who authored a clinician's guide to mosquito repellents published in the June 1998 issue of *Annals of Internal Medicine*.

"Researchers have searched for other compounds," Dr. Fradin says. "But no other chemical has been found that beats the broad-spectrum effectiveness and duration of protection of DEET."

DEET was developed by the U.S. Department of Agriculture and patented in 1946 by the U.S. Army. It has been approved for use by the general public since 1957. The Environmental Protection Agency (EPA) estimates more than 38 percent of the U.S. population uses DEET-based repellents each year and worldwide usage exceeds 200 million people annually.



How DEET works.

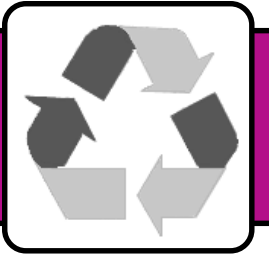
Moisture, warmth, carbon dioxide, and odor produced by humans are all attractants for biting pests. Repellents work by blocking the receptor sites so the tick or mosquito cannot hone in on these attractants.

It doesn't take a high concentration of a DEET repellent to provide an effective deterrent, according to medical studies over the past 30 years. In fact, products containing as little as ten percent DEET, will generally be effective for most outdoor activities. Pediatricians recommend products containing 10 percent DEET or less for use by children. Many manufacturers make products to meet these guidelines.

Adverse reactions to DEET are rare when the product is applied properly. Most reported adverse reactions have occurred

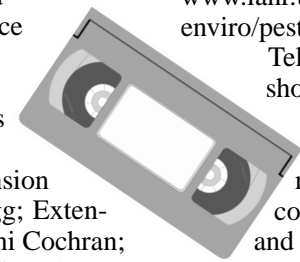
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Environmental Focus



Extension Head Lice Videotape Wins National Award!

Removing Head Lice Safely, a videotape to educate parents about safe, effective, and scientifically based methods of head lice control, has won a 2000 Telly Award. This videotape was developed and produced by Extension Educator, Barb Ogg; Extension Associate, Soni Cochran; and Kent Taylor of Taylor Productions. This videotape is used by area schools and child care facilities, including Lincoln Public Schools, and has been aired on City TV-5, Lincoln's cable access channel. More than 1000 have been sold since September 1999.



the Lancaster County Extension pest home site to view this videotape: <http://www.ianr.unl.edu/ianr/lanco/enviro/pest/lice.htm>

Telly Awards are given to showcase and give recognition to outstanding, non-network and cable TV commercials, and film and video productions.

According to Telly Awards information, entries do not compete against each other, but are judged against a "high standard of excellence." This videotape costs \$10, plus \$3 shipping and handling and is available at the Lancaster County Extension Office. For more information about head lice or this videotape, contact Barb Ogg or Soni Cochran (402) 441-7180. (BPO)

I've Got GOPHERS in My Garden!

gopher (gō'fər) n. [A Lancaster County, Nebraska definition (see GOFFER): so called from its habit of burrowing] **1.** small brownish animal **2.** any animal that causes damage to plants, landscape, digs holes, piles up mounds, throws dirt, or gets caught in a trap **3.** often applies to 13-lined ground squirrels, voles, moles, shrews, or mice **4. pocket gophers** are found in Lancaster County and tend to be pests in fields and on acreages.

If you call us with a "gopher" problem, you may be

surprised at the detective work it takes in order to figure out if you are really having a

problem with a gopher. Most people use the term "gopher" to describe one of several animals that live in this area.

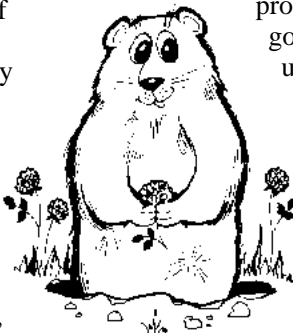
Does it really matter? I mean who cares if the pest on your property isn't a

"gopher." Terminology aside, it really does matter. When you know what animal you have, it is easier to understand the animal's food and habitat needs. With proper identification, you

can make better and safer decisions on controlling the "gopher" problem.

"But I don't know what kind of animal it is." You don't need to know what your "gopher" is before you call the extension office. However, it is helpful if you can describe the animal and some of the animal "signs" (like mounds, size of holes, paths, damage to plants).

The extension office has excellent information on all animals that may be called "gophers"— even on "gophers" that have long ears and hop. Stop by, check out our website, or give us a call between 8 a.m. and noon, and we'll help you with your "gopher" questions. (SC)



Household Hazardous Waste Collections for June Hickman and Lincoln Collection Sites



Date	Location	Time
Friday, June 23	Hickman, Second and Main	3 - 6 p.m.
Saturday, June 24	Lincoln-Lancaster County Health Department (LLCHD) 3140 "N" Street, south parking lot	9 a.m. - 3 p.m.

Items you can bring for disposal:

- Heavy metals: items containing mercury such as thermometers and thermostats.
- Solvents: mineral spirits, turpentine, paint strippers and thinners, oil-based paints, varnishes, stains, polishes and waxes.
- Pesticides: weed killers, garden sprays, wood preservatives, roach powder, rat poisons. You may also bring EPA banned products, like DDT, chlordane, 2,4,5-T, pentachlorophenol, silvex.
- PCB's: Ballasts from old fluorescent fixtures and capacitors from old appliances including radios, motors, and televisions.

Leave products in their original container and keep the label intact. Open, leaking, or rusted containers should be placed in a clear plastic bag during transport. Do not mix chemicals. Do not bring latex paint, medicines, explosives or ammunition, fertilizers, used oil, general household trash, antifreeze, or batteries. For more specific information, call the Lincoln-Lancaster County Health Department, 441-8040. (BPO)

Word Search



How many of the following words can you find in this puzzle? Each word may be spelled forwards, backwards, downwards, or diagonally. One word is spelled diagonally backwards.

- | | | |
|-----------|-------------|----------|
| acid | environment | radon |
| air | groundwater | rain |
| asbestos | hazardous | recycle |
| chemicals | health | residue |
| corrode | incinerate | risk |
| decompose | lab | runoff |
| dioxin | land | smog |
| discharge | lead | smoke |
| dispose | litter | standard |
| dump | ozone | toxic |
| earth | pesticide | waste |
| emissions | pollution | water |

D E D I S P O S E N D N A L N I S L I L
 Y R A U T L D I N A E M I S S I O N S H
 S I E T A R E N I C N I D N B M F Y H A
 N F F O N U R N A A V H F L E E Q A N O
 R S U O D R A Z A H I H A R O L S K D S
 O P H I A U I E C O R R O D E B I T E L
 L N I A R Y M S P E O A R L S L I C O K
 S O U T D E H P K P N O I T U L L O P S
 E N M A R G S H E R M R I H T L A E H T
 C L X R A V E I T R E T A W B F K R A A
 H W M B L D J O D T N Q V U N I X O I D
 B E I N Q F Z A A U T O X I C G J N P I
 T A L E T S A W S U E S A N H C A R O S
 L Y I A N C D E C O M P O S E H A N D C
 F L T L B N E G E R T E T S M O G T I H
 E R T F U O Y J U S T I N A I N T H O A
 N Y E O Y Z M I C P E S T I C I D E C R
 K E R A D O N Y H O W A R D A D A I V G
 I G D J A N C K D R E C Y C L E D O T E
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