

Don't allow insects to bug you in the outdoors

The presence of spring can produce times when there's good and bad to being in the outdoors.



Outdoors

Mike Hayakawa

What angling fanatic wouldn't want to be out on some body of water in the nearby Kawartha Lakes in pursuit of walleyes or beating the bushes for some native trout in a small, secluded stream. Or what avid hunter wouldn't want to be in the woods in pursuit of a gobbler or trophy black bear.

In those pursuits, there is one hurdle that can make you literally scratch and wonder if it is all worth it.

That obstacle in question is tiny in physical stature and can move about rather quickly. And they are known to possess a healthy appetite.

If you haven't figured it out by now then you obviously have not been bitten at some point by a black fly or mosquito.

Yes, it's that time of the year again when those who venture into the outdoors must find ways to fend off these little rhodents, which are in full breeding mode.

Fortunately, there's plenty of ways to prevent you from being the main course for these pests.

Before identifying some precautionary methods it should be known that not all black flies and mosquitoes are voracious feeders. Past studies have shown that females are the only ones that are in a feasting mood.

If you have to go outside for any activity, pay close attention to early morning and last light periods as insects tend to be the most active during those timeframes.

Avoid doing any physical activities which can result in perspiration as bugs are attracted to high concentrations of carbon dioxide.

Days with little or no wind will also bring out the bugs in large numbers.

During black fly season, which is in full swing in many places now, they tend to breed in areas associated with clear-running streams. Mosquitoes, which are also beginning to make their annual appearance, tend to relate to damp places like bogs, wetlands or swamps.

Have you ever paid attention to the colour of clothes that you wear and notice if they attract or repel insects? As a rule

of thumb, insects tend to be lured to darker coloured clothing.

On the subject of clothing, be sure that your shirts are long-sleeved in nature and pant cuffs are tucked in as insects seem to have a knack for finding any small openings.

Facial areas can be protected by wearing a bug net, which can be purchased at most outdoor stores.

Additional body wear might include the donning of a bug jacket, which can also be procured at outdoor stores.

VITAMIN B-1 CAN REPEL BUGS

What you consume can also make a difference. Unwanted attacks can be prevented by consuming vitamin B1 pills for a week prior to your outdoor excursion. If you cannot purchase any B1 vitamin pills from a drug store, a good substitute is to consume citrus fruits like grapefruits and oranges on consecutive days before your outing.

There are also numerous commercialized insect repellants that you can apply.

The repellants work with varying

degrees of success and some being more messier than others to apply.

Take note that any repellants containing a high percentage of DEET (N-diethylmetatoulamide) can cause damage to plastics or monofilament fishing line when contact is made.

Scented fragrances containing citronella, lavender and Virginian Cedarwood have proven to be good deterrents.

Be sure to avoid to apply any shaving lotion, scented soap, shampoos or perfume.

While smoking is not exactly a healthy activity, emissions from cigarettes, cigars or a pipe have been known to repel insect activity.

On the healthier side, utilizing citronella or lavender-based candles can help keep unwanted visitors away.

With a variety of insect deterrents available and the proper application, the good days in the outdoors will definitely outweigh the bad.

DON VALLEY NORTH LEXUS - TOYOTA
ATHLETE OF THE WEEK

COLLEEN EVERARD
Achieved Gold Skill Level.
Colleen Everard is a 14-year-old Grade 9 student attending Unionville High School.
She has been skating with the Unionville Club for the past 11 years. Beside passing her Gold Skill Level, she has also completed her Seventh Figure and in the near future will also complete the final dance required to complete her Gold Level in Dance.
Colleen has skated Precision for Unionville the last six years. Her final year at the juvenile level her team won the gold medal at Provincials and this year at the Novice level her team the Village Express won the Silver Medal at Canadians in Ottawa this past March.

DON VALLEY NORTH LEXUS - TOYOTA
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