

LIFESTYLES

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Asthma control tips

It's not just the heat that can trigger asthma, but also the humidity. For many people, the combination of high temperatures and high humidity can make it difficult to breathe. Here are some tips to help you manage your asthma during the summer months.



Photo by [Name]

1. Stay hydrated. Dehydration can make your asthma worse. Drink plenty of water throughout the day. 2. Use air conditioning. If you have air conditioning in your home, keep it on and set it to a comfortable temperature. 3. Use a humidifier. A humidifier can help add moisture to the air, which can help with asthma symptoms. 4. Avoid allergens. Dust, pollen, and mold are common allergens that can trigger asthma. 5. Take your medication. Make sure you are taking your asthma medication as prescribed. 6. Monitor your symptoms. Keep track of your asthma symptoms and how they change during the summer months. 7. See your doctor. If your asthma symptoms are worse than usual, see your doctor for a check-up.



"Slide Series" by Mark Brown (Submitted photo)

Two arts council events to celebrate local artists

By ALEX ONKEN
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The Starkville Arts Council is holding two events during this week to nurture and celebrate local art. The first includes the last meeting of the Arts in Public Places group's plain-air painting sessions, held in the Hotel Chester's Beer Garden, located at 101 Jackson St.

"The plain-air painting session is basically an opportunity for artists to paint outdoors," said Laurie Burton, president of the Starkville Arts Council. "We're painting on site, and you bring all your supplies and set up wherever you would like to paint whatever is in your view. It's open to all area artists, they're all invited to come, you can bring whatever you want. Most people bring easy to carry items, like paints and paper. The session lasts for about a couple of hours. In the evening we've been setting up around 5 p.m. and leaving at 7 or 7:30 p.m."

Artists are encouraged to bring their own materials, according to Burton.

"People can use any medium they wish," Burton said. "Most people want to travel light. Because it's plain-air, you want to be able to move quickly. Watercolors are very appropriate for this, but we have people that also use pencil, oils, pastels and charcoal."

"We had a photographer who would take pictures of reflections in windows," said Joe McGown, the co-chair for Arts in Public Places.

Originally, the plain-air painting sessions started out in the backyards and gardens of other local artists homes.

"We started at Betty Jane Chatham's back yard, she's a very well known local artist," Burton said. "She has a very beautiful back yard for painting as well as a pasture. It's really a nice day. We did that about six weeks ago. This last Monday, we had a session at Mugshots Bar and Grill, and we all wound up on the balcony. It was a great scene to draw and paint."

"Some of these public spots like that you can get some community members to come and pass by, and they're interesting in what we're doing," MacGown said. "It piques their interest in what you're doing."

Both MacGown and Burton agree that the plain-air painting sessions are valuable to artists of all different skill levels.

"I can see how helpful it's been to me to meet with other artists and compare notes on mediums and techniques," Burton said. "Seeing how other people create is really inspiring and I think that it's extremely beneficial and relaxing to get together and chat while getting caught up in creating."

The arts council notifies via email, local artists about the painting sessions.

"If there were other people that would want to come, they're welcome," MacGown said.



"Fleur de Soleil" by Suzanne McClain (Submitted photo)



"Organic Cosmic Lock" by Joe MacGown (Submitted photo)

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Photo by [Name]

Colorful vincas thrive in summer landscapes

The gardeners and landscapers at [Name] are excited to see the colorful vincas in full bloom. These flowers are a popular choice for summer landscaping because they are easy to grow and come in a variety of colors.



These flowers are a popular choice for summer landscaping because they are easy to grow and come in a variety of colors. They are also very hardy and can tolerate a wide range of soil conditions.

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