

the ZANFEL ZONE

Your Information Resource for Poison Ivy, Oak and Sumac

Volume 3, Issue 4

Welcome to the Zanafel Zone! We hope you are having a wonderful fall! As always, Zanafel is here to provide you with important information on plant identification, prevention, and treatment to help get you safely through this season.

Michelle's Big Pumpkin!



This year Zanafel's Administrative Assistant, Michelle Bastain, and her family grew a really huge pumpkin! It weighed 669 Pounds, and won 10th Place at the Pumpkinfest weigh-off in Anamosa, IA. Michelle and her family are looking forward to growing another giant pumpkin next year.

Fall Colors

We hope you've had a chance to get outside this autumn to enjoy the color change of fall leaves. Below are a few pictures we took when the poison ivy leaves in central Iowa were at peak color change.

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In addition to the usual red, orange, and yellow, we found a very unusual poison ivy leaf color this fall. Scroll down to the last article to find out what it was!

Keep Poison Ivy, Oak & Sumac Out Of Fires

If you dispose of dead leaves and other plant material this fall by burning them, be very careful to keep poison ivy, oak, and sumac leaves, twigs, and vines out of the fire. The plants' toxin, urushiol, is stable at high temperatures, and the plant particles dispersed in the smoke are both allergenic and irritant. There is at least one case where a person has died from respiratory distress after inhaling the smoke of burning poison ivy. So keep poison ivy out of the bonfire – your neighbors will appreciate it!

Gealt L, Osterhoudt K, Adult Respiratory Distress Syndrome After Smoke Inhalation From Burning Poison Ivy. *JAMA* 1995; 274 (4): 358 - 359

Collecting Firewood For The Winter

While collecting firewood for the winter, be sure to inspect the wood pile for the presence of poison ivy vines that may have gotten mixed in. A section of a poison ivy vine may even cling to an individual piece of wood. If you see a vine in with your firewood that has hairy looking roots, be sure to carefully remove it and

the pieces of wood it was attached to. Removing wood that has been contaminated with poison ivy can save you from a wintertime case of poison ivy.



High Profile Adventure Camp

Now that registration is open for High Profile Adventure Camp, we would like to announce that Zanafel spokesperson Robyn Benincasa will be one of the speakers at the camp!

High Profile Adventures L.L.C. presents the 8th annual adventure camp in Mount Carroll, Illinois at the scenic and historic YMCA Camp Benson. The camp will give aspiring first timers to experienced racers the skills and knowledge needed to participate and excel in adventure races. The camp is also ideal for adventurers who may not be interested in racing but in adventure travel and for those preparing for mountaineering, backpacking, or canoe trips. The camp will be held on Friday, March 28, – Sunday, March 30, 2014. The focus of the camp is on fixed ropes (rappelling, ascending, Tyrolean traverses, zip lines), rock climbing, navigation with map and compass, mountain biking and canoe and kayak paddling.

Robyn Benincasa is a professional adventure racer who has competed in close to 40 expedition-length events - gnarly, multiday, multisport killers such as Primal Quest and Eco-Challenge. She has biked through jungles in Borneo, climbed Himalayan giants in Nepal, trekked across lava fields in Fiji, rafted rapids in Chile - and racked up multiple world championship titles along the way.



Robyn's relationship with Zanafel began in 2003, when she discovered that Zanafel Poison Ivy, Oak & Sumac Wash really does work. Robyn was suffering from contact with poison oak and her team captain recommended Zanafel to treat the rash. The rest is history! Robyn is a vocal advocate for using Zanafel to treat poison ivy / oak and proudly wears the logo on her sleeve in competition.

For more information on High Profile Adventure Camp, please visit the event website:
<http://www.thethunderrolls.org/camp.html>

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Have you ever seen PURPLE Poison Ivy Leaves?

Check it out!

pic.twitter.com/GoVOEV5BoM

pic.twitter.com/3ib7e7GQGu



@ZanafelPoisonIvy

Please follow us on Twitter [@ZanafelPoisonIvy](https://twitter.com/ZanafelPoisonIvy)

We'll Tweet helpful information throughout poison ivy, oak, and sumac season.

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