

Mosquitoes Returning In Force After Mild Winters

BY HELENA OLIVIERO

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Your days of enjoying spring days grilling or chillin' in the backyard may be numbered.

Experts say the first batch of mosquito eggs are hatching early — up to six weeks ahead of schedule — in areas that have had a mild winter and warm spring.

Pest control companies, including Orkin and Northwest Exterminating, have already seen their call volume in places like Atlanta go up as much as 40 percent this April compared to last year. For Northwest, this year marked the first time it sprayed for mosquitoes in March since the company started its mosquito treatment service about nine years ago.

But while the growing buzz in some regions is that this may be one of the worst mosquito years ever, early hatches don't always mean mosquitoes will swarm more than they usually do later in the year.

"What's really going to make the difference for mosquitoes this summer — more than the heat — is the wetness," said University of Georgia entomologist Elmer Gray.

A lot of rain means wet yards, puddles and pools of water — all of which are breeding grounds for mosquitoes.

Mosquitoes lay eggs in standing water, and their larvae live and grow there. And it doesn't take much water — a little in a saucer underneath a potted plant is enough to breed many larvae.

It's not just mosquitoes that are early this year. Ants, kudzu bugs, ticks — you name it — they are crawling en masse.

"There wasn't a cold winter, and that increased their ability to breed and what you might say, 'remain viable,'" said Jerry Hatch, a staff entomologist at Northwest.

Gray said health officials are concerned about West Nile virus activity peaking earlier this year, ahead of its usual time in August and September. The number of cases of West Nile in Georgia is generally 10 to 20 a year.

West Nile virus can be transmitted to people through the bite of an infected mosquito. In most cases, a healthy immune system can fight off the virus.

But in rare cases, typically involving elderly people, those with compromised immune systems or very young children, the disease can progress and show symptoms such as a fever and rash. In extremely rare cases, the virus can lead to encephalitis (swelling of the brain) and death.

At night, a variety of mosquitoes go in for the "kill," and they



HYOSUB SHIN/ATLANTA JOURNAL-CONSTITUTION/MCT
Phillip Stroud of Northwest Exterminating sprays for mosquitoes at a home in Marieta, Ga. A warm winter has meant an early arrival of mosquitoes.

are more likely to circulate and hesitate than the daytime-biting and aggressive Asian Tiger. Some mosquitoes live only a week or two. And they aren't good at flying, traveling no more than about 100 yards.

"Their strength is in numbers," said Hatch.

Gray said getting your yard professionally treated can be effective. Companies typically use a pyrethrum-based product (using extract from chrysanthemums) or a synthetic version in their mosquito treatments, and the treatments typically knock back the mosquitoes for a month at a time.

Gray said people can also do it themselves by buying mosquito spray and treating bushes and the underside of leaves every 10 days or after rain. As with all pesticides, he said, "it's extremely important to follow the label instruction."

Residents can take plenty of other steps to help keep mosquitoes at bay, he said. It's critical, he said, to rid your area of standing water as much as possible. And get your neighbors on board, too, he said.

"If your neighbor has a lot of water in their yard, their problem becomes your problem," he said.

Gray also recommends using bug spray with DEET to keep mosquitoes away. DEET doesn't kill mosquitoes but confuses them so they look elsewhere for food. Products with Picaridin, a synthetic chemical and alternative to DEET, are also effective, he said.

Gonzalo M. Vazquez-Prokopec, an Emory University assistant professor and West Nile virus researcher, recommends lower concentrations of DEET for children (no more than 10 percent DEET). And he suggests parents talk to their doctor before applying DEET-based repellents on children 2 years old or younger.

Julie Herron Carson gets her yard sprayed every month for five months to ward off mosquitoes. She said that when she and her husband first moved to their house about 12 years ago, they assumed the bugs were a "necessary evil" and suffered through it.

But once their son Nicholas came along, she couldn't stand watching him get swarmed and bitten by mosquitoes playing in the backyard. Citronella candles and bug spray were no longer enough.

She estimates it costs about \$100 a month during the five months of the treatment. It's not the grass that's sprayed but the perimeter areas of the yard — the shrubs and ivy where mosquitoes love to lurk until they fly out and attack for blood. She also gets the area around her son's tree house treated.

"It's worth the money," the Atlanta mom said. "I feel like we can really be outside and enjoy our yard and patio."

TIPS FOR WARDING OFF MOSQUITOES

- Keep it dry. Get rid of standing water in your yard. Change

water in a birth bath weekly and in pet bowls every few days.

- Light up. Citronella candles can help when there is limited air flow.

- Wear bug repellent with DEET. Bug repellents with Picaridin, a synthetic chemical and DEET alternative, are also considered effective. Or consider one of those fan-powered repellents that circulate the repellent around the person wearing the gadget and doesn't require any repellent be put on skin.

- Hire a professional. Prices vary based on size of yard, but expect to pay about \$80 to \$150 per month of treatment. Or you can treat your yard yourself. (And make sure you follow the product directions.)

- Let the wind blow. Mosquitoes will avoid a rush of air, so sit next to a floor fan.

- Go light. Most bugs are attracted to darker clothing. Go with khaki and other light-colored clothing. Also wear loose-fitting clothing that covers arms and legs. It may not be as comfortable as baring more skin, but it will help protect you from bites.

Source: Entomologist Elmer Gray of the University of Georgia Cooperative Extension Service

Fun, Incentives Can Encourage Children To Be Gardeners

BY DEAN FOSDICK

For The Associated Press

If you think it's hard getting kids to eat their vegetables, wait until you try recruiting them for garden work.

But the challenge is worth it: Children just might add more healthy foods to their diet if they've grown them themselves.

"If a child grows herbs or vegetables, they will try them at least once," said Mike Ferraro, whose Preferred Commerce Co. produces Growums, an animated garden program that uses online gaming technology to teach children how to raise fresh edibles and have fun doing it.

"When they're done, they're so proud of it they want to eat it," he said.

You're never too young to garden, although results for the youngest gardeners might be mixed, said Susan Robbins of the National Gardening Association's Gardening With Kids program.

Some plants are bound to fail, so don't react by secretly replacing your preschooler's veggies, Robbins said.

"Failures are a good way for children to understand that the process doesn't always work and that you shouldn't give up," she said. "Reactive gardening makes them better adults."

Some steps you can take to feed a child's hunger for learning in the garden:

- Involve them in the planning. Set aside a site and let the kids decide what to grow.

- Add fun to their gardening menu. Pay a bounty for the weeds they pull, plant "surprises" in their growing beds or introduce them to "tickle-me plants" — a houseplant (*Mimosa pudica*) that closes its leaves and lowers its branches when touched. "As a schoolteacher, I have found that growing a 'tickle-me plant' excites youngsters about science and nature as well as making them more sensitive about to how to care for plants and other living things," said Mark Chipkin, educational project director for TickleMe Plants Co. Inc.

- Build their attention spans. Introduce theme garden mixtures like pizzas (tomato, oregano, basil and bell pepper plants), tacos (cilantro, jalapeño, lettuce and tomato) and salads (lettuce, carrot, cucumber and tomato). Plants that germinate quickly, such as sunflowers, daisies and cucumbers, also keep kids engaged.

- Let them do some of the dirty work. Even a toddler can aim a water hose. Buy child-size tools and build raised beds to make it easier for children to maneuver.

- Use pots or containers to make their job less daunting.
- Encourage them in their homework. Each year, Bonnie Plants, an Alabama-based wholesaler, distributes more than a million free cabbage plants to third-grade classrooms around the nation. Students grow the seedlings in their family gardens. Bonnie awards a \$1,000 scholarship to one student from each state after teachers submit the names of their class winners.

"The reason Bonnie chose the O.S. (oversize) Cross Cabbages is because the variety has the potential to grow to be 40 to 50 pounds, and it makes it really fun and engaging for the kids to watch it grow," said Joan Casanova, a spokeswoman who helps coordinate the 48-state program.

"The program not only teaches kids about gardening and where their food comes from, (but) it also teaches kids lessons in responsibility, nurture, nature and builds self-confidence," she said.

Online:
National Gardening Association's "Gardening With Kids":
<http://www.gardening-with-kids.com>
Bonnie Plants 3rd Grade Garden Program:

'Harvest Of The Month' Program & School Garden Training Begins In June

BROOKINGS — SDSU Extension, the South Dakota Discovery Center and Team Nutrition will begin hosting two-day trainings on how to implement "Harvest of the Month" and "Garden to Table: School Gardens" programs. The trainings begin in June and will be held at SDSU Regional Extension Centers throughout the state.

Harvest of the Month is an adaptable, easy-to-use program that gets kids excited about eating fruits and vegetables and has them asking for more. Through a short presentation and produce sampling, children learn about the importance of eating fruits and vegetables every day. The fun and quick presentation explains the history, peak seasons, vitamins and minerals and how to choose the produce.

Garden to Table: School Gardens will provide information for teachers and others who are interested in establishing a school gardens. Garden-based learning provides a great opportunity to enhancing science and mathematics as well as many other subject areas. It provides a platform for nutrition education and encourages increased fruit and vegetable consumption.

The Harvest of the Month training on day one begins at 8:30 a.m. and runs until 3:30 p.m.; it is taught by Jessica Jones, Community Wellness Coordinator, for the S.D. Discovery Center.

Jones will teach attendees how to present the Harvest of the Month program. These are short presentations that include produce sampling to teach children about the importance of eating fruits and vegetables every day.

This training will teach attendees how to put together a fun and quick presentation that explains the history, peak seasons, vitamins and minerals, and how to choose the produce at the store. Implementation can be done in individual classrooms, health classes, PE classes, as an assembly for the school, or any out of school program. Check out www.sdharvestofthemonth.org for more information and all of the materials.

"From Garden to Table: School Gardens," organized by SDSU Extension begins at 3:30 p.m. on day one. Discussion will begin on utilizing fresh garden produce for the classroom. Attendees will have the opportunity to tour existing school or youth garden program in the community.

The second day of school garden training begins at 8 a.m. and runs until 2 p.m. This training includes sessions on resources, garden and food safety, garden planning, growing transplants and classroom recipes. It will feature a presentation from Tim Olsen the Ground Works director. Olsen will discuss the process — organizing to launch a school

garden and feature successful school garden projects in Sioux Falls.

A training session will be held at the Sioux Falls Regional Extension Center, 2001 E. 8th St. on June 5 (8:30 a.m. — 6:30 p.m.) and June 6, (8a.m.-2 p.m.).


Individuals or teams representing schools and agencies that receive School Team Nutrition Funds are eligible to register for the training with all expenses paid for up to two team members. Additional team members may enroll but will not be reimbursed for mileage or room. Early registration is encouraged as there is a cap on the number of participants.

Registration forms are available at iGrow.org, click on the Communities page under Community Development and click Links. Return applications to Karlys Wells, SWG 212 Box 2275A, Brookings, SD 57007. Address questions to 605-688-4039, karlys.wells@sdsstate.edu.

These trainings are partially funded by Coordinated School Health, S.D. Dept. of Health and St. Mary's Foundation.




605-665-5700
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We remember those who have passed away and are especially dear to us.

On Saturday, May 26th we will publish in print and online at Yankton.net a Memorial Day section devoted to those who are gone but not forgotten.



Aneta Burrows
Dec. 30, 1960-Nov. 8, 2002

Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.

Dan, Ann & Sarah

Select one of the verses below to accompany your tribute.

1. We hold you in our thoughts and memories forever.
2. May God cradle you in his arms, now and forever.
3. Forever missed, never forgotten. May God hold you in the palm of His hand.
4. Thank you for the wonderful days we shared together.
My prayers will be with you until we meet again.
5. The days we shared were sweet. I long to see you again in Gods heavenly glory.
6. Your courage and bravery still inspire us all, and the memory of your smile fills us with joy and laughter.
7. Though out of sight, you'll forever be in my heart and mind.
8. May the light of peace shine on your face for eternity.
9. May God's angels guide you and protect you throughout time.
10. You were a light in our life that burns forever in our hearts.
11. May God's graces shine over you for all time.
12. You are in our thoughts and prayers from morning to night and from year to year.
13. We send this message with a loving kiss for eternal rest and happiness.
14. May the Lord bless you with His graces and warm, loving heart.
15. I have written my own message and it is included.

To remember your loved one in this special way, send \$10.00 per listing.

Fill out the form below and mail to:

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Name of deceased _____

Date of birth _____ Date of passing _____

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Print your name here _____ Phone _____

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