Here’s how to stay cool and safe in hot weather while gardening this summer.

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On a hot dry summer day, it is important to take care of yourself while you’re taking care of your garden.

Horticulturist Agent Jessica Hyatt at the Cooperative Extension Service recommends doing your gardening work in the early morning and in the late afternoon. Whatever you do try to avoid the heat of the day, when watering your plants is so hard for them as it is for you.

If you do find yourself having to get out into the garden in the heat of the day, find places to work that are shady at that moment.

But before you go out there, arm yourself. Picture a small container that contains Deet and some light-colored, light-weighted clothing. Grab a hat. And if you think you might run into some Poison Ivy or Poison Oak, grab some gloves and wear long sleeves and long pants. "This is when the lighter and cooler air are really going to come into some cooler air," Ms. Hyatt says.

Take plenty of water out to the garden with you to help you stay hydrated while you work. Take frequent breaks. "If you feel tired, stop and go into the shade, and go back to work," Mrs. Hyatt says.

Have the sunscreen and insect repellent, check for ticks. "The poison plant oils can even get into the air. So if you run into a bush, or a tree with any Poison Ivy or Poison Oak that may have gotten into the brush, the oils will be in the air that you breathe," Ms. Hyatt says.

Meanwhile, it’s all going to be a lot messier, and you don’t know it. The poison plants are small, and hard to recognize, but some times you might not notice them. Poison Ivy has three leaves and a climbing vine. If you see one leaf, and it’s growing up a tree, it’s Poison Ivy. Poison Oak, on the other hand, is an upright shrub with leaves similar to those on an Oak Tree. In the fall, the Poison Oak stems and leaves will turn red. Meanwhile, it’s all going to be a mess, and it’s going to be hot there.

So grab a bottle of water and stay hydrated. Stay in the shade, and wear long sleeves and long pants. Put on a hat and gloves and have fun in your garden.

How to paint interior walls

Why hire a paint contractor to brighten up your room with a new-colored wall when you can do it yourself?

The first thing you want to do is pick your paint, and Monty Lockamy at Rosewood Hardware just got in a new line of paints called Valpar.

"The perfect pick for a beautiful lawn or garden."

Now, clean the wall. Wash it and repair any nail holes or imperfections you find with spackling. Read the label. Most spackling has some primer in it, so you don’t have to worry about it being flat, just hard. But you may need a primer, which is also called a stain killer, to put down before painting.

Spackling is designed to clean up better," Lockamy says. "The popularity of the satin is it’s easy to clean up."

"In most cases, you’d go to painting," Lockamy says. "But you may need a primer, which is also called a stain killer, to put down before painting."

Common mistakes are picking the wrong sheen for whether you are painting a bathroom or a living room. Check the label. It will tell you if it needs a primer. Often, you can find the names of the products on the label. Remember to drink plenty of water while painting in the heat of the summer. Moderate consumption may be beneficial, especially with a long-lasting sunburn.

How to replace that old storm door.

Next week: How to replace that old storm door.