

# Lawn & Garden

## GUIDE

June 2017  
A Special Supplement to

Frederick  
**Press-Leader**

### **A Garden For All The Senses**

Create an  
appealing garden

### **Stay Safe**

Tips to stay safe  
while landscaping

### **Diagnosing Damage**

Common problems  
that can damage lawns



***Spring Has Sprung!***  
**For all your  
 seasonal  
 allergy needs!**



***Stop in for all your  
 over the counter allergy care needs***



**New RHINOCORT® Allergy Spray**  
**Original Prescription Strength Now Without A Prescription**  
 From The Makers Of Zyrtec  
 A *NEW* Product for Nasal Allergy Relief



**Gift Items 25% off**



**FREDERICK PHARMACY**



1600 N. Main St., Frederick, OK  
 (580) 335-5501



# Problems that can lead to lawn damage



Running the mower in the same pattern over and over can cause ruts in the grass that lead to damage.

**A** beautiful lawn is a goal for many homeowners. Some homeowners may find that lovely lawns may last momentarily, only to disappear when damage — be it pest-, weather- or child-related — sets in.

While well-established turf can be resilient, even the most well-maintained lawns can be vulnerable. Preventing lawn damage first involves getting to the root of the problem.

**Lack of sunlight:** All plants need the proper ratio of sunlight to grow. Too much sunlight and plant blades can scorch. Too little sunlight and grass may turn brown and die. Although there are shade-tolerant varieties of grass, homeowners also can explore alternative landscapes. Work in a garden bed or create a design that utilizes gravel or mulch. Avoid aggressively pruning back trees to give the lawn more sunlight in that area, as this may just damage the trees.

**Chemical spills:** Gasoline and fertilizer spills and

pesticide applications in high concentrations can cause the lawn to yellow or brown in spots. Carefully refill lawn gas tanks and fertilizer spreaders on the sidewalk or driveway to avoid overflow onto the lawn. If spills occur, flood the area promptly with water to dilute.

**Foot traffic:** Lawns can take a pounding from foot traffic, leading to compaction and spots of dead lawn. Try to redirect the traffic elsewhere to give worn down areas a break. Aeration can relieve soil compaction. If a certain area has become the de facto pathway, install a paver, gravel or concrete walkway in that spot.

**Debris:** Leaving a tool, kids' toys, piece of wood, or any debris on the lawn can quickly suffocate the grass beneath and cause the lawn to die quickly. Make sure that no items are left on the lawn for an extended period of time.

**Mowing patterns:** Running the mower in the same pattern over and over can cause ruts in the grass that

lead to damage, so avoid mowing in the same direction on consecutive cuts. Avoid mowing on very hot days or when the lawn is soggy. Both can cause tracks to form in the lawn.

**Mowers:** Dull lawn mower blades can damage lawns, as can mowing too fast. Grass blades can be torn, snapped and more, resulting in brown spots.

**Wildlife:** Animals and insects can destroy turf roots. Animals or insects may feed on the grass from underneath its surface, compromising the lawn's ability to procure nutrients and water. Animals like moles or raccoons may feed on grubs in the lawn, and treating for grubs can alleviate torn-up turf.

Lawns can be hearty, but they're also highly susceptible to damage. Even seemingly harmless things can compromise the integrity of a lawn. Understanding the causes of lawn damage can help homeowners protect their lawns.





## Post-winter garden prep

**L**awns and gardens can bear the brunt of winter weather and are often in need of tender loving care by the time spring arrives.

Preparing a garden for spring and summer involves assessing any damage that harsh weather might have caused. As temperatures climb, gardeners can heed the following post-winter garden preparation tips in an effort to ensure some successful gardening in the months ahead.

**Assess the damage.** Even if winter was mild, gardens might still have suffered some damage. Inspect garden beds and any fencing or barriers designed to keep wildlife from getting into the garden. Before planting anew, fix any damage that Mother Nature or local wildlife might have caused over the past several months.

**Clear debris.** Garden beds and surrounding landscapes that survived winter without being damaged might still be littered with debris. Remove fallen leaves, branches and even litter that blew about on windy winter days before planting season. Make sure to discard any debris effectively so it does not find its way back into the garden.

**Turn the greenhouse into a clean house.** Spring cleaning is not just for the interior of a home. Cleaning a greenhouse in advance of spring can help

gardeners evict any overwintering pests that can threaten plant life once spring gardening season arrives. A thorough cleaning, which should include cleaning the inside of greenhouse glass and washing flower pots and plant trays, also can prevent plant diseases from surviving into spring.

**Check for pests.** Speak with a local gardening professional to determine if there are any local pests to look out for and how to recognize and remove these pests from gardens. Pests may hibernate in the soil over the winter, and such unwelcome visitors can make it difficult for gardens to thrive come spring and summer.

**Assess plant location.** If plants, flowers or gardens have struggled in recent years or never grew especially vibrant, then gardeners may want to assess the location of their plant life before spring gardening season begins. Some plants may not be getting enough sunlight in certain locations on a property, while others might be overexposed to the sun during spring and summer. Moving plants that are not thriving prior to the start of spring gardening season may be just what gardens need to flourish in the coming weeks.

Spring gardening season is right around the corner, so now is an ideal time to prepare gardens for the warmer seasons ahead.

## Weeding through lawn care service options

**M**illions of acres across North America are devoted to lush, green lawns. According to Duke University's Nicholas School of the Environment, lawns take up 40.5 million acres and individuals spend \$30 billion on average for lawn and garden upkeep in the United States alone. People certainly love their lawns and often wonder if those lawns are best left in the hands of professionals.

The National Gardening Association states that 72 percent of American households do some work in their yards. However, a growing number of homeowners also hire others to make their lawns look pristine. Homeowners who want to leave lawn care to the professionals can consider the following factors as they search for a company that best suits their needs.

**Work with a licensed and insured company.** Lawn care services that are licensed and insured provide more peace of mind to homeowners than the alternatives. Should an injury occur on your property while work is being done, an insured business will be able to take care of it and you won't be liable.

**Ask about membership in a professional or trade organization.** Businesses that belong to an organization invest in continually learning about the evolution of lawn care. This increases the likelihood that member companies will be up-to-date regarding the latest, most environmentally friendly lawn care

techniques. Participation in a trade organization also may indicate education in the landscaping field.

### **Research reviews before hiring.**

Although public reviews may not paint the entire picture and they often reflect only the very positive or very negative experiences previous customers have had with a given business, they can provide an idea of how a lawn care company interacts with its customers. Prospective customers who contact the Better Business Bureau may learn if there have been any glaring complaints against a particular contractor.

### **Find out which services are offered.**

Ask each business what services they provide. While nearly every lawn care contractor will mow the lawn and trim shrubs, many homeowners prefer companies that can adapt when the yard needs a change. This may include pest treatments, fertilization, aeration, and seasonal cleanups.

**Look for a company that's organized and connected.** Customer service should be a factor when choosing a lawn care service. You want to be able to reach the company promptly. A company that responds quickly is ideal, especially if you need to change a service or need to inquire about additional or emergency work.

Shopping for a lawn care service can take time and effort, but the results will be well worth it when homeowners have lawns and landscapes that make their neighbors green with envy.





# Find your way to savings.

**Chris Middick Ins Agcy Inc**

Chris Middick, Agent  
225 N 9th St  
Frederick, OK 73542  
Bus: 580-335-5283

## Save an average of \$483\*

Stop here for great rates with  
America's #1 car insurance company\*\*.  
Give me a call today.

**Like a good neighbor, State Farm is there.®**

 **State Farm®**  
**statefarm.com®**

\*Average annual per household savings based on a 2016 national survey of new policyholders who reported savings by switching to State Farm.

\*\*Based on A.M. Best written premium.

1005000.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL



# Stay safe when landscaping

**Read manuals, wear protective equipment and be safe when doing lawn and garden work.**

**L**andscaping is typically viewed as a chore by homeowners, many of who enjoy doing some work on their lawns and gardens. But only few homeowners may recognize the potential dangers of lawn maintenance.

The Consumer Product Safety Commission reports that more than 230,000 people per year are treated for various injuries resulting from lawn and garden tools. Common injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely preventable if homeowners prioritize safety when tending to their lawns and gardens.

## Understand the equipment

Homeowners should not assume they know how to use all of the tools necessary to maintain lush lawns and bountiful gardens. Familiarize yourself with the proper operation of manual and motorized equipment by reading the owner's manual thoroughly, making special note of recommended safety guidelines.

Take some time to locate the power buttons and other parts by comparing them to illustrations in the guide. Once you feel comfortable handling the equipment, then you can begin to use it.

## Wear appropriate protective gear

Failure to wear protective gear can lead to injury. Personal protective equipment includes gloves, eye protection, ear protection, boots, and a hard hat if necessary. When working during visibility conditions or at night, wear a reflective vest.

Other protective items include a hat to shade your eyes from the sun's rays. Sunscreen will protect the skin from UVA and UVB radiation. Long pants and sleeves can guard against flying debris.



## Watch your surroundings

Thousands of injuries occur to children and pets who get hurt around mowers. It's best if children and pets remain indoors when homeowners are mowing or using other power equipment that may kick up debris. Children under the age of 12 may not have the strength or ability to operate lawn tools. Also, never make a game of riding a child on a riding mower. Nobody under the age of 16 should operate riding lawn mowers.

## Get approval before digging

It's difficult to know what is beneath the ground without having a property surveyed and marked. Digging without approval can result in damage to gas lines or water/sewer pipes. Always check with the utility company before digging trenches or holes.

## Unplug or turn off all equipment

When not in use, keep lawn equipment off. Do not try to repair or fix a snag or obstruction in equipment while it is on. Don't modify the equipment in any way, such as removing protective guards.

## Exercise caution with chemicals

Follow manufacturers' safety instructions when using pesticides or fertilizers. Avoid application on windy days or right before a rainstorm, as this can spread the product and damage the ecosystem. Keep people and pets away from treated areas.

Maintaining the yard is both a necessity and a hobby. Homeowners who prioritize safety can greatly reduce their risk of injury.







- **Lawn and Garden**
- **Yard and Vegetable Seeds**
- **Roofing • Shingles**
- **Lumber • Hardware**



*Tillman County's Only Lumber Yard*

**321 W Dahlia Ave., Frederick, OK 73542**

**Cross Streets: Between S 8th St and S 9th St**



# Avoid aches and pains when gardening

**P**eople who have not spent much time in a garden may not consider this rewarding hobby much of a threat to their health. But as veteran gardeners can attest, gardening can contribute to nagging aches and pains that can force even the most ardent green-thumbs indoors.

Gardening is a physical activity that, despite its peaceful nature, can be demanding on the body. Thankfully, there are several ways that gardening enthusiasts can prevent the aches and pains that can sometimes pop up after long days in the garden.

**Use ergonomic gardening tools.** Ergonomic gardening tools are designed to prevent the types of aches, pains and injuries that can cut gardeners' seasons short. Gardening injuries can affect any area of the body, but injuries or aches and pains affecting the back, wrists and hands are among the most common physical problems gardeners endure. Look for ergonomic tools that reduce the strain on these areas of the body. Even arthritis sufferers who love to garden may find that ergonomic tools make it possible for them to spend more time in their gardens without increasing their risk for injury.

**Alternate tasks.** Repetitive-strain injuries can affect gardeners who spend long periods of time performing the same activity in their gardens. By alternating tasks during

gardening sessions, gardeners can reduce their risk of suffering repetitive strain injuries. Alternate tasks not just on muscle groups worked, but also level of difficulty. Remember to include some simple jobs even on busy gardening days so the body gets a break.

**Take frequent breaks.** Frequent breaks can help combat the stiffness and muscle aches that may not appear until gardeners finish their gardening sessions. Breaks help to alleviate muscles or joints that can become overtaxed when gardening for long, uninterrupted periods of time. When leaning down or working on your hands and knees, stand up to take breaks every 20 minutes or the moment aches and pains start to make their presence felt.

**Maintain good posture.** Back injuries have a tendency to linger, which can keep gardeners indoors and out of their gardens. When gardening, maintain good posture to prevent back injuries. Gardening back braces can protect the back by providing support and making it easier for gardeners to maintain their posture. Tool pouches attached to gardening stools or chairs also can be less taxing on the back than gardening belts tied around the waist.

Gardening might not be a contact sport, but it can cause pain if gardeners do not take steps to prevent the onset of muscle aches and strains when spending time in their gardens.



**Gardening is a physical activity that, despite its peaceful nature, can be demanding on the body.**



## Did you know?

**H**iring a landscape architect may be a smart move for homeowners who are planning major overhauls of their properties. "The Operational Outlook Handbook" defines a landscape architect as "a person who designs parks, outdoor spaces of campuses, recreational facilities, private homes, and other open areas." Landscape architects typically must be licensed and many hold degrees in landscape architecture from accredited schools. Architects who work on residential spaces often work with homeowners to design gardens, plantings, stormwater management, and pools. Landscape architects design spaces to do more than merely look good. Designs also are about functionality and meeting the needs of the homeowner. Outdoor spaces are designed after considering what the homeowner wants to experience and how homeowners want to use a given space. Landscape architects often do not plant and maintain these spaces. Rather, architects collaborate with other landscaping professionals to produce the final results.



**\*Cotton**

**\*Fertilizer**

**\*Fuel location 515 S. 10th**

**\*Propane for grilling season**

**\*Pest Control for Home and Crop**

**\*Weed Control**



**Tillman Producers Coop**

**580-335-2107**

**[www.tillmancoop.com](http://www.tillmancoop.com)**

***"Working For You and Your Future"***

***218 S. 7th • P.O. Box 929 • Frederick, OK 73542***



# Design a garden for all senses



**G**ardens add visual appeal to a yard, but gardens also can appeal to individuals' senses of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses can do so in the following ways.

## Sight

Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no matter the time of year.

Gardeners can research planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early on, while annual and perennial summer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

## Smell

Gardeners can dot their landscapes with aromatic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant plants include gardenia, dianthus, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

## Sound

The lively sounds of the garden are created by the wildlife that come to pollinate and enjoy the environment gardeners have created. By choosing indigenous

plants, gardeners can be sure that insects and small critters will seek refuge within the foliage.

Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

## Taste

Gardeners can expand their gardens to include fruit-bearing trees and rows of vegetables. Produce can be harvested from early spring through late fall depending on the crops planted.

## Touch

Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and other accents have varied textures that can stimulate the sense of touch in various ways. Don't forget to include a sitting area so that you can immerse yourself fully in the garden.

Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.





**Traeger Grills**



**Yeti Coolers**



**John Deere Lawn Mowers**



**Gators**



**STIHL weed eaters**



**John Deere Pedal Tractors**

**Come  
in now  
for your  
spring  
time  
needs!**



**401 S Main St.  
Frederick, OK 73542  
580-335-5541**



Oklahoma Municipal  
Power Authority

## OMPA WISE REBATE SUMMARY RESIDENTIAL APPLICATIONS EFFECTIVE AFTER 01/01/2017

### ELECTRIC AIR CONDITIONERS AND/OR HEAT PUMPS

**Permanently-installed split, single-packaged and through-the-wall units qualify;  
window units DO NOT QUALIFY.**

- **AIR CONDITIONERS** (that meet minimum 17.0 SEER rating) 50/50% MATCH - \$100.00 per ton\*\* (\$50.00 OMPA/\$50.00 City) *(payable to Homeowner or Builder of SPEC home)*
- **AIR-SOURCE HEAT PUMPS** (that meet minimum 16.0 SEER rating) 50/50% MATCH - \$250.00 per ton\*\* (\$125.00 OMPA/\$125.00 City) *(payable to Homeowner or Builder of SPEC home)*
- **DUAL-FUEL HEAT PUMPS** (Air-source) (that meet minimum 16.0 SEER rating or Geothermal that meet minimum 17.1 EER rating) 50/50% MATCH - \$250.00 per ton\*\* (\$125.00 OMPA/\$125.00 City) *(payable to Homeowner or Builder of SPEC home)*
- Rebates will not be approved for locations already rebated, unless significant building additions justify additional air conditioners/heat pumps, or at least 10 years has elapsed since the last rebate was approved for that location.
- Dual-fuel heat pump systems must be installed and maintained under the following conditions:
  - 1) Setpoint of outdoor thermostats must not exceed 40° Fahrenheit.
  - 2) Whenever outdoor temperatures exceed 40° Fahrenheit, the auxiliary heat source will only operate when the indoor thermostat is manually set on the emergency heat mode.

\*\* City may rebate at any level. OMPA will match on a 50/50% basis up to the amounts shown above.

#### Notes:

1. OMPA's minimum standards for residential WISE rebates are generally set above or equal to Energy Star standards.
2. Customers' classification (residential, commercial, industrial or institutional) is determined by the city's rate category for the customer.
3. All rebate standards and amounts are subject to review and change as deemed necessary by the O.M.P.A. Board of Directors.



This form is available on the OMPA website (at [www.ompa.com](http://www.ompa.com) under the Programs link)

# City of Frederick

200 West Grand Ave., Frederick, OK • 580-335-7551