

LIVING WITH WILDLIFE

Early spring means early birds

By Cindy Kamler

For those of us living in the Eastern Sierra, this dry winter has seemed more like spring. Our wild bird neighbors seem to feel the same. Officially, the first day of spring isn't until March 19!

A pair of ravens nesting near our Center at Keough's

have refurbished their last year's nest and may already have eggs. They are a month or more earlier than normal. Our ambassador raven, Razzle, thinks it's time for us to give her sticks so she can build her own nest. Way too early! Yet because of these weather patterns, many other local bird

species are way ahead of their usual schedules for finding mates, renewing courtship bonds, and building nests.

I suspect that we humans are also thinking about (or doing) tree trimming, pruning, or even removing trees or shrubs.

Usually, we would encourage you to do

your trimming, etc. now before nest building begins. But, in some cases, building is already in process. Wildcare urges you to take some time now to check your vegetation, eaves, hollow trees, open sheds and so on before cutting, chopping, moving, etc.

There are many different types of nests

(scrape, burrow, cavity, platform, cup, and pendant (hanging)) and locations where they may be found.

The nests you are most likely to find in your yard are cups and cavities. Almost all songbirds build cup nests, usually in trees or shrubs, but occasionally on buildings, poles, abandoned cars



CINDY KAMLER
GUEST COLUMNIST



Some hummingbirds made their nest on a rope.

Photo courtesy Wildcare Eastern Sierra



A hooded oriole builds its nest.

Photo courtesy Wildcare Eastern Sierra

In recognition of President's Day, Monday, February 17, Northern Inyo Healthcare District's Outpatient Clinics and Business Offices will be closed.

As always, Hospital Services, including the Emergency Department, will remain open.

Bill Payments may be made online, at the Front Desk of the Main Lobby, or left in the payment dropbox in the west parking lot near Administration

All Clinics & Offices will re-open on Tuesday, Feb. 18

Clinics & Offices Closed Feb. 17th

- NIA General Surgery Clinic
- NIA Internal Medicine Clinic
- NIA Orthopedic Clinic
- NIA Pediatric Clinic
- Rural Health Clinic
- Rural Health Women's Clinic
- RHC Same Day Care
- NIA Specialty Clinic
- NIHD Business Offices
- NIHD Diagnostic Imaging
- NIHD Human Resources
- NIHD Medical Records
- NIHD Outpatient Lab Services (In the Main Lobby)
- NIHD Rehabilitation Services

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Sylvia

by A.R. Gurney

Feb. 6-23., 2020
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This is BILLY.

He's the new kid on the block and he's all about making his presence known. With his endearing face and positive vibes, you can't help but notice this 11-month-old Labrador Retriever mix.

While on walks, he gets super excited, especially when his nose twitches in catching new smells. Quite the observant one, Billy has the potential to be the most loyal and obedient boy in the neighborhood.

Visit Billy - and others like him that are in search of their forever home - at the Inyo County Animal Shelter, located at 1001 County Road in Big Pine. For more information, call (760) 938-2715 or visit www.facebook.com/easternsierradogrescue.

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A male bird building its nest. Sometimes birds pick unsafe locations to build their nests, and with the unusually warm spring, the birds have gotten started building their nests early this year.

Photo courtesy Wildcare Eastern Sierra

etc. I have seen hummingbird nests on hanging light fixtures, garage door closers, and wind chimes. Mallard ducks sometimes use flower boxes or raised gardens.

Cavity nesters (sparrows, starlings, wood ducks, some owls) use natural cavities in trees and rocks but I've seen sparrows, starlings and others use eaves (especially under tile roofs), stove vent pipes, old swamp coolers, even car engines. Woodpeckers usually make their own cavities in trees or structures.

Hanging nests (Hooded Orioles and Bush Tits) are few and usually in trees, but you might see one in your yard. Some raptors may build platform nests, most likely in trees.

Should you discover a nest in an inappropriate or unsafe place,

please call Wildcare to discuss the situation. It is against the law to disturb active nests (eggs in nest). In most cases, inactive nests can be moved or removed. With assistance from Wildcare, active nests can sometimes be relocated; but sometimes not.

Please take the time to locate nesting birds in or around your residence. If they are in safe spots, you may enjoy watching the birds raise their young. If the parents have chosen a poor location, call Wildcare at (760) 872-1487 for help.

(Living with Wildlife is a program of Wildcare Eastern Sierra dedicated to helping the people of the Eastern Sierra live in harmony with our wild neighbors. For further information, contact Wildcare Eastern Sierra at (760) 872-1487.)

www.inyoregister.com

Wake up to The Inyo Register

ATTENTION ALL PET LOVERS!

Have your dog or cat's teeth cleaned for 15% off during the month of February!

Periodic check-ups and dental cleaning are the best means of preserving your pet's teeth & gums!

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2020 NIHD HEALTHY LIFESTYLE TALKS

Going beyond the 'Echoes' of Your Heart

How transesophageal echocardiography can provide an in-depth view into your heart's health

THURSDAY, FEB. 20, 6:30 PM

Featured Speaker James Fair, MD
NIHD Emergency Physician

NIHD's Birch Street Annex
2957 Birch St., Bishop
near the Jill Kinmont Boothe School campus

With Guest Speaker **Terry Tye, RDCS**

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February is American Heart Month

Lone Pine California Early Opener

TROUT DERBY

\$800 Blind Bogey

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March 7th, 2020
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Free Educational Series
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JOIN US FOR A 2020 NIHD HEALTHY LIFESTYLE TALK

Identifying Hidden Sugars in Your Diet

Learn how to calculate the true amount of sugar in your meals

THURSDAY, FEB. 27 6:30 PM

Featured Speaker Denice Hynd, RD
NIHD Registered Dietitian

NIHD Birch Street Annex
2957 Birch Steet, Bishop
near the Jill Kinmont Boothe School

NORTHERN INYO HEALTHCARE DISTRICT
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Pharmacy Topics

The U.S. Food and Drug Administration has approved the first generic version of Advair Diskus (fluticasone propionate and salmeterol inhalation powder) for the twice-daily treatment of asthma in patients aged four years and older and maintenance treatment of airflow obstruction and reducing exacerbations in patients with chronic obstructive pulmonary disease (COPD).

According to the National Lung and Blood Institute, asthma is a chronic lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath and coughing. The coughing often occurs at night or early in the morning. Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 26 million people are known to have asthma; about seven million of these people are children. COPD is a progressive lung disease that makes it hard to breathe and may become worse over time. COPD can cause coughing that produces large amounts of mucus, wheezing, shortness of breath, chest tightness and other symptoms.

We now carry QR to stop nosebleeds and lacerations and skin tears.

Patients at high risk for heart attacks, strokes and blood clots who were treated with a novel blood thinner (apixaban) and an antiplatelet drug such as clopidogrel had a significantly lower risk of bleeding and being hospitalized compared with patients who received an older blood-thinning medication such as warfarin, according to research presented at the American College of Cardiology's 68th Annual Scientific Session. In addition, patients who received clopidogrel without concurrent aspirin, which has been standard for these patients, had an additional 47 percent reduction in bleeding events with no increase in heart attacks, strokes or blood clots when compared with patients who received aspirin.

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