

# Critters: Ticked off! May is Tick Awareness Month

**Critters**  
Debra Bell



Welcome to May: Tick awareness month. But if your pets go outside, you probably are already aware of ticks.

They're creepy, crawly and just plain gross.

But with the right tools, you can remove them with little ick factor.

Just the other day, we took our dogs for a walk down the road. They sniffed all the sniffs and ventured through tall grass to experience the great outdoors. We got back to the house and I checked the dogs over carefully. I didn't see anything (those ticks are tricky) so we went about our business. On a whim about an hour later, I

checked the dogs over and found one lone tick in

the process of settling in for a blood meal on our boy Buddy in the crevasse of his wrist.

I grabbed our Tick Twister that had been stowed in the dog's first aid kit. We've had it for nearly 3 years and never had to use it but I'm sure glad we bought it. It was super easy to use: Just find the tick, slip on the twister and then twist and pull the nasty bug off.

Some people burn the ticks they find. Others squeeze them until they pop. Me, I drown them in rubbing alcohol to ensure their death. I suppose there are worse ways that you can die.

We consider ourselves very lucky that our dogs rarely get ticks. I have friends that find ticks on their dogs and cats every day. May is one of the most tick laden months of the year, but due to the less

than snowy winter there have been tick sightings since February.

Want to learn more about ticks and all the stuff that comes with them? Here are some resources:

•The University of Rhode Island TickEncounter Resource Center hosts a comprehensive website complete with information on ticks, the diseases they can carry, and how to protect yourself and your pets from ticks at tickencounter.org.

•Maine Public Radio's "Maine Calling" did a recent broadcast about ticks and Lyme Disease which can be heard at <http://news.mpbnet/post/ticks-lyme-disease>.

•Practice self care. Do a tick check every time you come in from being outside or when your pets come in from being outside. Make sure your pets are protected with a flea and tick product recommended by your veterinarian, and

treat your yard by keeping the grass mowed.

All pet (and people) first aid kits and hiking bags should have a tick remover product whether it's a tick key, a tick twister, or a tick spoon most of which are less than \$10. These tools are great for any creature — canine, feline, equine or human. Enjoying the great outdoors doesn't mean worrying about ticks, Lyme disease or other tick borne diseases. It just means being smart and cautious.

And on the lookout for nasty little bugs.

Debra Bell is a freelance writer, graphic designer and the owner of Bell's Furry Friends Photography (a division of Bell Imaging & Design LLC). Debra and her husband Bill, are owned by a Maine coon cat named Olivia and two greyhounds, Laura and Buddy. See her work and learn more about Bell's Furry Friends Photography at [bffpetphotos.com](http://bffpetphotos.com).



PHOTO COURTESY DEB BELL

A tick remover, like this, is invaluable in the fight against tick-borne diseases.

## UCP of Maine donates iPad to local disabled child

The Elsie S. Bellows Fund was established in 1995 to provide assistive technology equipment to individuals with disabilities. Earnings from the principal of this fund are allocated on an annual basis by UCP of Maine.

"Our 12 year-old daughter, Sarah, was awarded the funding in December 2015. The funds allowed us to purchase a new Apple iPad 4th Generation and Proloquo2go communication software," said Laurie and Ron Frisbey. After picking up a sturdy case for it, they were ready to begin exploring the capabilities of the software and using it with her. "Her face lit right up when we showed it to her."

"Sarah is nonverbal, so we have been using picture cards for years, more

so at school and sporadically at home. It's difficult to keep them all where they need to be and wherever she is, to be consistent between home and school. When cards are worn or lost, more need to be printed, laminated and Velcro affixed," explained Ron.

"With the iPad and software, everything is in one compact place and easy for Sarah to have with her and access when she needs it. Proloquo2go is SO EASY to use and customize," said Laurie. "This is Sarah's new voice and vocabulary, and we're excited to teach her how to use it to express her wants, needs, and emotions. This will allow Sarah to communicate with others like she's never been able to before."

UCP of Maine's other services include: Home and Community Treatment (HCT), Early Childhood Services (Bridges), Rehabilitative and Com-

munity Supports (RCS), Behavioral Health Homes (BHH), Adult and Children's Case Management, Adult Residential and Outpatient Therapy.

Established in 1954, UCP of Maine is a private, non-profit organization which is committed to advancing the independence, productivity and full citizenship of people with disabilities who have multiple needs. UCP of Maine serves children and adults in the Penobscot, Waldo, Piscataquis, Southern Aroostook and Northeastern Somerset Counties.

For more information on the any of UCP of Maine's services, please visit [www.ucpofmaine.org](http://www.ucpofmaine.org) or contact Marc Inman, Business Development and Marketing Manager at 207-941-2952 x 233.

Yesterday ... Today  
Turning the pages from the past  
**The Weekly**

## UMaine students studying in Russia for two weeks this summer

Nine University of Maine students will have a chance to implement what they learned in an International Entrepreneurship course during a 14-day trip in Russia.

The Maine Business School undergraduates will visit seven communities in Russia from May 17-30, including Moscow, Yaroslavl, Syktyvkar and St. Petersburg.

In Syktyvkar, students will live with Russian families for four days, said Andrei Strukov, a native of Russia and director of the UMaine Faculty Development Center. Strukov, who co-teaches the course with professor of management John Mahon, said that during previous years students have made rewarding, personal connections with their hosts.

Another goal of the trip

is for participants to learn about the many opportunities, business and otherwise, beyond the borders of Maine and the United States, said Strukov.

Students will meet with heads of businesses, including MBS graduate and executive in residence Shawn McKenna, who owns restaurants in Russia.

They also will visit with UMaine alumnus Matthew Shannon, who when he was a student, twice took part in the UMaine trip to Russia. After graduating, he returned there to operate a tourism business in St. Petersburg. Shannon now works at a law firm in Moscow, said Strukov.

The UMaine contingent, which will travel throughout Russia by plane, train, bus and boat, also will sightsee and tour cultural landmarks and attractions. In Moscow, for instance, the itinerary includes visits

to the Kremlin, Tretyakov Gallery, the Novodevichy Convent, Monastery of St. Sergius and Sergiev Posad. And in St. Petersburg, a city built over more than 40 islands, the students will take a boat trip on rivers and canals and tour the Peterhof Palace, park and gardens.

To prepare for the trip, the class studied Russian history, culture, economics and politics. For information, visit <http://umaine.edu/russia/>.

**Make a Date**  
Art, children, clubs, fairs, fundraisers, meals, museums, music, etc.

**The Weekly**  
CALENDAR

Give us your time, and we'll give you a future.



**Welding, Culinary, CNA, CMA, Carpentry, Facility Maintenance, High School Diploma**

Ages 16-24 • FREE programs to qualifying students


**Penobscot Job Corps** 

1375 Union Street, Bangor • 207-561-8621

APPLY ONLINE: [WWW.JOBCORPS.GOV](http://WWW.JOBCORPS.GOV)

Open enrollment classes begin weekly  
Tours Thursday @ 10:30 a.m.

Experience the Best Rehabilitation there is to Offer.  
Choose your Passport to Home.



When in need of post-surgery recovery options, you deserve nothing but the best. Somewhere that is going to help you recover your health and return home as fast as possible.

The Passport Rehabilitation Program, offered at Brewer Center for Health and Rehabilitation, does just that. With specialized post-hospital care services and a unique unit dedicated to short-term patients, you can rest easy knowing you will be in good hands post-surgery.

**Choose your Passport to Home. Pre-Book your stay today and experience the Brewer difference.**

- Deficiency Free Survey
- Registered Nurses - 24/7, IV certified nurses, wound care specialists
- Full Time Respiratory Therapist
- Neuro Rehab Program – Stroke/TBI
- Cardiopulmonary Rehab
- Full therapy services 7 days/week
- Specialty consulting physicians
- Private/Semi-private rooms, with private phone, cable TV and Free WIFI
- Conveniently located in Central Maine less than 3 miles from Eastern Maine Medical Center




**Last Friday of the Month Sale**

May 27<sup>th</sup>, 2016  
ALL Bread,  
Rolls & Thomas  
on sale


89¢


*Freihofer's Bakery Outlet*  
1172 Hammond Street, Bangor, ME  
942-0525



Center for Health & Rehabilitation, LLC

74 Parkway South, Brewer, ME 04412  
207.989.7300  
[www.BrewerCenterRehab.com](http://www.BrewerCenterRehab.com)





**PASSPORT**  
REHABILITATION  
Your Way Home