

Stillwater Township Environmental Commission
April 2017 Newsletter

964 Stillwater Road
Newton, NJ 07860
(973)383-9484

Meetings: 2nd Monday
Time: 7:00 p.m.
Municipal Building



IDLING IS UNHEALTHY!

Diesel exhaust is a likely human carcinogen, containing fine particles commonly called "soot."

Exhaust emissions worsen asthma, bronchitis, heart disease and existing allergies.

The New England Journal of Medicine reports that exposure to air pollution may cause chronic decreases in lung functions.

Children breathe up to 50% more air per pound of body weight than adults, making them more susceptible to both acute and chronic respiratory problems like asthma.

You are not safe from air pollution inside an idling vehicle. Exposure to air pollutants is actually higher inside an idling vehicle than at roadside. The most exposure occurs in traffic congestion or in a lineup of idling vehicles such as outside school.

STOP IDLING START SAVING!

DID YOU KNOW?

- Vehicles that idle 10 minutes per day waste more than 29 gallons of fuel each year.
 - An idling vehicle emits 20 times more pollution than one traveling at 30 miles per hour.
 - Ten seconds of idling uses more fuel than turning the engine off and on.
 - Emissions are still present and harmful even when you can't see exhaust fumes.
 - In winter conditions, emissions from a cold engine are more than double the normal level. Fuel consumption is also higher.
 - Idling increases maintenance costs; it leaves fuel residues that contaminate motor oil and make spark plugs dirty.
 - It is illegal to leave your car idling for more than **3 minutes** in New Jersey.
- To learn more about the hazards idling causes go to WWW.STOPTHESOOT.ORG. You may also purchase signs for your business to spread awareness "NO IDLING ZONE," from this website.



Black Bears in New Jersey



Black bears are the largest land mammals in the Garden State. Adults are 5-6 feet long and stand 30-40 inches at the shoulder. Bear tracks show five toes on both the front and hind paws. They are usually black with a brownish muzzle. Bears are most active around dawn and dusk and are solitary animals with the exception of females with cubs. Black bears eat almost anything, from farmers' crops, birdseed, and garbage to small animals ranging in size from rabbits to goats. Bears are active most of the year, with the exception of winter.

The most effective control of bear damage is through prevention and education. Garbage should be stored in airtight containers in a secure area. Cleaning the containers weekly with disinfectants such as ammonia helps. Put garbage out the day of collection, not the night before. If you feed your pets outside, clean up all food scraps and immediately wash the bowl. Store pet food inside. Birdfeeders should only be put out between December 1 and April 1, when bears are least active. Hang feeders at least 10' high between two trees if you choose to leave them out during the summer. Clean grills, as grease and food scraps attract bears.

Black bears that are fed (either intentionally - which is against the law, or unintentionally) learn to associate food with people. These bears may become dangerous and often have to be destroyed. Please do not feed the bears!

Source: New Jersey Division of Fish and Wildlife - www.njfishandwildlife.com

To report a nuisance black bear, call the DEP's toll-free 24 hour hotline at 1-877-WARN-DEP/1-877-927-6337.



A Guide to Healthy Habits for Cleaner Water

Pollution on streets, parking lots and lawns is carried by rain into storm drains, and eventually into our drinking water sources. Would you like to drink water that had been contaminated with fertilizer, oil, pesticides, detergents, or pet wastes, to name a few. The Department of Environmental Protection (DEP) has severe penalties for persons who contaminate our water supplies.

Some simple things you can do to help:

Never ever pour anything down a storm drain or any other pipe sticking out of the ground.

Dispose of hazardous wastes during Sussex County Municipal Utility Authority's (SCMUA) annual hazardous materials disposal day held twice a year, during the fall and spring. Please refer to the SCMUA website at: www.scmua.org for more information and list of items accepted or call (973)579-6998.

Test your soil to see if your lawn really needs fertilizer.

If your property is near a body of water, purchase fertilizer that contains no phosphorous. Also, try to maintain an area of natural vegetation (not grass) adjacent to the water to serve as a natural filter for storm water entering the water body.

Seek natural alternatives to the use of insecticides and pesticides such as BT.

Keep leaves and grass cuttings out of storm drains. Start to compost and generate nutrient rich soil for your gardens.

Clean up after your pets, properly dispose of their waste, especially if near any source of water.

Don't feed wildlife, especially geese. The droppings of just a few geese have an impact equal to that of a septic system.

For more information on storm water related topics, visit www.njstormwater.org. Additional information is available from the DEP at 609-633-7021.

Paradise Fishing Club.....

The Paradise Fishing Club of Big Swartswood Lake depends on ice fishing contests each February to fund stocking big Trout in the lake. In 2014, there were five such contests and we budgeted approximately \$5,000 to buy about 250 big Brown Trout weighing up to 7 pounds. That was global freezing. Both last winter and this 2016 winter, we had zero safe ice for our four Sunday contests_calamity! We still budgeted for \$1,800 to stock about 140 nice Trout _ that's global warming! All fish stocked by the club are tagged and 2015 produced a record 38% tag returns by successful fishermen. The State also provided Swartswood with about 650 Trout in each of the four Thursdays in April. Half are distributed from land around the lake and the club float stocks half up and down the middle of the lake making them available to everyone. The biggest problem is that the eagles, cormorants and ospreys show up for dinner as soon as the stocking truck shows up. Then the walleyes, pickerel and tiger muskies work on what's left. Interested fishermen may want to enter our annual "Larry Strang Memorial Trout and Walleye Tournament" in May and the "Ron Castello Memorial Tournament" held in June. For details call Scott Cooper, Secretary/Treasurer at (973)277-9992 or omcoop@hotmail.com. *By Ed Szabo, Trustee*



TURTLE TALK

Lend a helping hand to turtles. If you see a turtle crossing the road, it wants to get to the other side. I know it sounds like a bad joke, but the truth of the matter is the turtle knows where it is going. Many times, people try to help turtles that are in the road. I know I do. Well, what's important is this: always face the turtle in the direction it was headed. If you put it back to the side it just came from it will just try to cross the road again. You may have noticed more turtles crossing the road during the spring. That is because they are going to their favorite nesting area. So, when you help a turtle cross the road, not only are you helping that individual, but quite possible all the young that will hatch in a couple of weeks. Two turtles that are

found in Stillwater that could really use your help are the bog turtle, which is an endangered species, and the wood turtle, which is a threatened species in New Jersey.



BUTTS-OUT

Hopefully we've gotten your attention with the title of this article. If so, please read on. We're sure everyone knows what litter is (candy wrappers, soda cans, coffee cups, etc.) What many people don't realize is that cigarette filters are a major source of litter and pollution. In fact, cigarettes are the most littered item in America and the cigarette filters are NOT made of cotton. They are made of cellulose acetate, which takes decades to degrade. Not only does this litter ruin the most picturesque landscape, it is toxic.

Did you know there are 43 known cancer-causing chemicals in cigarette smoke? The job of the filter is to catch those chemicals. It is estimated that several trillion cigarette filters are thrown on the ground every year, each one adding to our water pollution problem. How, you might wonder. Well, the next time you are at a major intersection or a red light, take a look at the curb. You'll probably see hundreds of filters, unless it has just rained. After each rainstorm, thousands of butts are washed down our storm drains, which lead to our streams, rivers and ultimately our drinking water sources.

Here is a simple experiment you can do with your children, to help them understand how serious this problem is. Save two filters after the cigarette has been smoked. Remove the remaining tobacco and papers and place just the filters in a clean glass of water. Leave it for 24 hours. Check the water the following day. It will be yellow. Swish it around and smell it, it stinks! Would you like to drink that water? We hope not! All those cancer-causing chemicals are now in the glass of water. That is only from two filters! Can you imagine trillions being thrown on the ground? Now that you know the seriousness of the problem, please don't litter. Better yet, share this information with a friend who smokes. For more information go to www.cigarettelitter.org.



RECYCLING

Did you know that in 1988 New Jersey was the first state in the union to enact a recycling law? Stillwater Township was the second municipality in the State to open a Recycling Center!

Stillwater's Recycling Center is located on Fairview Lake Road, adjacent to the 4H Horse Arena. It is open from 9 am to 2 pm on Saturdays and Sundays. For more information please call (973)383-8722.

The Recycling Center employees will be happy to assist you in sorting papers, cardboard, metals, glass, plastic, old batteries and used oil into their proper containers.

Recycling Fee Schedule

Item	Disposal Fee	Item	Disposal Fee
All Items containing Freon or other Refrigerants	\$10.00	Dresser	\$10.00
Fiberglass Dishwashers	\$10.00	Table	\$ 5.00
Rug	\$10.00	Television Set	\$10.00
Couch	\$15.00	Automobile tires w/out rims	\$ 3.00
Armchair	\$10.00	Automobile tires with rims	\$ 5.00
Bed	\$10.00	Truck tires not to exceed 1100/20 size	\$ 6.00
Mattress	\$10.00	20 lb. propane tank w/valve	\$ 3.00
All metal items	"FREE"	20 lb. propane tank w/out valve	"FREE"

Recyclable materials separated by category (paper, corrugated cardboard and brown paper bags, motor oil, newspaper, containers, batteries)

*All non-rechargeable household batteries are NOT recyclable.

*Trash disposal (at a fee of 15 cents per pound)

*Aluminum cans shall be separated from other recyclables and placed in container for aluminum cans only.

Recyclable items:

All junk mail, all magazines, catalogs, white and yellow lined paper tablets, computer paper, copier and fax paper, construction paper (no glue or separators), manila files and envelopes, brochures, all plastic bottles with a 1, 2 or 3 inside the recycling triangle (no caps; rinsed and flattened), tin cans (rinsed or flattened), aluminum foil and pans (rinsed), glass (rinsed and no lids) and telephone books.

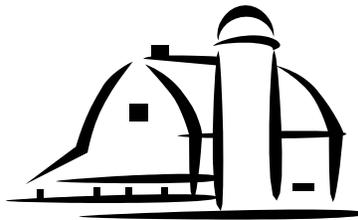
Non-recyclable items:

Plastic and metal spine booklets, plastic caps and lids, light bulbs, window panes, and ceramic glass.

*Electronics disposal is no longer offered until further notice.

Sustainable Jersey

Sustainable Jersey is a certification program offered to municipalities in New Jersey. Launched in 2009, Sustainable Jersey is a nonprofit organization that supports community efforts to reduce waste, cut greenhouse gas emissions, and improve the environment. Sustainable Jersey is 100% voluntary and each municipality may choose whether or not it would like to obtain certification and the actions it would like to take in order to achieve the required points toward certification. Currently, 437 of New Jersey's 565 municipalities across all 21 counties have registered to become Sustainable Jersey certified. The program has distributed over half a million dollars to New Jersey communities to support an estimated 1,615 actions taken "on the ground" to make communities more livable, environmentally friendly and prosperous. Over 77% of New Jersey's population resided in registered/certified Sustainable Jersey communities. The Stillwater Township Green Team is a subcommittee of the Environmental Commission. In 2014, Stillwater Township was certified at the Bronze level. In addition, in March of 2014, Stillwater Township was the recipient of a \$10,000 PSE&G grant for the Paulinskill River Clean Up and Riparian Restoration. In 2014, the township received an additional \$1,500 Open Space Grant from the Association of New Jersey Environmental Commission (ANJEC) for tree restoration along the Paulinskill River.



Open Space and Farmland Preservation in Stillwater Township

The Land Conservancy of New Jersey has worked tirelessly over the years with residents interested in farmland preservation and keeping their land as open space.

The landscape of Stillwater has been permanently improved, forest fragmentation has been reduced, wildlife habitat has been protected, and space for resource-based recreation and hunting has been provided.

***Any resident interested in having their property remain as open space or farmland preservation, may contact the Land Conservancy (973) 541-1010 or the Sussex County Agricultural Development Board, (973)579-0500,**

Cooperative Extension of Sussex County: *This organization can provide interesting and useful advice on farming and gardening.*

Website: sussex.njaes.rutgers.edu

Mailing Address: Cooperative Extension of Sussex County
Rutgers New Jersey Agricultural Experiment Station
129 Morris Turnpike
Newton, NJ 07860-4913

Fax: 973-948-5582

Programs: 4-H Phone: 973-948-3040 Website: sussex.njaes.rutgers.edu/4h

Agriculture and Resource Management

Phone: 973-948-3040 Website: sussex.njaes.rutgers.edu/ag

Family and Community Health Sciences

Phone: 908-475-6504 Website: sussex.njaes.rutgers.edu/fchs

Master Gardeners

Phone: 973-948-3040 (M,W,F, 11 am - 1 pm) Website: sussex.njaes.rutgers.edu/garden

The Amphibian Crossing



Many people in Stillwater and surrounding communities are helping. Every March during heavy rains, with temperatures above 45 degrees, amphibians head out to the vernal pools. Volunteers line up along the roadways amphibians have to cross and carry them across the road to the vernal pool. It is wet, chilly work but a lot of fun and very rewarding. Once the amphibians reach the vernal pool, they breed, and then lay their egg masses. Some egg masses are about the size of a softball and are opaque in color while others are long strands of eggs held together by a jelly-like substance. To get involved and volunteer you can: Get in touch with the NJ Fish and Wildlife and ask about the Amphibian Rescue Program or call Jack Branagan, Chairman, Stillwater Environmental Commission at (973)579-2979 or Kathy Wunder, Commission Secretary at (973)383-9484.

Call to volunteer!

NJ Fish & Wildlife website: www.state.nj.us/dep.fgw

More information about vernal pools: www.state.nj.us/dep/fgw/ensp/vernalpool.htm

The Big Night.....

Well hopefully I have your attention. It isn't going out for dinner or movie, nope. It is date night for amphibians. Yes, you read this correctly.

Once a year, amphibians such as the American Toad, Spotted Salamanders, Spring Peepers, Chorus Frogs, Wood Frogs, Red Spotted Newts, Jefferson Salamanders as well as a number of other species leave their underground homes for the winter and head for the closest vernal pool they can find. (A vernal pool is a body of water that collects from melted snow and early spring rains. Usually, they dry up by early June). These vernal pools are so important to amphibians because fish cannot survive in them. The fish, of course, eat the amphibian's eggs. These amphibians are smarter than many give them credit for.

The biggest challenge for the amphibians is getting to a vernal pool. Very often they must cross a busy road. In mortality studies, more than 80% never make it across the road. This high mortality rate often leads to the amphibians becoming a threatened species or eventually becoming extinct. In many parts of New Jersey, they have completely disappeared. Now, you may be wondering "So what, it's a frog or a salamander." I've heard this from many uninformed individuals.

Well here is what most people don't understand: Amphibians are an important indicator species. They indicate the health of our environment. More than 200 species of frogs worldwide have become extinct in the last 15 years. An amphibians' skin is very sensitive to both air and water pollution. This information helps scientists get a clearer environmental view of the Earth's overall health.

Swartswood Yacht Club.....

Swartswood Yacht Club holds sailboat races on Swartswood Lake from late May through October. The club offers social as well as racing memberships and holds a variety of activities for the entire family. For more information visit www.facebook.com/Swartswood.Sailing or find us on the internet at SwartswoodSailingClub@gmail.com

By Margaret Emmetts, EC Member

Paulinskill River Clean Up and Restoration Project

Over the course of the summer of 2015, filmmaker Jon Schroder with the accompaniment of some friends and members of the Stillwater Environmental Commission produced a short video documenting the Paulinskill River clean up and restoration project. The production of the video brought Mr. Schroder and his team up close to amazing wildlife and historical sites throughout the course of the river. Along with getting down into the river and sorting through all the trash that was removed, Schroder also sifted through countless maps and historical documents to create a full picture of the Paulinskill's significance within the region's environment, economy and recreational opportunities. The video aims to educate people about the value of the river and acts as a call to action to other

community members to organize and participate in similar projects. Schroder and his team look forward to documenting further the health and diversity of our region's bountiful natural beauty. The video can be viewed on YouTube at: <https://www.youtube.com/watch?v=Y4E1QDX521U&feature=youtu.be>

Septic System DO's and DON'T's

DO practice water conservation when possible. Excessive water can compromise your septic system's ability to treat and dispose of wastewater. Stagger days on which you do laundry.

DO maintain a diagram of the location of all components of your septic system, including the tank, any connection lines and pipes, distribution boxes and disposal field.

DON'T use septic system cleaners that contain banned substances. These include any chemical material containing more than 1% by weight of: halogenated hydrocarbons (such as trichloromethane, trichloroethylene, tetrachloroethylene, methylene chloride, halogenated benzenes and carbon tetrachloride.)

Any aromatic hydrocarbon (such as benzene, toluene or naphthalene.) Any phenol derivative (such as trichlorophenol or pentachlorophenol.) Any substance containing acrolein, acrylonitrile or benzedine.

DON'T plant trees or other vegetation with extensive deep root systems. Tree roots may exert enough pressure to rupture or dislodge distribution boxes, connecting pipes, manifolds and laterals. Grass is the best vegetative cover for disposal fields. It has great capacity to use water and does not have a woody root system.

DON'T divert surface water runoff from gutters toward the disposal field. The increased volume of water into the field can result in hydraulic overload and cause the system to malfunction.

DON'T construct driveways, buildings or paved areas over any part of the system, as it may affect the functioning or interfere with proper maintenance.

DON'T flush toxic substances or medications down sinks or toilets. They will compromise the performance of the system and also contribute to ground water pollution.

Source: New Jersey Department of Environmental Protection

The following items should NEVER be placed in your septic system:

Toxic substances which include but are not limited to, waste oil, oil or acrylic paints, varnishes, photographic solutions, pesticides, insecticides, paint thinners, organic solvents or degreasers.

Inert or non-biodegradable substances shall not be disposed of in individual subsurface sewage disposal systems.

Such substances include but are not limited to disposable diapers containing plastic, cat box litter, coffee grounds, cigarette filters, sanitary products, facial tissues and wet strength paper towels.

Source: N.J.A.C. 7.9A Standards for Individual Subsurface Sewage Disposal Systems

Additional Septic Care and Information

-It is recommended that all septic systems be pumped every 2 to 3 years.

-**Do not** flush sanitary products down the toilet.

-**Do not** flush wipes down the toilet. Flushable wipes do not break down in septic.

-**Do not** wash paint brushes, rollers, etc. in house sinks, latex is not good for septic.

-**Do not** drain grease down septic.

-If your laundry empties into your septic allow at least 6 hours between washings to prevent overload to the septic.

-Use only one ply toilet tissue

Unused or Expired Prescription and Over-the-Counter Disposal

Sussex County residents can safely, securely and anonymously dispose of unused or expired prescription and over the counter medication at SEVEN locations 24-hours a day, 7-days per week! Questions? Call the Center of Prevention & Counseling at (973)383-4787 or visit their website at www.centerforprevention.org to learn more about prescription drug abuse.

Permanent disposal boxes are currently located at: Andover Police Department (Lake Iliff Road); Augusta NJ State Police Sussex Barracks (Route 206); Hardyston Police Department (Wheatworth Road); Hopatcong Police Department (River Styx Road); Newton Police Department (Trinity Street); Sparta Police Department (Main Street); Vernon Police Department (Church Street)

Got sharps: Visit the SCMUA in Lafayette (Route 94) for their monthly disposal of any medical waste. For details, visit their website at www.scmua.org.

Recycling Shed at Veteran's Memorial Park

During the summer of 2015, under the Chairman Jack Branagan's leadership, the Environmental Commission took possession of a shed formerly used at the Stillwater Recycling Center. Members and a Township Committee member pitched in to move the shed to Veteran's Memorial Park, painting and repairing the structure. We hope to encourage the public to toss their recyclables in the shed on their way from the ballfields to the parking lot. Two openings were placed in the front of the shed for separation of aluminum cans and plastic. Information on recyclables is posted on the shed. The Stillwater DPW also put down a base to stabilize the ground beneath the shed. We are very proud of the re-use of the shed as a way to enlighten the public about recycling in public places and increasing our recycling tonnage for the township.

New Jersey Department of Environmental Protection Contact Information

TECHNICAL SUPPORT CENTER - The Division of Land Use Regulation, NJDEP, has a Technical Support Center to assist you with any questions you may have regarding Land Use Regulations. The Technical Support Center operates each business day between 8 a.m.-4 p.m. For Freshwater Wetland or Highlands questions call (609)777-0454; for Waterfront Development, C.A.F.R.A., Stream Encroachment or Flood Hazard Areas permitting questions, call (609)984-0162. We encourage feedback. You may call (609)777-0454 with any comments or suggestions.

A Little Paulinskill Lake History.....

In the 1920s a dam was constructed across the Paulins Kill River to create a narrow 3-mile long body of water, Paulinskill Lake, that stretches from Hampton Township in the north to Stillwater Township south. The lake and resulting community was constructed in response to the 1914 establishment of Swartswood State Park, to provide seasonal housing and recreation for vacationers from the New York metropolitan area. Currently, Paulinskill Lake is a year-round residential community of over 500 homes managed by the Paulinskill Lake Homeowners Association. Activities available to members include boating, fishing, water skiing, swimming, tennis, volleyball and basketball. We also have a ballfield that many of our local youth sports use. *By Cindy Tracey, EC Member*

The **Stillwater Township Environmental Commission** meets on the second Monday of each month at the Municipal Building located at 964 Stillwater Road. The meeting begins at 7:00 p.m. Meetings will be held on the following dates during 2016:

January 9, 2017 Reorganization/Regular	July 10, 2017
February 13, 2017	August 14, 2017
March 13, 2017	September 11, 2017
April 10, 2017	October 12, 2017 (second Thursday)
May 8, 2017	November 13, 2017
June 12, 2017	December 11, 2017
	January 8, 2018 Reorganization/Regular

Members:	Jack Branagan, Chairperson	Ed Szabo, Vice Chairperson
	Margaret Emmetts	Greg Dvorsky
	Cindy Tracey	Dan Egan
	Sara Branagan	Ian Blanchard
Secretary:	Kathy Wunder	

Swartswood Lakes and Watershed Association.....

Swartswood Lakes and Watershed Association (SLWA) was founded in 1992 as a non-profit to restore the water quality in Swartswood and Little Swartswood Lakes. Over the years, SLWA has obtained a million dollars in grants for this purpose, with measurable improvement in water quality.

Membership is open to anyone for a tax-deductible donation of \$35 per year. For more information about the organization, email SLWAinc@yahoo.com or visit our website at www.SLWA.net

By Margaret Emmetts, EC Member

**Stillwater Township Environmental Commission
Annual Report 2016**

During the course of 2016, the Stillwater Township Environmental Commission engaged in the following activities:

- Members met each month at the Municipal Building.
- Mr. Carbone resigned from the Commission and was replaced with Mr. Daniel Egan as an Alternate #2 member.
- Monofilament fishing lines were collected monthly from various locations around the township and recycled.
- Formulated a newsletter to educate township residents.
- A budget sheet was drafted and adopted.
- Water testing was completed on all water bodies that enter the township in the spring and fall which included ten sites. The spring testing was funded through a PSE&G grant. The summer and fall was very dry and stream water levels were extremely low when the fall water testing was conducted.
- Animal Waste Management booklets were distributed to Commission members and a copy forwarded to Nathaniel Sajdak for his review and input.
- Renee Casapulla from SCUMA made a presentation to the Commission on recycling along with suggestions for improvement of our Recycling Center.
- The Commission is working on recommendations to revise the recycling ordinance.
- Designed a sign for the repurposed shed at Veterans' Memorial Park.
- Attended several Sussex County Open Space presentations at the Freeholders' meetings.
- Nominated Nathaniel Sajdak for the Governor's Environmental Excellence Award.
- Worked with the Paulinskill Riparian Restoration Project to plant trees.
- Worked with Camp Towadena to remove invasive barberry bushes and plant chestnut trees.
- Recorded sightings of threatened and endangered species.
- Outstanding volunteers were recognized.
- The Green Team of Sustainable Jersey continues to accumulate points and has currently achieved bronze level.
- The Green Team held a Shredding Day in conjunction with Clean-Up Day. Free seedlings were distributed at the event.
- An amphibian crossing survey was completed.
- Submission was made to ANJEC for a grant which was denied.
- A Water Clean-Up Day was held apart from the usual Clean-Up Day.
- Two commission members attended the Planning for a Changing Climate presentation at the Delaware Water Gap National Recreation Area.
- Commission members participated in Stillwater Day.
- An information board is being planned for the Recycling Center. It will include information for appropriate disposal.
- Walked properties and reported their findings to the Planning Board.
- Maintained membership in ANJEC.
- Ms. Fobes-Jacoby resigned as a regular member of the Commission. Mr. Egan moved from Alternate #2 to fill the regular member position, unexpired term to 12/31/17.
- Mrs. Fleck declined to be reappointed as a regular member in 2017. Mrs. Branagan moved from Alternate #1 and was appointed as a regular member, term to expire 12/31/19
- Cindy Tracey was reappointed to the Commission as a regular member, term to expire 12/31/19.
- The Alternate #1 and #2 positions are currently vacant.

Report by Margaret Emmetts

LYME DISEASE

Lyme disease was first discovered in 1975 when a group of mothers living in Connecticut informed researchers that a group of children was diagnosed with rheumatoid arthritis. Researchers named the disease after Lyme, Connecticut where the first cases were found. The disease is a bacterial illness caused by the spirochete bacterium, *Borrelia burgdorferi* in the U. S.

Symptoms: Symptoms may include rash at the site of the bite, fatigue, chills, fever, headache and/or muscle and joint pains. These symptoms will not be present in all cases and could also be from other diseases.

Treatment: If caught in its early stage, Lyme is treated with antibiotics. However, a small percentage of patients have symptoms that last months or years after treatment. These symptoms may include muscle and joint pains, arthritis, cognitive defects, sleep disturbance or fatigue. Why these symptoms persist is not known, but there is some evidence that they may result from an autoimmune response, in which the immune system continues to respond even after the infection has been cleared.



Ticks: Lyme disease is spread by the black-legged tick (*Ixodes scapularis*), commonly known as the deer or bear tick.

Life Cycle: Deer ticks live for two years and go through normal insect stages: egg, nymph and adult. In each stage the tick attaches to a host where it feeds on the blood of the host. Transmittal of the disease depends on whether or not the host and/or tick are infected. Disease can be transmitted from host to tick, (or vice-versa) if either one carries the disease. The only exception is the male adult, which does not feed, therefore, does not transmit the disease.

Tick habitat: Ticks live in wooded, brushy areas that are also home to the white-footed mouse, deer and other mammals. The area must provide the humidity the ticks require. Ticks do not jump or fly. They attach to people or animals as they pass by, usually at ground level and then crawl upward.

Control: Keep lawns mowed, brush trimmed, and leaf litter away from the home. Keep trails or paths in wooded areas on your property clear of vegetation.

Sources: Minnesota Department of Health Website: Centers for Disease Control and Prevention Website.



DON'T BECOME A BLOOD MEAL!



Did I get your interest? I hope so! Probably the last thing any of us want to be is a blood meal for thirsty female mosquitoes. Only the female mosquitoes need blood for protein necessary for the development of her eggs (nothing personal ladies just a mini biology lesson). If there is any animal on this planet that I don't mind taking a swat at it is a mosquito. They create an itchy swollen mark where they bite you and may carry disease such as mosquito borne viral encephalitis. This virus can lead to encephalitis which is an inflammation of the brain. In the United States, there are five main types of encephalitis. The disease is caused from a mosquito that carries the virus from animals to humans. Encephalitis can be life threatening. Mosquitoes also infect animals such as dogs with heartworm. The best way to reduce the mosquito population is to limit the habitat the female needs to lay her eggs. The female mosquito favors stagnant water to lay her eggs. This is where you come in...MINIMIZE MOSQUITO HABITAT! If the female cannot find stagnant water to lay her eggs she will move elsewhere.

Mosquito-borne Viral Encephalitis Prevention: The best way to reduce your chances of getting mosquito-borne viral encephalitis is to avoid being bitten by mosquitoes. Steps that can help include: Limiting outside activities where

mosquitos are present; wearing long sleeve shirts and pants at dusk and dawn when mosquitoes are most active; using bug repellent that contains DEET; and emptying sources of standing water around the home, such as bird baths and gutters where mosquitoes may breed. Other prevention tips include the following: Do not handle dead birds or other animals that can carry the virus, and if you plan to take a long visit (greater than one month) to areas in Asia where outbreaks have occurred, your doctor may suggest that you take the vaccine for Japanese encephalitis.



HOW TO MINIMIZE MOSQUITO HABITAT



-Water collects in many places around your home. Remove the water source and presto bingo you have reduced mosquito habitat for females to lay their eggs.

Here are some things you can do to help:

-Get rid of old tires. They fill up with water when it rains. The Stillwater Recycling Center collects old tires annually during Clean Up Day at no charge. Call the Municipal Building for the date at (973)383-9484.

- Get rid of unnecessary containers around the house (old flower pots, toys, buckets, old tarps that collect water, etc.)
- Drain and rinse birdbaths at least twice a week.
- Aerate and/or stock ornamental pools with fish.
- Clean gutters at least annually. When clogged, gutters make excellent mosquito habitat.
- Use landscaping to minimize standing surface water.
- Close pools when not in use and be aware that pool covers can collect rainwater and provide habitat for mosquitoes.
- Patch or drain tree holes.
- Even tire tracks filled with water provide habitat for the eggs to hatch into larva.
- If you have rain barrels make sure they have a screen on them to prevent mosquitoes from laying their eggs.

FOR MORE INFORMATION ABOUT CONTROLLING MOSQUITOES VISIT:

The Sussex County Office of Mosquito Control - mosquito@sussex.nj.us

Office location: 150 Morris Turnpike
Frankford Township, NJ

Mailing Address: One Spring Street
Newton, NJ 07860

Office Hours: 8 a.m.-4:30 p.m.

Phone: 973-948-4545

Fax: 973-948-7117

Sussex County Office of Mosquito Control is dedicated to reducing mosquito populations to protect public health and facilitate the enjoyment of the natural resources of the County.

"Maintaining artificial containers of stagnant water in which mosquitoes may breed is considered a public health nuisance as defined in N.J.S.A. 26:3-45 "Declaration and Abatement of Nuisances," and is subject to enforcement action by the County Health Department."