

## Inside This Issue!

### Cover Story...

#### SPECIAL TRIVIA EDITION!

*Discover interesting  
things about pests you  
may have never  
known!*

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*Use this recipe to not  
only cut back in fat,  
but enhance a  
spectacular spaghetti  
dish!*

#### Win BIG BUCKS In Our New Referral Contest!

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#### MORE WACKY Trivia— WHO KNEW?!

*Can't get enough of  
GREAT Bug Trivia!*

*(back cover)*

*Dr. Joe Bugs'*

# "Life In The Bug City"

## SPECIAL TRIVIA EDITION (Continued from last Month) Unbelievable Facts About Pests!

- ✓ The average spider can travel up to 1.17 miles per hour.
- ✓ The average airspeed of the common housefly is 4.5 miles per hour.
- ✓ The caterpillar has more than 2,000 muscles.
- ✓ The dog flea appears similar to the cat flea, but is rarely found in the United States. Cat fleas are commonly found on both cats and dogs in North America, while dog fleas are found in Europe.
- ✓ The females of many species of moths are wingless. To compensate for this, their bodies are always larger and heavier than those of their male counterparts.
- ✓ The hairstreak butterfly of South America has a fake head, complete with antennae, on its back wings. The theory is that birds will attack the fake head and leave the real head alone.
- ✓ The honeybee kills more people each year world-wide than venomous snakes.
- ✓ The ladybug is called the "Water Delivery Man's Daughter" in Iraq.
- ✓ The largest family of beetles are the weevils, who have over 60,000 species in their group.
- ✓ The longest stick insect is the sawfooted stick insect. It can grow up to 13 inches (33 centimeters).

**We've had tremendous feedback on our insect trivia!  
Please let us know what you think!**

**954-917-1073**



## A Way To Cook Low Fat Spaghetti!

**½ pound of Ground Round Beef**  
**8 oz. Spaghetti Prepared according to package directions**  
**Your Favorite Low-Fat Spaghetti Sauce.**

Did you know most of the fat from spaghetti dishes comes from the high fat content in hamburger?

It doesn't have to be that way and cooking your spaghetti this way can actually enhance the flavor!

Cook Ground Round beef instead.  
Ground round is the lowest beef cut you can buy.

Cook the ground round in a skillet and season to taste. Or if you aren't sure how to season your beef here's a suggestion. Lightly salt the ground round with garlic salt. Add a dash of oregano.

If you would like to cut back more fat, wash the beef after cooking it and then season the beef.

Low fat spaghetti sauces can actually be less expensive. Check your local grocer for some of the canned spaghetti sauces. You might find they are lower in fat and less expensive!

Tell me what you think of this recipe!!! Enjoy!

**954-917-1073**

# THANK YOU!



Just want to say "Thank You" to all the nice folks who are helping us grow by referring their friends and neighbors . . .

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**Anna & Manuel Gonzalez, Coconut Creek**  
**Gilda & Mitchell Howell, Plantation**  
**Lisa & Rick Russell, Coconut Creek**  
**Petrina Sainsbury, Pompano Beach**  
**Andrea Williams, Sunrise**  
**Wendy Shelnut, Ft. Lauderdale**

## **Win Big Bucks with Our NEW Referral Reward Contest!**

YES! We love referrals and we make it fun for you TOO! For every referral you send us we send you "CASH" in the mail! That's right! We do this as a "thank you" for thinking of us when you talk to your friends about our services and they decide to use one of our programs!

Granted, we hope you're "thrilled" with your service and would refer us anyway, but why not receive some "CASH". We like to send you cash so you can do whatever you choose with it... go out to dinner and a movie, or use it to buy yourself an early birthday gift... It's completely up to you. It's just our way of saying, "We appreciate you for mentioning our name"!

Call us at 954-917-1073 and we'll be sure to help your friends out in every way possible!  
Dr. Joe at Dr. Joe Bugs Pest Control



# Great Tips for Living!

## More Ways to Simplify Your Life! Enjoy...

- ☞ Block out time for fun time! Take a time consuming habit (such as television) and plan fun with your loved ones. You'll find you have the "permission" to just have fun!
- ☞ Cook larger quantities of food when preparing a meal and freeze the rest. This will free your time and give you more variety in meal choices. This will also cut back in meal preparation!
- ☞ Shop for seasonal items after the season is coming to a close. Not only will you save money, you will not have to fuss with the crowds next year!
- ☞ Cut back on paper use. There is a great book out there called "Taming the Paper Tiger" by Barbara Hemphill. They also have a website dedicated to cutting out the piles of paper in your life—both personally, and professionally.

**We hope you find our simplifying list helpful this month. Let us know! 954-917-1073**

# Thanks Again!

We just wanted to take a small portion of this newsletter to say, "Thank you." Thank you for trusting us in serving you and we look forward to serving you for years to come! It's such a pleasure to help you with not only your pest control needs, but in other ways too—as we attempt to do with our newsletter.

We hope you enjoy it as much as we enjoy sharing it with you! And if there is anything at all we can do for you don't hesitate in calling. If you have any questions concerning your service feel free to give us a ring. We look forward to seeing you soon and wish you the best!

Sincerely,

Joe Bugs



***Dr. Joe Bugs'***

**"Life In The Bug City"**

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to a Friend!**

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**MORE Wacky Trivia!**

### **Compliments of Dr. Joe Bugs!**

- ◆ The longest insect in the world is the stick insect at 22 inches. Next is the praying mantis at 12 inches, the giant water bug at 5 inches, the goliath beetle at 4.5 inches, and the grasshopper at 3 inches.
- ◆ The mayfly lives for less than a day--a shorter lifespan than any other creature.
- ◆ The Mexican fishing spider will attach itself to a small leaf and float across a pond as if on a raft. From this vantage point, it hunts its prey of large tadpoles and small fish.

**Your feedback is welcome. Please call us at 954-917-1073**

