

THE BUGGETTE



Bare in Mind by Dick Bare

Hi, Everyone! Hope all is well with you and yours. The wildest thing happened to me recently. One Thursday night, I was going through several boxes of old magazines, industry newsletters, and other miscellany.

I was wearing a new pair of boots that are all the rage right now, but they were hurting my feet. No need to look great for the job I was doing, so I put on some loafers instead.

Later that night, as I was getting ready for bed, I started not feeling so good. I had a severe case of the chills. Sharon, my wife, hugged me tight to stop my shivering but to no avail. So she did the next best thing and brought out an electric blanket. She also got on the Internet and somehow decided that I had a liver infection. Good for the liver or not, I took a big slug of Zzz-Quil and curled up under the blanket.

By morning I had apparently warmed up, because the blanket was on the floor and I was perspiring. I was still feeling lousy but had a meeting downtown that I couldn't miss, so off I went. The chills came back and I just couldn't get warm. I tried hugging some of the people at my Chamber of Commerce meeting, but they were unwilling to cooperate!

That night, I showed Sharon my foot and commented on how the sales lady had sold me on the comfort of the boots. "I don't think that's the mark of comfort," I said. My foot had a silver-dollar sized, boiling red spot on it, and there was swelling clear out to my ankle.

Sharon exclaimed, "Richard, that is not from your boot. Something has bitten you!" Nevertheless I clung to the belief that it was the boots. But by Saturday night my foot was still looking really bad, and I started thinking that Sharon might be right. I agreed to go to the ER.

The folks there told me it was a spider bite, possibly a black widow. For the next 2+ hours I was hooked up to an IV drip with a strong antibiotic. I was going to live.

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Summer Weather Facts

- Both tornadoes and thunderstorms occur more often during the summer months.
- Hurricane season begins June 1st and lasts until November 30th.
- Rainfall is less in summer than other times of year, and droughts may seem more severe in summer time. 

- In 1816, the northeastern United States experienced snow and cold weather throughout the summer. Scientists cited a volcanic eruption in Indonesia as the cause.

- The frequency of a cricket's chirps fluctuates with the temperature. If you count a cricket's chirps for 15 seconds and add 37, you will have the approximate outdoor temperature in Fahrenheit. 

Source: <http://www.2020site.org/fun-facts/fun-summer-facts.html>



Emergency Room Entrance



Easy Money

Recommend us to a neighbor and get **\$50 OFF** your next invoice. We know your lawn looks great, but why not have the whole neighborhood look that way too? If you refer your neighbor to us, and they sign up to receive an estimate, make sure they note that you have referred them.



Watch for These Diseases & Pests This Summer

We all know how hot and humid it gets in the South during the spring and summer. All that moisture could cause many lawns to have fungus issues. These can affect Fescue, Bermuda and Zoysia lawns.

PLEASE BE ON THE LOOKOUT FOR:



BROWN PATCH: Large, unsightly symmetrical patches, ranging in diameter from a few inches to a few feet.



ZOYSIA PATCH: Attacks Zoysia grass, causing blades to take on a tan/orange color in small, 2-inch patches. These patches can quickly expand to about 20 feet in diameter, so taking care of the problem promptly is essential for the health of your lawn.

If you see these types of patches, please contact us for an estimate on fungicide treatments. These diseases require treatment with specific fungicides.

When it comes to fungus, it's not pretty and it's not easy to treat:

- If you don't treat it, it will spread and can destroy your lawn.
- Whatever areas are damaged from fungus will remain damaged for the rest of the season. Treatment can only prevent it from spreading.
- You will need three applications to keep fungus from spreading. Each application lasts approximately 21-28 days.

SUMMER PESTS TO LOOKOUT FOR:



ARMYWORMS: These pests, which look like caterpillars, can be detrimental to your Bermuda lawn in just days. They will cause brown patches that rapidly grow bigger.

If you spot birds clustered on your lawn for no apparent reason, they may be at the armyworm buffet. We can stop by to verify this, and we'll provide you with an estimate for taking care of these hungry pests.



While our Gold customers' trees and shrubs receive an insecticide to prevent **lace bugs, aphids, caterpillars** and **Japanese beetles** from settling in (Japanese beetles

are tough and may require an extra treatment, so please call us if you see them), those of you on the Silver program need to be on the lookout for these pests. **Japanese beetles**, for example, can be quite destructive. They feed on over 300 species of ornamental plants and trees, causing the leaves to turn brown then die and fall off.

Summer is a time for flourishing flowers and trees and green grass. It's also when fungi and pests want to feast on your yard. Your watchful eye can help keep them at bay.

Summer Lawn Care Tips

- 1 Your lawn needs one inch of water per week, whether from rain or watering. So, if we get a half-inch of rain, all you need to do is provide another half-inch. **Keeping your turf properly hydrated is the single most important thing you can do for a healthy, green lawn.**
- 2 Make sure to **mow weekly, and don't take off more than 1/3 of the grass blade** at any one mowing. When you take off more than that, your lawn can end up looking more brown than green.
- 3 Be on the lookout for irregular or discolored spots in your lawn. They could be signs of a fungus, grubs, or armyworms.
- 4 **If you see any suspicious spots, let us know ASAP: Send us an email at info@arbor-nomics.com or give us a call at 615.329.4151.**



6 Shrubs Ideal for Nashville's Climate

With plenty of culture, food and music, it's easy to enjoy living in Nashville. But how well do you know the climate? Nashville is actually part of a humid subtropical climate, which means that it generates hot, humid summers and cool to moderately cold winters. This climate is a preferred growing area, especially for beautiful shrubs. When choosing your plants this year, consider these shrub types, which will flourish in our specific environment.

- 1 **Strawberry Bush:** This native Tennessee perennial is a great addition to any yard, if only for the conveniently available fruit it produces.
- 2 **Song of India:** This evergreen shrub grows white blooms in the summertime. It is drought-tolerant so you don't have to spend your time constantly watering.

- 3 **Red Chinese Hat Bush:** The Hat Bush is another evergreen that grows in an attractive umbrella shape. Bright orange flowers grow year-round. It can be used as a hedge or border in the yard.
- 4 **Bird of Paradise:** The Bird of Paradise shrub produces striking orange and blue blossoms but can take several years to bloom.
- 5 **Forsythia:** Part of the olive family, this popular shrub produces bright yellow blossoms.
- 6 **Weigela:** These are popular, medium-sized, ornamental shrubs with blooms that are typically white, pink or red.

Besides a bit of pruning, these plants are a low-maintenance way to spruce up your garden while keeping in mind what works in the Nashville area.



Application #4

What we did today to your lawn:

1. Different lawns have different needs:

- **BERMUDA, FESCUE** and **ZOYSIA** lawns received a treatment of Arbor-Organics fertilizer. This fertilizer will provide nourishment to the grass plants until our next visit.
- **BERMUDA, FESCUE** and **ZOYSIA** lawns received an application of four kinds of herbicides.
- This time of year, brown patch fungus is active and causes havoc on **FESCUE** lawns. If you see brown circular patches, call our office to set up an inspection and quote for a fungicide application. Cut Fescue lawns at the highest setting on your mower. This will help to lower the soil temperature for this cool season grass.

2. **Gold** customers also received a **FREE** Outdoor Pest Control application.

3. **Platinum** customers also received a fungicide treatment, an application of Outdoor Pest Control and a nutsedge/grassy weed application as needed.

What we did to your trees & shrubs: (tree & shrub customers only)

1. We applied an insecticide to help control lace bugs, aphids, caterpillars and Japanese beetles, and a miticide to battle spider mites.
2. A fungicide was applied to control diseases like powdery mildew and leaf spot.

What you need to do until our next visit:

1. During summer, all lawns should have one inch of water per week from rain or irrigation. If it doesn't rain, check with your local water authority regarding watering regulations. The best watering time is early morning. Do not water in the afternoon or evening.
2. Keep an eye out for fungus diseases, Japanese beetles and armyworms.
3. Routine mulching will help your shrubs grow better, as it helps retain water in the soil.

If you have any questions concerning your lawn, trees, shrubs or our service, please call our Customer Service Department Monday – Friday, 8am – 4pm at **615.329.4151**. If you call after hours, please leave a message and your call will be returned the next business day.



Helpful Contact Information

MAIN NUMBER

Doug Cash

615.329.4151

doug@arbor-nomics.com

OFFICE HOURS

Mon - Fri, 8:00am - 4:00pm

If you call after hours, please leave a message and your call will be returned the next business day.

Summer Fun Facts

- 1 Mosquitoes have been around for 30 million years. They can detect warm-blooded creatures from 100 feet away (that's why they love humans!). They also have visual sensors that detect movement and contrast in colors.



- 2 We think of watermelon as the iconic summertime fruit. But it is most closely related to vegetables like cucumbers and squash, as well as a fall favorite – pumpkins! The watermelon is composed of 92% water and early explorers often used hollowed out watermelons as canteens.



- 3 The average American eats around 5 1/2 gallons of ice cream a year. July sees the most ice cream sales, making it National Ice Cream Month.



- 4 The ice pop was invented by accident by an 11-year-old boy named Frank Epperson in 1905. He left a mixture of powdered soda and water, with a stirring stick, on his porch, and awoke the next morning to find a frozen pop! Cherry is the number one favorite flavor of ice pops today.



Why do bananas use sunscreen?

Because they peel.



Source: <http://www.abccubed.com/2010/09/10/did-you-know-summer-fun-facts/>



Black Widow Spider

But it was a full two weeks before the swelling went down enough for my foot to look halfway normal. I had no idea that a black widow – or any spider – bite could be so painful. Over the years of running routes, I've been stung by wasps countless times. That hurts like a stab wound and then, boom! The pain is gone!

Despite the docs at the ER suggesting it was a black widow that got me, many people outside of the ER thought it was a brown recluse spider. These small brown arachnids seem to inspire fear everywhere, with accounts of them causing grapefruit-sized wounds of decaying flesh that require

months of recuperation, if not outright amputation of the affected limb. That's serious, and I wondered what my fate could have been had I kept blaming the boots and not gone to the ER. So I did a little research.

Turns out that the culprit probably was not a brown recluse. They are not all that common in this area, and although poisonous, the stories of how dangerous they are are exaggerated. For one, it's called "recluse" for a reason. It's actually shy and wants to avoid humans. If you have them in your home, they are probably hiding away somewhere, rather than lurking about waiting to infect you, the way some stories would have you believe. According to arachnologist Rick Vetter, now retired from the University of California at Riverside, most bites attributed to the brown recluse probably are from something else. And even if you are bitten, the consequences aren't necessarily gravely serious.

So I'm thinking it was a black widow, like the ER docs said. It turns out Doug Cash, Arbor-Nomics' VP, has some experience with that. He had been out raking leaves when it most likely happened, but had no clue anything was wrong until he woke up in the middle of the night in incredible pain. As he describes it, it was like his foot was broken in half. His wife, Denise, said, "You're insane!" and went back to sleep. Doug ignored it for about a week then ended up spending four days in the hospital on intravenous antibiotics. He almost missed Grandma's Thanksgiving feast. Now that would have been serious!

All this is not to say that spider bites are no big deal. They can pose a real risk to young children and adults who might have other health conditions. Neither Doug or I should have waited as long as we did to get medical attention. If you think you've been bitten, you should get checked out (rather than blaming it on a pair of new boots), but chances are you will live and be able to keep your limbs.

So what is it about spiders that cause so many of us to exaggerate how dangerous they are? I think it might be that we're simply creeped out by them. The way they move – scuttling about on eight legs! It just seems



freakish and creepy. And like many things we don't understand and fear, we overestimate their threat to us. It makes me think of my wife's Uncle Dean. He was the manager of a small grocery store, and he would regale us with tales of huge tarantulas that made their way to the store on banana shipments. To hear him tell it, all it would take was one of these monsters jumping on you and it would be adios!

But here is a really interesting thing about spider venom and other toxins: What can kill can also cure. Scientists are studying spider venom, snake venom, toxic plants (don't eat rhubarb leaves!), and other toxic substances to see what compounds can be found to improve our lives.

For instance, Botulinum is about the most lethal substance known to man. An amount equivalent to the weight of a nickel can kill a hundred million people. But in its commercial form, Botox, it is used to treat migraines and upper motor neuron syndrome. Of course we all know the common cosmetic uses of Botox. (I've never had a Botox treatment but I guess I should. I sent my picture to the Lonely Hearts Club and they sent it back, saying, "We aren't that lonely"!)

Arsenic – the poison of kings and the king of poisons – is another example. It was the toxin of choice for Hieronyma Spara, a 17th century Roman entrepreneur who taught wealthy young wives how to dispose of their husbands and become wealthy young widows using arsenic. Today it is used in chemotherapies for leukemia and other cancers.

There are about 1,200 marine organisms, 1,000 plants, 400 snakes, and 200 spiders whose toxins are being studied to see what promising new cures might be found for diseases and genetic conditions. Maybe someday I will look back and be thankful for my spider bite. As for purchasing my fancy new boots, the jury's still out on that one.

