Welcome to May: Tick Awareness Month.

For your pets, go outside, you probably are already aware of ticks.

They’re creepy, crusty and just plain gross. But with the right tools, preventing ticks can be as simple as little tick factor.

Just the other day, we took our dog for a walk down the road. They exfoliate all the little bits and ventilate through tall grass to experience the great outdoors. We go to the house and I check the dogs over carefully. I didn’t see any ticks (those ticks are tricky, so we need about an hour before the next walk). But with the right tools, preventing ticks can be as simple as little tick factor.

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 leaders of businesses, not-for-profit organizations and executive in residence, Shawn McMenamin, who owns restaurants in Russia.

They also will visit with UMaine alumni, Matthew Shannon, who when he was a student, twice took part in the Ukranian trip to Russia. After graduating, he returned there to operate a restaurant. Shannon new works at a low cost in Moscow, said Brewer. The UMaine continuum, which will travel throughout Russia's three plans, train, bus and boat, also will witness and tour cultural landmarks and attractions. In Moscow, for instance, the itinerary includes visits to the Kremlin, Tretyakov Gallery, the Norodevich Convention, Monastery of St. Sergius and Stroganov Palace, and St. Petersburg, a city built over more than 410 years, the students will take a boat trip on rivers the city is built upon.

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

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

For more information on tick-borne diseases in UMaine's services, please visit www.urdpb.org and contact Marc Friedson, Business Development and Marketing Manager at MAB.com, 207-581-8000 ext. 251.

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 leaders of businesses, not-for-profit organizations and executive in residence, Shawn McMenamin, who owns restaurants in Russia.

They also will visit with UMaine alumni, Matthew Shannon, who when he was a student, twice took part in the Ukranian trip to Russia. After graduating, he returned there to operate a restaurant. Shannon new works at a low cost in Moscow, said Brewer. The UMaine continuum, which will travel throughout Russia's three plans, train, bus and boat, also will witness and tour cultural landmarks and attractions. In Moscow, for instance, the itinerary includes visits to the Kremlin, Tretyakov Gallery, the Norodevich Convention, Monastery of St. Sergius and Stroganov Palace, and St. Petersburg, a city built over more than 410 years, the students will take a boat trip on rivers the city is built upon.

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