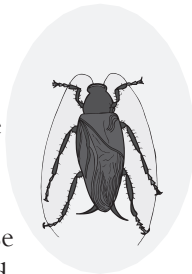


# SPOTLIGHT

The newsletter of Schendel Pest Control • Spring 2009

## Cockroaches implicated in various health issues

Cockroaches are one of the most common household pests. And, we consider them pests for several reasons. First, cockroaches, in their search for nourishment, invade human food resources. By invading and contaminating food, cockroaches can essentially create food-borne illnesses, like Salmonella. Cockroaches have been implicated as a major cause of allergies in children and finally, in large numbers, they smell bad!



Cockroaches enjoy living in dark, warm, moist environments in protected areas. You will find them in cracks, in cluttered environments and near drains or leaky pipes. It is rare that a cockroach will be seen in broad daylight unless large populations of

cockroaches are present. Instead, cockroaches become more active at night.

These pests can be kept from infesting your home by making it less comfortable for them. The goal is to keep cockroaches from having access to necessary resources like food and water. Below are some of the most effective prevention methods.

1. Fix leaky faucets.
2. Caulk any holes or cracks.
3. Weather-strip around windows and doors.
4. Store food in sealed containers.
5. Regularly mop, vacuum, and sweep, especially in the kitchen.
6. Remove all garbage promptly.
7. Clean all recyclable materials with soapy water and store outside.
8. Keep clutter to a minimum.

## Why Use Professional Pest Management?

Recycling has recently become a habit for many homeowners who are trying to reduce their carbon footprint. But is recycling creating a bigger pest problem? It doesn't have to.

When recycling everyday household refuse, it's important to remember a few simple sanitation rules. First, make sure to thoroughly rinse cans, bottles and jars before placing them in the recycle bin. Make sure to empty all crumbs and food particles from the bottoms of boxes and keep your recycle bin outside.

Also, make sure to maintain your Integrated Pest Management Program (IPM) program. In addition to keeping your home free of unwanted pests, we use products that have less impact on the environment like monitoring devices and baits.

For more information on Integrated Pest management, give us a call today!

## Kids' Corner

### Let's go for a walk

There are more than 3,000 varieties of walking sticks identified worldwide. Walking sticks are found mostly in warm and tropical regions. These creatures spend their days hanging from leaves and branches without moving, waiting until dark to eat.



Walking sticks can produce young without mating - some populations consist entirely of mature females and their offspring, all exact replicas of each other!

**T**his newsletter is produced to bring you information that will make your life easier & more enjoyable. We would appreciate it if you would pass this newsletter along to friends and relatives who might need our services. If you have questions or comments, please call **Schendel Pest Control** at 641-752-0986!



625 W. Lincoln Way  
Marshalltown, IA 50158  
641-752-0986

## Just for Grins

Quotes from 11 year olds' science exams:

- To prevent contraception: wear a condominium.
- When you breath, you inspire. When you do not breath, you expire.
- H<sub>2</sub>O is hot water, and CO<sub>2</sub> is cold water
- Water is composed of two gins, Oxygen and Hydrogin. Oxygen is pure gin. Hydrogin is gin and water.
- Three kinds of blood vessels are arteries, vanes and caterpillars.
- The pistol of a flower is its only protection against insects.



## Have You Seen This Bug?



**I**f you see our new "bug" car driving around town, email us where you saw it, the date and time of day and be entered into a drawing to win a \$25 gift certificate to Applebee's. Send your email to: [spc@mailmis.com](mailto:spc@mailmis.com). Offer expires May 30 and winner will be notified by June 5, 2009.

## It's only 15 minutes

**H**ave a project your dreading? Can't seem to tackle it because it seems bigger than life? Try breaking it down into smaller parts

For example, if your laundry is piling up, set a timer for 15 minutes and focus on folding, sorting, hanging and putting away until you hear the buzzer. Ignore the phone, don't answer the door, leave the television off and just FOCUS. Then, move on to something else if you wish.

No matter what the task, from cleaning to organizing to yard work, you choose the amount of time and set that timer!



Remember you're only talking about 15 minutes and once you realize how much you can actually accomplish in 15 minutes, this will become a habit you won't want to break!