

THE BUGGETTE



Bare in Mind by Dick Bare

HI EVERYONE. Hope all is well with you & yours. We just had quite an experience. We decided to mix a mini-vacation in with a visit to our daughter, Molly, & her family: George, her husband, three-year-old Ellie & one-year-old Andrew.

Molly moved to California a year or so ago when George, who is an officer in the Army, was transferred from Colorado Springs. They are in Monterey, which is centrally located in California.

Monterey is about two hours south of San Francisco, and six hours north of Los Angeles by car. It is famous for its Aquarium, Cannery row and the annual Monterey Jazz Festival. We flew into the San Francisco airport, which is a modern wonder. From there, we picked up our rental car and buzzed off to our hotel, following our trusty Garmin, which was set up for Georgia and Eastern Standard Time; that caused me some

heartburn on the highway. The \$50.00/day parking fee at the hotel had me swallowing Zantac by the handful.

Our hotel was located next to San Francisco's Fisherman's Wharf, a delightful mix of shops, restaurants (serving Dungeness crab from steaming cauldrons and clam chowder in sourdough bread bowls), street vendors, theaters, the famous Boudin Museum and Bakery, and aquatic attractions.

And then there's Alcatraz, which you can see from the wharf. Alcatraz, called "The Rock," or "Hell Hole," is a 22-acre island located 1.5 miles from San Francisco in the treacherous waters of San Francisco Bay. It is one of the leading attractions in the world and has caused many mental health professionals to wonder why so many tourists are hell-bent on visiting it.

When visiting Alcatraz, it is easy to see why it is sometimes described as a "Hell Hole." The island is cold and windy, and prisoners, when the wind was right, could often times hear San Franciscans partying and having a grand old time. Many ex-cons from Alcatraz

CONTINUED ON PAGE 4

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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.

The majority of our new customers come from referrals, and this is our way of saying thanks. You can recommend us with confidence, knowing that we received an **A on Angie's List** and have won their Super Service Award twice for Lawn Care. We are also **TrustDale's** lawn care provider of choice.



Fisherman's Wharf, San Francisco

CLS Goes Above & Beyond

Joel is a phenomenal person to work with. I'm a realtor and I refer all my clients to Arbor-Nomics. He has done excellent work with all of them. The pricing is competitive and the results are outstanding. I can't recommend him highly enough.

D.H., Thompson's Station

FREE Perimeter Pest Control

To take advantage of **FREE** pest control treatments for this year and next, upgrade from the Silver to the Gold program. **Sign up in July or August, and you will receive two free Perimeter Pest Control treatments this year, and four free Perimeter Pest Control treatments next year.** The tree & shrub care and pest control treatments are not available with the Silver Program, so upgrade today and see why Gold is our most popular program with customers.



Keeping Your Lawn Hydrated

This is one of the most important tasks you are charged with as far as the health and color of your lawn are concerned. Your lawn, trees and shrubs should receive about an inch of water per week, whether it's from rain or watering. When you water your lawn, place a tuna can on the area being watered. When the tuna can is almost full, you've watered enough.



LADYBUG FACTS

- 1 A female will lay more than 1000 eggs in her lifetime, but the eggs are so small you can hardly see them.
- 2 Ladybugs chew from side to side, not up and down like people do.
- 3 A gallon jar will hold from 72,000 to 80,000.
- 4 The ladybug uses its front legs to clean its head and its antennae.
- 5 Not all ladybugs have spots.
- 6 The spots on a ladybug fade as the ladybug gets older.
- 7 Not all ladybugs are female.
- 8 They can fly at 15 mph.



SOURCE: kidsgrowingstrong.org

Be on the Lookout for these Pests & Problems

While summer is a time for beautiful green grass and blooms from trees, shrubs and plants, it's also a time for disease & pests. Here are a few to watch out for. Some can cause severe damage quickly, so call us immediately at 329.4151 if you see a problem.



Army worms may or may not show up in your lawn this year, but be on the lookout – these pests that look like caterpillars can be detrimental to your Bermuda lawn in just days. They will cause brown patches on your lawn that rapidly grow bigger. If you spot birds clustered on your lawn for no apparent reason, they may be at the army worm buffet.



The Summer Scourge - FUNGUS
If you have dead or brown patches in your lawn, you may be dealing with a fungus. There are several types of fungi that respond only to an application of a specific fungicide. Brown Patch consists of large,

unsightly symmetrical patches, ranging in diameter from a few inches to a few feet.

Pythium Blight is a devastating fungal disease that affects any type of lawn. It is most severe throughout hot and humid periods in the summer. Pythium blight first appears as small, sunken, circular patches during hot, humid weather and can get up to 1 foot in diameter. Leaves within the patches are matted, orange or dark gray, and greasy in appearance. As the disease progresses, the blades of grass shrivel, and the patches fade from green to light brown. You need urgent treatment to get rid of the fungus before it's too late. It can be treated with one to two applications of a specific fungicide.

Welcome Neighbors in Our Gardens

Ladybugs (whose scientific name is Coccinellidae) are a type of beetle. They are insects, with six jointed legs, and they grow to less than a 1/2 inch long.

We usually see them as red, but there are also yellow, black, pink, white and orange ladybugs. Most have small black spots on their wing covers. Ladybugs beat their wings 85 times a second when they fly. They use their antennae to touch and taste and have special organs on their feet to help them smell.

Ladybugs are useful insects because they are meat eaters and love to eat aphids (tiny insects that damage many plants) and other pests in our gardens. Ladybugs "play dead" and make a chemical that smells and tastes so terrible that birds and other predators don't want to eat them.

The Great Transformer

Ladybugs rearrange the molecules in their bodies to change from crawling, caterpillar-like creatures into beautiful, winged garden friends.

Ladybugs go through a complete metamorphosis during their one- to two-year life. Females lay their eggs in yellow clusters under a leaf or stem, often near a colony of aphids. Within a week, the eggs hatch into alligator-shaped larvae that start gobbling up aphids, tiny worms and a variety of insect eggs that gardeners are happy to get rid of. Then the larvae cover themselves and quietly transform their bodies and emerge as ladybugs.

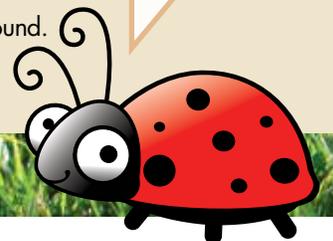
Ladybugs Grow Hard Covers to Protect Themselves

Pronotum: A hard cover that protects the flat head and makes it look round.
Elytron: A hard cover that protects the real wing. To fly, the ladybug opens the elytra and extends its back wings.



Why can't a ladybug hide?

Because they're always spotted!



Application #4

What we did today to your lawn:

1. **Different lawns have different needs:**
 - **BERMUDA, FESCUE & ZOYSIA** lawns received a treatment of Arbor-Organics fertilizer. This fertilizer will provide nourishment to the grass plants until our next visit.
 - **BERMUDA, FESCUE & ZOYSIA** lawns received a blanket application of four kinds of herbicides for the broadleaf weeds.
 - 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** Perimeter Pest Control application.
3. **Platinum** customers also received a fungicide to prevent fungi, an application of Perimeter Pest Control and a nutsedge/grassy weed application as needed.

To your trees & shrubs: (if you are a tree and shrub customer)

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:

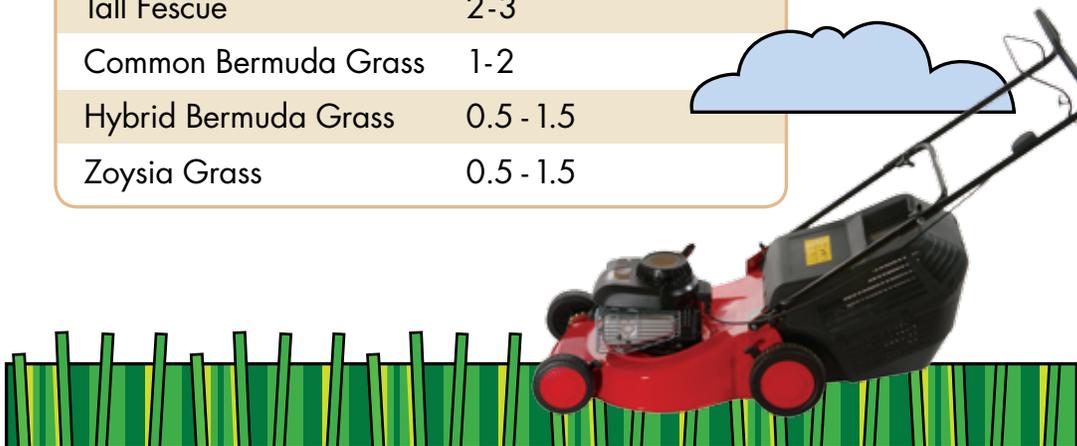
1. During summer, all lawns should have one inch of water per week from rain or irrigation. If it doesn't rain, check with your local water authority regarding watering regulations. The best watering time is early morning. Do not water in the afternoon or evening.
2. Keep an eye out for fungus diseases.
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, 7:00am-4:00pm at **329.4151**. If you call after hours, please leave a message and your call will returned the next business day.

Mowing Tip

Mowing the same day treatment is performed is no problem as long as any application that goes on wet has dried. It's also okay to mow after an application that goes on dry, even if you bag your clippings. While we recommend frequent mowing, we also recommend letting the clippings go back into the soil. It provides nutrients, shades the soil and helps maintain the thatch layer. **Here are some recommended mowing heights.**

Turf Type	Cutting Heights (in.)
Tall Fescue	2-3
Common Bermuda Grass	1-2
Hybrid Bermuda Grass	0.5 - 1.5
Zoysia Grass	0.5 - 1.5



Helpful Phone Numbers

MAIN NUMBER

329.4151

www.arbor-nomicsnashville.com

OWNER/PRESIDENT

Dick Bare, 678.638.4550

cell: 770.815.3879

richard@arbor-nomics.com

VICE PRESIDENT

Doug Cash, 678.638.4548

doug@arbor-nomics.com

AREA MANAGER

Joel Holcomb, ext 1127

cell: 615-336-2114

joel@arbor-nomics.com

5 Bizarre Summertime World Records

- 1 **Most People Buried in the Sand**
Over 500 people took part in an event at the Clougherhead Prawn Festival in County Louth on 17 July 2010 to set a new world record for the most people buried in sand simultaneously.
- 2 **Highest Shallow Dive**
In Jan. 2004, Danny Higginbottom of Louisiana dove from a height of 8.90 m into 30 cm of water.
- 3 **Fastest Lawnmower**
The fastest speed on an unaltered lawnmower is 98 km/h (61 mph) by Tommy Passemante of the U.S. at Miller Motorsports Park in Tooele, Utah, on Nov. 18, 2008, for the MTV show "Nitro Circus."
- 4 **Deepest Cycling Underwater**
The deepest cycling underwater is 66.5 m (214 ft, 10 in) & was achieved by Vittorio Innocent in Santa Margherita Ligure, Liguria, Italy, on July 21, 2008.
- 5 **Most Water Skiers Behind a Boat**
The largest amount of water skiers pulled behind a single boat for more than a mile is 114 thanks to a record set by the Australian Horsehead Waterski Club March 2010.

Bare in Mind CONTINUED



mentioned this as making their incarceration much more difficult to bear.

It was so named because, when it was discovered by the Spanish, the island's only inhabitants were pelicans (alcatraz is the Spanish word for pelican). The island served as a military fortification in the 1850s and a facility for war prisoners during the Spanish-American War.

In 1934, Alcatraz became the infamous maximum-security prison for high-risk convicts. Famous residents included "Machine Gun Kelly," Al Capone, and Robert "Birdman" Stroud. Capone, interestingly, was incarcerated in the Atlanta Federal Pen but was transferred to Alcatraz because he was running such a successful string of businesses in Atlanta, unhampered by guards and administrators who were on the take. He later admitted that Alcatraz "beat me."

There is no evidence of any successful escapes across the icy, foggy bay. The prison was the only one in the federal system that had hot showers, a luxury designed to keep convicts from acclimating to cold water. The toilets used seawater, and I believe the showers were salt water too. Can you imagine? There is a celebration in San Fran every year where participants swim the 1.5 miles from the prison to the mainland. Of course, they don't have to worry about getting shot to death by guards in the towers.

Ferry boats depart daily for Alcatraz from Pier 33, near Fisherman's Wharf on the Embarcadero. The next day, we headed out there for a great memorable experience. When you get off the Golden Gate National Recreation Area ferry, you have to climb up a steep road to a large foreboding concrete fortress, which is the main prison on the 22-acre island. Upon entering the building, you are greeted by a large sign that reads, "You are entitled to food, clothing, shelter, and medical attention. Anything else you get is a privilege."



Prison cell at Alcatraz

It's hard to believe how the inmates were housed, like caged animals. We followed an audio tour around the prison and learned about life in "The Rock." It was an excellent illustration of what it was like to live there and included recordings from actual inhabitants.

Difficult prisoners were given harsher and harder grades of punishment, eventually ending up in "D Block," an underground set of cells with no windows and a trap door above where food was lowered down. The

toilet was a hole in the floor. Lights were turned off 24/7, and an inmate could only sit and ruminate on his crimes in the dark. Some men went crazy; others smelled the coffee and straightened up. Many of the convicts worried more about being attacked by other inmates than the discipline the guards might mete out.

At times, inmates would rebel against the harsh conditions and break up their porcelain toilets and sinks. Then they would throw these pieces at the guards, windows, other convicts, etc. When they ran out of that material, they would throw out their sheets,

blankets and pillows. The guards would just stand idly by, ignoring them. After several days of freezing on the floor, not being able to use the toilet, bed, sink, or bedclothes, the men realized how stupid their fits were. The guards always had the upper hand.

Our tour guide was an expert on Robert Stroud, the "Birdman of Alcatraz." Stroud was never allowed to have birds there. He earned that reputation in Leavenworth, Kansas, where he was sentenced for killing a man in Alaska who had beaten up his girlfriend. He had become quite famous for his treatises on birds and while working towards being released from prison, J. Edgar Hoover, head of the FBI, believing press reports of Stroud's rehabilitation, bought a yellow canary from Stroud for his mother's birthday. After a couple weeks, the yellow dye wore off and Mom Hoover discovered that she was the proud owner of a common sparrow!

Stroud is reported to have had an IQ of 134 but was also a psychopath. He was possibly autistic, as he was a savant or genius in some things. He might have been a genius, but he also did incredibly stupid things. Later in his incarceration, when he was up for parole, he was asked what he would do if freed. He responded by saying that he had a list of people that he wanted to kill. Needless to say, the parole board denied him his freedom.

Stroud's aviary career started with him caring for and rehabilitating sparrows who had become injured in the prison yard at Leavenworth. The prison warden, wanting to show off the progressive programs instituted at Leavenworth, procured canary cages and a beginner's stock of canaries for Stroud. Stroud was allowed to keep the birds in his cell, resulting in hygiene practices that were termed "gruesome". The birds soon became a serious problem for prison management; also Stroud was at times violent towards orderlies, guards, and other prison personnel. In fact, he ended up killing a guard there, which gave prison officials a perfect excuse to transfer him to Alcatraz. He died at the age of 73, having spent 54 years incarcerated with 42 of those years in solitary confinement.

Alcatraz was closed in 1973 by the Attorney General, Robert F. Kennedy. The saltwater had taken a toll on the buildings and equipment over the years, and the cost to renovate the prison was more than it was worth. Plus, the cost of maintaining each prisoner was \$10/day as opposed to the \$3/day cost at the Atlanta Penitentiary. At the end, there were only 250 convicts left, and 60 Bureau of Prisons support staff living on the island. After this, American Indians took over the island to protest the U.S. policy on Indian Affairs. They occupied the island over a nineteen-month period. There was a very large number of them in the beginning, from all over the United States, but the harsh conditions of the island took a toll on them (fresh water and food had to be brought in), and when the National Park Service came out to evict them, there were only a few left.

TO BE CONTINUED Next visit: cable cars, Lombard Street, the Golden Gate Bridge, Napa Valley, Sonoma, Hearst Mansion, Highway 1, Pebble Beach, Carmel, Muir Woods (giant redwoods), and more!



Alcatraz, San Francisco