Dealing with invasive species in Monroe County

Elected to a six-year term in the U.S. Senate in May 2023.

When the Armstrong family returned to Wisconsin after a year in South America, they noticed a surprising trend. Mic Armstrong, a soil conservation technician with the USDA’s Natural Resources Conservation Service in Monroe County, has always had a keen interest in conservation practices.

Eventually, Mic ended up propagating and growing trees for the Monroe County Soil and Water Conservation District.

Apart from designing and supervising the construction of conservation practices such as grassed waterways, dams, and streambank stabilization, Mic has become an expert on the invasive species of Monroe County. The invasive species are considered a threat to the local ecosystem and are responsible for the decline of native plant species. Mic Armstrong works closely with local communities to develop strategies to manage invasive species and reduce their impact on the environment.

A new feature of the MCMIGW is the get-togethers. These are group outings where Mic leads a group of people near Sparta to explore the local natural areas. Participants are encouraged to bring their own equipment and join Mic on his adventures into the woodland.

Also known as Fleece Flower, Monarda didyma is a herbaceous perennial that forms large colonies of erect, arching stems. It is an excellent plant for providing color and texture to the landscape. With its red, purple, or pink flowers, Monarda didyma is a wonderful addition to any garden.

The flu season is right around the corner.

Influenza is a respiratory infection that produces fever, chills, sore throat, muscle aches, and cough that lasts a week or more. The flu can be deadly for the elderly and those with compromised immune systems or who are suffering from diabetes, kidney dysfunction and heart disease.

Even healthy people can get very sick from the flu and spread it to others. Each year, about 36,000 deaths, mostly in these high-risk groups, reportedly die from flu complications such as pneumonia.

Annual flu vaccines are available. Getting vaccinated before flu activity begins helps prevent you from once the flu season starts. Your local health department is also promoting flu vaccines to help protect you and others in your community.

It takes two weeks after you are fully vaccinated for antibodies to develop in your body to protect against the flu, so it’s best to get your shot early in the fall. Flu vaccines will continue to be available throughout the season.

The CDC recommends that everyone 6 months and older receive an annual seasonal flu vaccine. This includes pregnant women, people with chronic medical conditions, and people living in a nursing home or other chronic care facility.

Visit the website for more information on the flu season:

http://www.cdc.gov/flu/protect.html

Ask your neighborhood provider for more information.

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