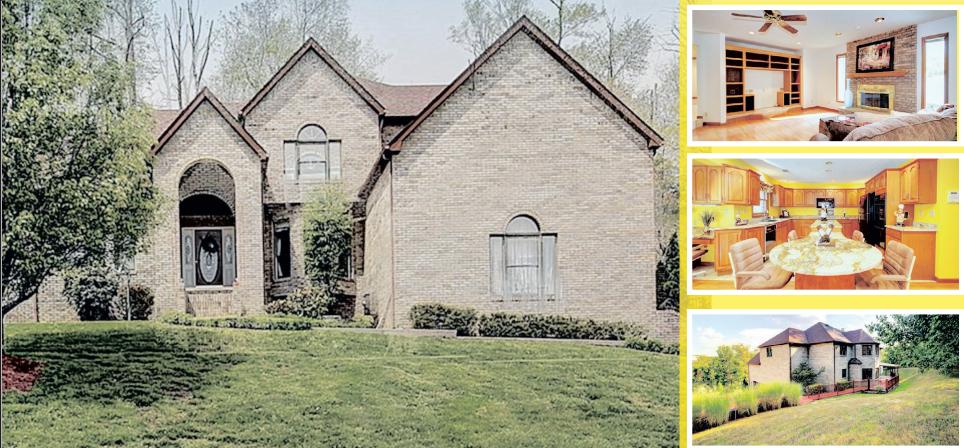


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5



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How to make a cool bed in hot weather

August nights are hotter than stars. They make fans swirl like skirts at a square dance, and bed covers fly off like candy wrappers on Halloween.

August nights are so hot, they make us sleep like starfish. The dogs leave their plush beds to sprawl on cool tile. I've been tempted to join them, but instead I went in search of other cool ways to get through these summer nights.

Which is why, when I learned about a summer sale on Belgian linen sheets, I tuned in. I had never slept on linen sheets, but I'd heard from sheet aficionados, ladies whose lives are more luxurious than mine, about their virtues: light, airy, breathable, absorbent, soft yet durable.

Although I did know that linen is an ideal summertime fabric for clothes, whether it is also the ideal fabric to sleep with was an issue I needed to put to bed.

I ordered a set of linen sheets (in cornflower blue) from Riley Home, a bed and bath company based in New York. Even on summer sale, they weren't cheap, but I've lived long enough to know what not to pinch pennies on: steak knives, perfume, sheets, and bras.

While I waited for my linen sheets to arrive, I called Allyson Dalie, director of product development for Riley Home, to find out whether all the fuss over linen sheets (and their price) was justified, and to find out whether she had any more tips on how to make a cool bed in hot weather.

Yes, I know we can crank up the air conditioning, but let's not waste the energy. In other words, my friends, if your bed in August is the same as it is in January – covered with a thick down comforter, dark wool blankets, and heavy sheets – you need to change more than your thermostat.

"When building your bed



Marni Jameson

in summer," Dalie said, "think winter in reverse." In cooler months, most of us want thick bedding to keep the warm in and the cold out; in summer we want the warm out and the cool in. Here are four ways to make a cool bed in hot weather:

• Put away the duvet. The first step to a cooler bed is to store the heavy, down duvet or comforter in the armoire or blanket chest until fall. Replace it with an all-cotton or linen quilt or coverlet. I like my white Heritage cotton inside and out quilt from Boll and Branch, which adds just enough weight without bulk.

• Cool it on color. Dark colors not only look hot, they *are* hotter, because they absorb more heat.

Remove bedding in dark colors like rust, navy, charcoal and brown, and replace it with a lighter palette of breezy pastels and white.

• Change the sheets. While storing your heavy comforter and dark blankets, put away other dense bedding like flannel or heavyweight sheets. In summer, you want sheets that are light, breathable and absorbent.

"The breathe is in the weave," Dalie said.

Because judging how a sheet breathes can be hard by just looking at it, get to know the basic properties of the following common sheet fabrics:

— Linen. Derived from the flax plant, linen is the most breathable sheet fabric.



Summer slumber — Linen sheets, like those pictured here, are a summertime favorite, because they are light and breathe. They cost more than cotton sheets, because of the labor involved in harvesting and processing flax, and not everyone likes their texture. *Photo courtesy* of rileyhome.com

"Linen is a natural temperature regulator," Dalie said, "so lends itself to a cooler sleep. If you are a hot sleeper and your partner is not, it can work for you both."

However, not everyone loves the feel of linen. It has a rougher texture, and is not as smooth as cotton, though it does soften with age and washing.

My new linen sheets are gossamer light, which I love, but I agree, their slightly gritty texture will take some getting used to. Before you invest in a whole set, consider trying just a top sheet first. You can also mix, and put a linen top sheet over a cotton, fitted sheet.

— *Cotton*. The coolest-sleeping cotton sheets are percale, said Dalie. "Because sateen cotton is less breathable, they are the sheets you want in colder months."

Percale and sateen use the same cotton. The difference is the weave. Picture a loom with all the threads running up and down evenly. Now going across you weave a thread over four and under one. That is a sateen weave. Sateen feels softer, is more pliable, and looks shinier.

A percale weave runs the thread over one under one. This makes a tighter, stiffer, crisper fabric. Percale keeps you cooler, because it doesn't settle over you, but, rather, makes little tents, which allow more air to circulate.

— *Bamboo*. Made from long grasses, bamboo sheets are getting more popular, because they're sustainable.

"They are not as breathable as percale, but are cooler than sateen," Dalie said.

Other botanicals making their way into sheets include Tencel (made from eucalyptus) and Modal (made from beech trees). — *Polyester*. Avoid it. "You

never hear anyone say I love my polyester sheets," Dalie said. Sleep with only natural fabrics.

All the above fabrics are

better than any synthetic or synthetic blend.

• Use lighter layers. "Layering is not just for looks, it's for function," Dalie said.

Because many summer sleepers want to feel the weight of a cover but not the heat, the solution is light, breathable layers.

Combine a light top sheet, a light blanket, and a cotton or linen quilt or coverlet until you find the right combination. Start with one or two layers and have a third at the foot of the bed ready to pull up if you cool down.

If that doesn't work, you can always sleep on the tile.

Syndicated columnist Marni Jameson is the author of five home and lifestyle books, including "Downsizing the Family Home – What to Save, What to Let Go" and "Downsizing the Blended Home – When Two Households Become One" (Sterling Publishing, Dec. 2019). Reach her at www.marnijameson.com.

Did you know?

A recent survey from the cloud-based voice and analytic supply chain solutions provider Voxware found that consumers were planning to change their approach to holiday shopping this fall.

The survey, which included 500 consumers in the United States and sought to determine how holiday shopping behaviors may be altered due to concerns about the COVID-19 virus, found that 76 percent of respondents intend to purchase more than half of their gifts online in 2020.

With that in mind, small business owners can work to build up their e-commerce and delivery capabilities so they are in position to capitalize on a retail season that, while different, can still prove lucrative.

In fact, the earlier businesses prepare for the holiday shopping season, the more lucrative it may be, as 51 percent of respondents to the Voxware survey indicated that they expect to begin holiday shopping earlier than normal this year.



4 Dawn Place, Charleston \$412,000 Noon on Facebook

Lovely South Hills home nestled in a friendly neighborhood. This 5BR/3.5BA home offers multiple gathering rooms, sun room, outdoor deck, porches & hot tub. Today it is open for a virtual Open House. Visit my Facebook business page - https://www.facebook.com/ TeriRugeleyRealtor to have a tour of this beautiful property. Asking price of \$412,000.

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RATHER NOT PUT ON A MASK?

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Pallet projects can be a handy hobby

Do-it-yourselfers can skip purchasing wood boards and upcycle wood pallets instead.

In recent years, the trend of upcycling, or transforming unneeded or unwanted materials into new items or products, has become more popular.

Wood pallet projects are an excellent example of upcycling. Such projects involve taking wood pallets, which tend to be used to stack, move and store stock, and turning them into amazing wood products.

Often free for the taking, pallet wood has become a popular building material for do-it-yourselfers. The following are just a handful of pallet project ideas:

• *Christmas trees*: Start thinking ahead to the holiday season. Cut pallet planks into sizes that incrementally get larger and attach to form a triangular Christmas tree shape. Decorate with paint or other accents, and don't forget to place a star on top. • *Pallet planter:* Make a planter box as big or as small as you like to grow flowers, vegetables or herbs. A narrow planter also can be hung on a wall to add flair to spaces indoors or outside.

• *Swing chair:* A pallet, a supportive back and some cushions can be used to make a swing that is fastened to the ceiling of a porch or even a tree.

• *Wine rack:* Turn pallet wood into a wine rack that also has a space to store

wine glasses below it.

• Outdoor table: Top a disused table with pallet boards nailed or screwed to the top. Stain or clear coat them, and the result is a brand new table for gardening use or outdoor entertaining.

• *Platform bed:* Pallets can be sanded, painted and placed to form the base of a platform bed. Utilize more pallets to serve as a headboard attached to the wall or bed frame.

• Bench: Make a pallet

bench that can be crafted child- or adult-sized. Use it inside the house or outdoors on a patio.

• *Garbage container:* Instead of generic plastic garbage pails, make a pallet kitchen garbage container that has rustic appeal.

• *Backsplash:* Give a kitchen some rustic appeal with a pallet backsplash. Cut boards into desired lengths and stagger on the wall. Leave the wood raw or seal it for protection against moisture.



5

A guide to buying and setting up a bird bath

Warm weather means more opportunities to spend time outdoors while at home. Whether your favorite form of outdoor recreation includes sitting on the patio reading or digging in the garden, there's a good chance that you will be sharing the space with local wildlife. Optimizing opportunities to view and interact with backyard wildlife can make the great outdoors even more enjoyable.

The Cornell Lab of Ornithology indicates that there are around 2,059 bird species on the continent of North America. Making a backyard hospitable to birds can increase the chances for sightings and hearing their sweet songs. Installing a bird bath can be a step in the right direction.

Bird baths can make yards more attractive to birds. Birds require a supply of fresh, clean water for drink-

ing and bathing. By setting up a bath, homeowners can attract not only seed-loving birds, but those that don't eat seeds and wouldn't normally congregate around feeders, indicates All About Birds. Experts surmise that birds may bathe to maintain their feathers.

Not all bird baths are constructed the in the same fashion. Many bird baths sold in stores are better suited for decoration than for serving as functional baths. There are four general types of bird bath: standing pedestal, hanging bath, deck-mounted, and ground-level. In general, the lower a bird bath is to the ground, the more likely birds are to use it. Most natural sources of water birds use are on or near the ground. Therefore, ground-level bird baths may be the best investments.

It is important to keep the

water in a bird bath shallow or two. Rinse off the bath to (around two inches of water or less). This enables birds to splash around safely and wade in.

Birds do not want to slide around, so a material that is coated and slippery, like glazed ceramic or glass, may not be too popular. Rough stone or a bird bath modified with pea gravel or rocks can give birds steady footing.

Place the bird bath in the shade if possible to ensure the water is cool and fresh. Locate it by a tree so the birds can hop up to a branch and preen afterwards. All About Birds also says that a bird bath is more attractive if it has a dripping or moving water feature, as this is often irresistible to birds.

Another way to ensure the bath will be used is to keep it clean and maintained. Change the water every day

remove droppings, bugs and other debris.

Once birds learn there is a

comfortable bath nearby, they may be more apt to visit a yard and may even become frequent guests.





Arrange furniture, design rooms more easily

Redesigning a room can involve several steps, from choosing a paint palette to taking down walls to buying new furniture. When it comes time to put the space back together, finding an appealing furniture arrangement or layout renovation that maximizes space efficiently can be challenging if it requires moving heavy pieces of furniture around.

To make such tasks easier, homeowners can rely on a bevy of room-designing apps that enable one to manipulate a room in the digital realm.

Some people have great spatial reasoning and can work out designs in their head or by plotting items on graph paper. But many homeowners may need a little extra help. By figuring out a floor plan, anyone can start laying out their furniture and other design elements.

Room planners come in various forms, from free downloads available through popular furniture companies to pay-for-use, third-party software. The following are some the more popular room planners homeowners can utilize.

• Amikasa: This app enables users to create room layouts using furniture and more from real brands. It features a walk-through mode so you can take a virtual tour afterwards.

• Autodesk Homestyler: Brought to you by the company that produces professional design programs for architects and designers, like AutoCAD, Autodesk and Revit, this user-friendly technology allows you to create 3D renderings and move around furniture, decorative items, appliances, and other elements right in the app.

• Floor Plan Creator: Start with the basics by plotting out precise and accurate floor plans. This app enables you to create multiple floor rooms in 3D and get automatic figures for perimeters, walls and more.

• Ikea Home Planner Tools: The free, easy-to-use home planner tool from the popular furniture giant enables you to see how items from the store can look in your space before you bring it home. The Kitchen Planner from the company also makes it simple to enter Ikea components and see how much the proposed kitchen design may cost.

• Magic Plan: This is another popular feature-filled app for planning designs. The technology even allows you to take a picture of your existing room and create floor plans. • Planner 5D: This is an extensive room-design tool that helps you design rooms down to the smallest architectural details. It also can be taken outdoors for land-scaping and pools, utilizing 3D graphics.

• Room Scan Pro: This app draws floor plans simply by having you hold the phone up to a wall. The software will then scan the circumference and plot out the requisite measurements.

These are just a few of the room planners that can make it easier to see what a finished design product may one day look like.



Room planners come in various forms, from free downloads available through popular furniture companies to pay-for-use, third-party software.

REAL ESTATE AUCTION Auction to Be Held at Hinton Freight Depot Tuesday, August 18th at 5:00 PM **508 Commercial Street Registration begins at 4:00 PM** Hinton, WV **Multi-Property Auction in Summers County – Residential & Commercial 316 Temple Street** 922 Summers Street Hinton, WV Duplex, Upstairs & Downstairs **Hinton**, WV Single Family Home Units Upstairs: 3 Bedroom, 1 Bath Current Rental Income: \$900 315 5th Avenue – Hinton, WV Downstairs: 2 Bedroom, 1 Bath Single Family Home Current Rental Income: \$750 4 Bedroom, 2 Bathrooms **516 Temple Street** Hinton, WV 112 Main Street – Hinton, WV Duplex, Upstairs & Downstairs Units Duplex, Side by Side Units 2 Bedroom, 1 Bath Units Upstairs: 2 Bedroom, 1 Bath Unit - Current Rental Income: \$900 **1019 Temple Street – Hinton, WV** Downstairs: 1 Bedroom, 1 Bath Unit Single Family Home 3 Bedroom, 1 Bathroom - Previously Rental Income: \$600 422 WV-3 – Hinton, WV Previously Used as Bella Italian Restaurant **522 Temple Street Hinton, WV** Along the New River – Large Deck Seating Area Triplex, 2 Downstairs & 1 Upstairs Units Vacant Lots for Parking - .36+/- Acres on the River 350' of Highway Frontage Downstairs #1: 1 Large Bedroom, Large Kitchen w/ Walk in Cooler & Storage 1 Bath Current Rental Income: \$650 Downstairs #2: 1 Bedroom, 1 Bath 380 WV-3 - Hinton, WV Current Rental Income: \$550 Previously Cargo Oil Property Overlooks New River 115 Main Street – Hinton, WV Duplex, Upstairs & Downstairs Units **1017 Temple Street - Hinton, WV** Duplex, Upstairs & Downstairs Units Upstairs: 1 Bedroom, One Bathroom- Current Rental Income: \$950 Downstairs: 2 Bedroom, 1 Bath – Current Rental Income: \$660 Downstairs: 3 Bedroom, 1 Bathroom - Current Rental Income: \$1,000 **Upstairs:** 1 Large Bedroom – Current Rental Income: \$700 106 James Street – Hinton, WV Duplex, Upstairs & Downstairs Units 1401 Temple Street – Hinton, WV **Questions?** Duplex, Upstairs & Downstairs Units Upstairs: 3 Bedroom, 1 Large Bathroom – Previously Rented for \$1,000 Downstairs: 1 Bedroom, 1 Bath – Current Rental income: \$700 **Please call** RE Terms: 10% down w/balance due w/in 60 days. 10% BP. Hardwood Flooring Taylor Ramsey JOE R. PYLE COMPLETE AUCTION & REALTY SERVICE Joe Pvie WV212 304)-552-5201 312 6th Avenue – Hinton, WV Duplex, Upstairs & Downstairs Units Downstairs: 2 Bedroom, 1 Bath – Current Rental Income: \$700 Alan Heldreth WV2224 5546 Benedum Drive, Shinnston, WV Upstairs: 2 Bedroom, 1 Bath - Current Rental Income: \$660 (888) 875-1599 www.joerpyleauctions.com 434784

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- Wed. August 26th Dunbar, PA Online Only Invicta Watch Auction Thur. August 27th Spencer 3 Bedroom on 1.74 Acres Sold to the Highest Bidder Thur. August 27th Morgantown 4.25 Acres in The Woodlands on Cheat Lake
- * Tue. September 1st Grafton 2.62 Acres Near Grafton

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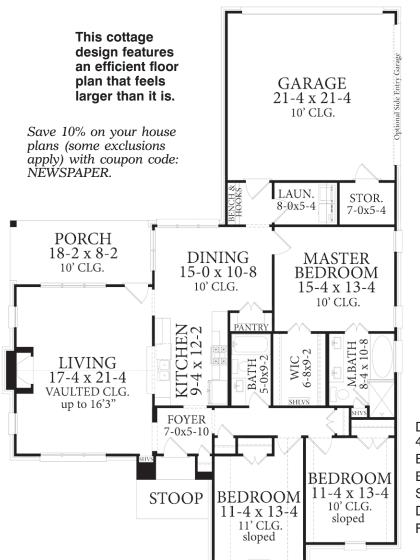
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HOUSE OF THE WEEK

Cute cottage design



This graceful cottage plan offers plenty of thoughtful touches. A vaulted ceiling in the great room adds an extra dimension of space, while a walk-in pantry keeps groceries organized. The generous master suite boasts a modern shower, soaking tub, dual sinks, and a sizeable walk-in closet. We love the bench and hooks next to the laundry room.

Design Number: 406-9665 Bedrooms: 3 Baths: 2 Square Footage: 1,769 Dimensions: 51' x 71' 8" Framing: 2 x 4

Courtesy of www.ePlans.com

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