

## Cynthia Brian's Gardening Guide for August

# The sting

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A double hammock doubles the summer relaxation.

Other popular home remedies include application of toothpaste, a wet tea bag, Preparation H, or a slice of onion. Be aware that it may take a week or longer for the pain, swelling, and itching to subside. Again, if in doubt about the severity of the sting, contact your physician.

Although my hand and forearm were swollen, red, and inflamed for three days, followed by several days of severe itching, fortunately for me I was not allergic to the multiple stings. I was prepared to call for medical help if needed and I did contact Vector Control who arrived promptly to eradicate the invaders. Felipe, the Vector Control technician, discovered two yellow jacket nests in a hole near my azalea bush. He informed me that yellow jackets will fly great distances to feed, therefore a nest in a neighborhood can negatively affect the entire block. Keep food sealed when outdoors and garbage cans closed so as not to attract these active aggressors.

If you find a nest of yellow jackets, don't try to eradicate them yourself, call Vector Control. A trained technician wearing beekeeper attire will come to your home at no charge, examine the nest, and if it is a yellow jacket colony, the technician will exterminate it. You can also call a professional pest control company who will charge you a fee for removal. Make sure to positively identify flying insects as you don't want to harm bees, honeybees, and bumblebees or other gentle ecosystem pollinators.

Bees are non-hostile and must sacrifice their lives when they sting, while yellow jackets are violent aggressors who sting numerous times. My version of Muhammed Ali's quote may be more accurate as "Float like a butterfly, sting like a yellow jacket."

Enjoy dining al fresco in these glorious warm days while being alert to keep the sting out of summer.



Sunglasses for summer! Cynthia Brian in the hydrangea garden.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are1® 501 c3.

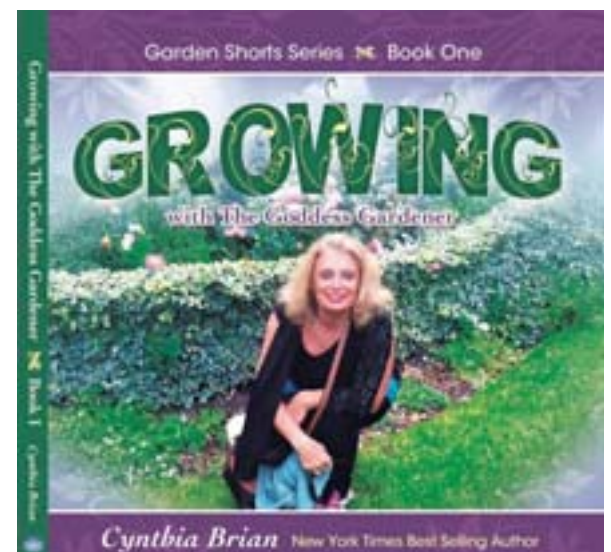
Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

Buy a copy of the new book, *Growing with the Goddess Gardener*, at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store).

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Read *Growing with the Goddess Gardener* this summer!