



# ADVANCE Termite & Pest Control, Inc.

## SPOTLIGHT ON PEST CONTROL

Fall 2022

### Insulating Your Home

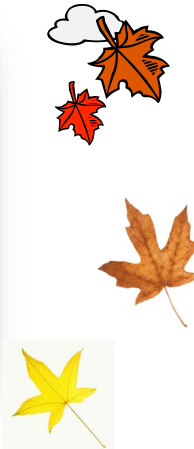
is the best means of saving money month after month on utility bills. According to the Department of Energy, 30-45% of all energy wasted is lost through the roof and walls of a home. In fact, when cellulose insulation is properly installed by a professional insulation contractor, **no other energy improvement investment is recouped faster.**

**ADVANCE** Pest Control now offers services for the insulation of your attic, with the added benefit of insect control. Contact our office to request a brochure or schedule one of our technicians to give you an estimate for insulation to give your home additional warmth in the winter and cooling in summer!

620.662.3616

800.536.3614

[advance@advancepest.com](mailto:advance@advancepest.com)



### Weighing the Consequences of Saying "Yes" Too Often

Saying "yes" too often can be a terrible energy drain. The best antidote is to learn to say "no" once in a while. It's human nature to want to be liked, so when people ask for our time and energy, we too often end up saying "yes" when we can't realistically deliver without undergoing a great deal of stress.

Saying "yes" to help someone is always a worthy aim, but saying "yes" to a request or demand that threatens to push you past your energy limits is the wrong thing to do. If you say "no", it doesn't mean you're a slackard; it means that you have a sense of mission, values and personal responsibility.

#### Contact us

for more information about our services/products .

**ADVANCE** Termite & Pest Control,

620.662.3616

e-mail: [advance@advancepest.com](mailto:advance@advancepest.com)

### THE SLEEP TIGHT FOUNDATION

was established in 2018 to help local folks with the costs incurred for eradication of bed bug infestations because

*Bed Bugs Bite (Actually, They Suck!)*

Bed bug infestations are having a severe social, economic and emotional impact on our community and surrounding communities and many of our neighbors do not have the funds to pay for treatment of their homes for bed bugs.

The Sleep Tight Foundation is currently soliciting funds to help those who are unfortunate enough to experience a bed bug infestation, but are unable to pay all or a portion of the costs required for remediation of the issue.

The Foundation would be grateful for any amount you are able to give and because the Sleep Tight Foundation is a 501(c)(3) corporation, your donation is tax-deductible.



Your donations can be mailed to: P O Box 1202, Hutchinson KS 67504-1202

## DREAMING SPIDERS?



A new study suggests that spiders dream while they rest.

Scientists have studied rapid eye movement (REM) sleep – when most human dreaming occurs – in mammals such as dogs and cats. But a new study suggests that arachnids may dream as well, which may mean that the dream-like state is more common across the animal kingdom than previously thought.

Daniela Rößler, an behavioral ecologist at the University of Konstanz in Germany, stumbled across the discovery when, bored during lockdown, she trapped local tiny jumping spiders and recorded them when they were seemingly sleeping at night. Each one, she noted, made sudden twitching movements, much like “when dogs or cats dream and have their little REM phases”.

Rößler and her colleagues set up a nursery for baby spiders in her lab to observe their nightly dangles. Her new research shows a species of jumping spiders (*Evarcha arcuata*) experience a sleep-like state with rapid eye movement (REM) similar to those observed in dreaming humans.

REM sleep, characterized by muscle relaxation and changes in electrical activity in the brain, is thought to be important in memory consolidation and could play a role in developing survival skills. Confirming REM-like sleep in jumping spiders could alter the understanding of when and how spiders evolved because to date, REM-like sleep has only been identified in animals with backbones (reptiles, birds, fish, and most mammals).

During her investigation, she discovered that the spiders’ eight eyes were also flickering at the same time – another hallmark of REM sleep. These bursts of movement typically occurred every 15 to 20 minutes and lasted about 80 seconds.

Rößler’s team is now working to confirm whether or not spiders are actually sleeping. If they can do that, they can potentially try to work out what spiders might be dreaming about – if anything.

Rößler tells *Scientific American* her suspicion is that “REM is just as universal across the animal kingdom as sleep is, but we just haven’t looked.”

## Bed Bugs Plague Families



By the late 20th century, bed bugs had gone from being a major pest to being quite rare. Scientists attribute this to: vigilant homeowners knew tell-tale signs; advanced pest control technology; natural decline in the cyclical nature of pests; and more concern about pests, along with a tendency to seek pest control before a major infestation.

The amazing resurgence of bed bugs in the past few years may be attributed to: more common travel; more transient society with people moving often; and modern pest control technology that targets pests so that whole areas are not treated, but rather certain areas where pests are known to live.

Bed bugs are commonly flat, reddish to brown in color and about the size/shape of an apple seed. Since bed bugs are nocturnal, you usually won’t see them during the day. Surprisingly, bed bugs not only infest seams and beds, but will also hide in cracks and crevices, such as behind baseboards and behind frames on walls. They will live anywhere humans are near, and not just in bedrooms. Bed bugs prosper in homes, apartments, hospitals, hotels and dormitories. Bed bug infestations are not an indication of poor sanitation; bed bugs do just as well in perfectly clean houses or hotels.

A bed bug must shed its shell to grow; and bed bugs require a blood meal. If no blood meal is available, the bed bug can wait for up to one year! Usually small droplets on sheets or upholstery (bed bug droppings) are the first signs of bed bugs. Some people react to the bites and may notice welts that itch. Fortunately, there are no data to confirm that bed bugs spread disease.

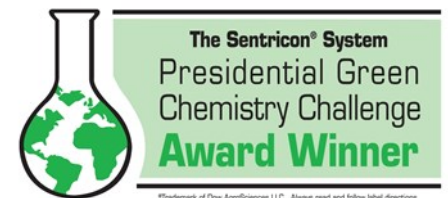
If you suspect a bed bug infestation, contact our company for a thorough inspection. If you do have a bed bug infestation, don’t panic! And don’t feel that you have an unclean home. Remember, bed bugs can infest even the cleanest areas.

We have the latest technologies to control bed bugs in your structure. Control methods described on the Internet seldom work and waiting to call a pest control professional will only increase the size of the infestation. When the infested area is found, we will target treatment strategies for the maximum effectiveness, with minimal disruption to your daily activities.

Authorized to sell and service



\*Trademark of Corteva AgriScience LLC



*For years, termites have gone after your home. Isn't it time you went after theirs?*

*SENTRICON\* - a revolutionary method that actually eliminates termite colonies.*

Advance appreciates the opportunity to bring you this Newsletter containing information intended to enhance your life and make it more enjoyable. Please pass our Newsletter along to friends and relatives who might need our company’s services.

Questions or comments? Please call our office at 620.662.3616 or 800.536.3614 or e-mail us ([advance@advancepest.com](mailto:advance@advancepest.com)) Thanks!