

# Your Home and Garden

A weekly bird's eye view of projects for your home and tips to make your garden grow.

## Beat the garden heat

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

By **BONNIE EDWARDS**  
News-Argus Staff Writer

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

Horticulture 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 prize plants is as bad 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. Put on a sunscreen, an insect repellent that contains Deet and some loose, light-colored 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 looseness and light color are really going to come in handy.

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 house and get some cooler air," Ms. Hyatt says.

Have the sunscreen and the insect repellent handy if you're going to be sweating a lot, even if you are working in the cooler parts of the day.

"I could wear (sunscreen) any time, and it would probably help," Mrs. Hyatt says.

As soon as you finish, take a shower. And while you are in the shower, even if you doused on plenty of insect repellent, check for ticks.

If you find a tick on your body, remove it with tweezers.

Mrs. Hyatt has even been told if you use some

detergent, it will make a tick let go of you.

"If you find them early, they usually haven't bit down and attached yet," she says.

As you shower, the soap will also help get the oils from poison plants off your body. Poison Ivy and Poison Oak thrive in the summer and can pop up anywhere. The oils can get on your clothes and gloves, too, so wash them also. Even your pet, if it goes out to the garden with you while you are working, will need a bath. The oils can get on your pet, too, and be transferred to you.

You never know what the oils will be transferred to, and you may not even know where they came from.

"One time I got into (Poison Ivy) and didn't know," Mrs. Hyatt says. "I must have run into some roots and didn't know they were poison."

The phone rang, and she got distracted. She didn't take that shower.

After a while, she wished she had.

"You could see where I had rubbed my face," she says. "It was on my arms and ankles, where I had untied my shoes."

The poison plant oils can even get into the air. So if you burn a brush pile, any Poison Ivy or Poison Oak that may have gotten into the brush will release the oils into the smoke.

If you breathe it in, you can get the typical reaction, but the break-out will show up in your nostrils and throat.

"This will be more difficult to deal with. So if you are burning, stay away from the brush pile."

Poison Ivy and Poison Oak can be there, and you don't know it.

The poison plants are easy to recognize, but some times you might not notice them.

Poison Ivy has three leaflets and is a climbing vine. If you see fuzzy roots going 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 green, and it's going to be hot out there.

So grab a bottle of water and load up on sunscreen and insect repellent. Change into something light colored and comfortable, maybe even some long-sleeves and long pants. Put on your hat and gloves and have fun in your garden.



News-Argus/BONNIE EDWARDS

**Poison Ivy, shown above, has three leaflets and is a climbing vine with fuzzy roots.**



Submitted photo

**A placard displays a warning about poison ivy in a woods.**

**A few things to keep on hand for gardening during hot summer months:**



Tweezers can help you pluck off any ticks you may encounter in the garden.



Gloves help protect you from poison ivy exposure.



Remember to drink plenty of water while working in the heat of the summer sun.

## How to paint interior walls



News-Argus/Bonnie Edwards

These are just two of the several types of sheen from which to choose when buying paint, which comes in flat, satin, semi-gloss and glossy.



All you do is add water to a spackling powder to form a paste if you need to fill in any holes or small cracks in wood, drywall or plaster.

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 Valspar.

As well as the color, you will have to decide on a sheen. The sheen is the level of shine in the paint, which comes in flat, satin, semi-gloss and glossy.

"Satin is becoming the most popular for walls, because they're more scrubable than flat, but a lot of the flats now are designed to clean up better," Lockamy says.

"The popularity of the satin is it's easy to clean up." Semi-gloss is usually used for the trim around windows, doorways and cabinets, he says.

Now, clean the wall. Wash it and repair any nail holes or imperfections you find with spackling.

Next comes the painting.

"In most cases, you'd go to painting," Lockamy says. "But you may need a primer, which is also called a stain blocker, especially if you have a smoker in the house or find damage from a water leak. They block out that stain so you can apply your paint."

Next week: How to replace that old storm door.



Putty knives are available in just about any size for whether you have just one little pinhole to fill with spackling or a big messed up spot on the wall to clean up before painting.

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