Tick and Tick-borne Disease Season is Here

Experts are warning that this year’s tick season could be worse and more widespread than ever due to milder winters, booming mice and deer populations, and the 2015 abundant acorn crop. Unfortunately, with the projected increase of ticks, the threat of tick-borne disease, including the most common, Lyme disease, also increases.

The best way to avoid contracting a tick-borne disease is to practice proper preventive measures, which include the following:

- Wear light-colored clothing, including long-sleeved shirts and pants when in wooded areas, and tuck pant legs into socks or boots. Keep long hair tied back.
- Wash your body and clothing after all outdoor activities.
- Look periodically for ticks if you have been outdoors, especially if you have been in wooded areas or gardens.
- Remove ticks within 24 hours to greatly reduce the risk of contracting disease.
- Talk with your veterinarian about tick repellent for your pet.
- Check your pet’s coat if it has been in a possible tick-infested area.

For more information on ticks and tick-borne disease, click here.
National Fireworks Safety Month: June 1 to July 4

Fireworks are a staple at festivities for many Americans during the summer months. Unfortunately, many people do not realize just how dangerous fireworks and sparklers can be—which is a primary reason that injuries occur.

In honor of National Fireworks Safety Month, which occurs from June 1 to July 4, take some time to familiarize yourself with the following safety suggestions to avoid accidents when using fireworks.

- Do not shoot fireworks off if you are under the influence of alcohol.
- Always have a hose or water bucket handy.
- Keep spectators a safe distance away.
- Show children how to properly hold sparklers, how to stay far enough away from other children and what not to do.
- Never try to relight a firework that didn’t properly ignite.
- Soak all firework debris in water before throwing it away.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.

An estimated 7,000 INJURIES were treated in hospital emergency rooms during the one-month period (June 20–July 20) surrounding the Fourth of July.

MALES accounted for 74 PERCENT of all injuries.

CHILDREN UNDER 15 accounted for 40 PERCENT of all injuries.

SPARKLERS AND FIRECRACKERS together accounted for 40 PERCENT of all injuries.

Source: The U.S. Consumer Product Safety Commission

Chicken and Veggie Salad

1 Tbsp. olive oil
2 skinless boneless chicken breasts
1 head of romaine lettuce (chopped)
1 red onion (thinly sliced)
½ cup black olives (halved)
2 tomatoes (seeded, chopped)
½ cup sunflower oil
1 tsp. garlic salt
½ cup grated Parmesan cheese

PREPARATIONS

1. In a large nonstick skillet, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.
2. In a large salad bowl, combine the lettuce, chicken, onion, olives and tomatoes. Add the sunflower oil and toss to coat. Add the garlic salt and Parmesan cheese, toss well and serve.

Makes: 4 servings

Nutritional Information (per serving)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Total Calories</td>
<td>443</td>
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<tr>
<td>Total Fat</td>
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<td>Protein</td>
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<tr>
<td>Total Sugars</td>
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Source: USDA