

Hummingbirds, are you killing them with love?

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Impossibly small, yet incredibly bold, and beautiful to boot - hummingbirds fascinate millions of people who hang sugar-water feeders designed to draw them closer. But what if this desire to get a better look ends up killing them?

Sadly, this happens a lot, although most folks have no clue how they're harming that which they adore. The hummers don't die on peoples' porches; instead, as with many unintended wildlife deaths, they just disappear.

Hummingbirds are quite sensitive, therefore it's key to follow a strict regimen to prevent these deaths. It's not a hobby to be taken lightly. The Audubon Society recommends that enthusiasts instead plant native flowers and shrubs that benefit hummers. (And those who do hang feeders should also plant gardens to help baby hummers develop normal feeding behaviors.)

Oregon grape, flowering currant, Western bleeding heart, columbines, honeysuckles, fireweed, Indian paintbrush, goldenrod, monkeyflower, spirea, checkermallow and penstemons are

all great choices; and other nonnative plants that hummers like include butterfly bush, crocosmia, monardia, roses, trumpet vines, bee balms and gladiolas.

But back to sugar-water feeders: first, neglecting crucial feeder maintenance leads to disease. Candidiasis is a common fungus (similar to thrush in humans) that causes hummer tongues to swell, preventing them from feeding and leading to horrific deaths from suffocation or starvation. This infection can readily spread throughout hummingbird populations and is easily transmitted to offspring.

This process happens fast. In summertime, sugar water can start fermenting in just two days; and once the water is cloudy, fatal liver damage can also occur. So if you're not prepared to clean the feeder every two days all summer long, please do not hang feeders at all! Also, always hang the feeders in the shade.

The best hummingbird feeders fully disassemble for easy cleaning. Be careful when buying feeders, as many don't come apart. (If you have these, throw them out!) Flush the feeders with very hot tap water and scrub every surface with bottle brushes, toothbrushes, etc. Never use

soaps, as they leave a residue that's toxic to hummers. And if you see any sign of black mold, soak feeder in a solution of 1/4 cup white vinegar to 1 gallon water for 15 minutes and rinse well.

Feeding solution must be white sugar! Never use raw sugar, agave syrup, brown sugar, molasses, honey, artificial sweeteners, or anything other than white sugar (which precisely mimics the sucrose they get from their natural plant sources). Utilizing the wrong sugar solution is another way to kill hummingbirds and their babies. Also, adding red food-dye coloring to the formula is unnecessary because the red on a feeder is enough to attract hummers.

The best - and only - food recipe is one part white sugar to four parts water. Bring the water to a boil and then stir in the sugar until it dissolves. Bring the solution back to a boil for a few moments, then remove from heat and allow it to cool before filling feeders. Boiling the solution kills bacteria. Be careful about refrigerating the formula as well, as it can get cloudy within several days.

Once you've begun utilizing feeders for hummers, they may become dependent, especially while

breeding, so if feeders run dry while a Momma has babies, you're compromising those young lives. A baby hummer needs a meal every 10 minutes, all day long, dawn to dusk!

Though to get key proteins and other nutrients, hummers eat lots of small bugs. Putting out overripe fruit near the feeders to attract flies for your hummers (banana peels work well) helps ensure a proper diet. Some experts say hummers are miniature flycatchers and the sugars from feeders and flowers are the fact-acting "jet fuel" to power them to go after their real nourishment.

Instinct, weather and resource availability tell the hummers when they should migrate, and again, as the sugar water is a supplemental food and not their main food source, hummers usually take off when insect populations drop below what they need to survive. However one species, the Anna's hummingbird, may stay year-around, so when winter arrives, those little ones will look for their meal at dawn. Which means when it's cold enough to freeze water, the feeders must be taken inside at night and hung out again very early.

There's approximately 340 species of hummingbirds found

worldwide - but only five are found in Oregon: the Allen's, black-chinned, calliope, rufous and Anna's hummingbirds.

Again, the bottom line, is, that if you're not into a full-on commitment, truly, it's best to not to hang out feeders at all. Many people enjoy healthy hummingbird populations on their properties with just their gardening choices.

Finally, one big problem that hummers - and all bird species face - is cats. According to the Hummingbird Society, domestic cats are the hummingbirds' biggest predator. So if you have an outdoor cat, hanging a feeder is like putting out a banquet for the cat. In some parts of the world cats are primarily responsible for driving entire hummer species into extinction.

So while we adore these tiny dive-bombers who sport such verve and color; it is also incumbent upon us to make sure we draw them in safely - or not at a

Learn more about hummingbirds and their care at <http://www.hummingbirds.net/>; <https://www.audubon.org/>; or <https://www.hummingbirdsociety.org>.

HEMP ...

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"There are a lot of growers who already have experience growing cannabis, and when you're growing for CBD, there are a lot of the same techniques that you use for growing marijuana," he said. "Oregon is definitely a hotbed of activity around this."

CBD is popping up in everything from cosmetics to chocolate bars to bottled water to pet treats. One Los Angeles bar sells drinks containing the oil, massage therapists use creams containing CBD and juice bars offer the stuff in smoothies. Dozens of online sites sell endless iterations of CBD oils, tinctures, capsules, transdermal patches, infused

chocolates and creams with no oversight.

Proponents say CBD offers a plethora of health benefits, from relieving pain to taming anxiety. Scientists caution, however, that there have been very few comprehensive clinical studies of how CBD affects humans - mostly because the U.S. Drug Enforcement Administration still considers cannabidiol extract off-limits, and the government requires special dispensation to study it.

Pre-clinical studies have shown promise for treatment of chronic pain, neuro-inflammation, anxiety, addiction and anti-psychotic effects in animals, mostly rodents, Ziva Cooper said, an associate professor of clinical neurobiology at Columbia University who focuses her research on the therapeutic potential of cannabis and cannabinoids.

The U.S. Food and Drug Administration next month could approve the first drug derived from CBD. It's used to treat forms of epilepsy.

Christina Sasser, co-founder of Vital Leaf, isn't waiting for government action to market CBD products in stores and online. She sells about 500 bottles of Oregon-sourced CBD oil a month and ships only to customers living in states with state-run hemp pilot programs, to better avoid the possibility of legal trouble.

"Everybody in the CBD world has recognized the risks involved, and I would say the vast majority of us really believe in the power of the plant and are willing to operate in this, sort of, gray area," she said.

Willison was selling marijuana clones

to pot startups when he realized last spring he was selling way more clones than Oregon's market could support. The two-story building where he grew 200 pounds of weed a month sits nearly empty, and a greenhouse built to expand his pot business is packed with hemp plants instead.

He breeds hemp plants genetically selected for their strong CBD concentration, harvests the seeds and extracts CBD from the remaining plants that can fetch up to \$13,000 per kilogram. His future looks bright again.

"The (marijuana) market is stuck within the borders of Oregon - it's locked within the state," he said, as he took a break from collecting tiny grains of pollen from his plants. "But hemp is an international commodity now."



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BATHROOM SAFETY

Slip and fall injuries are much more dangerous for the elderly than anyone else and they are, unfortunately, relatively common. The problem is that when an older person falls and breaks a bone, healing occurs more slowly or not at all. A minor fall can mean a major life change for a person of advanced age, necessitating full-time in-home care or a move to a nursing home. Hip fractures from slip and fall injuries are often the most devastating. Bones begin to weaken with age and a hard fall can easily crack the hip bone. These injuries usually require surgery and a hip replacement, which can be fatal to an elderly person.

Two of the most common causes of slips and falls are throw rugs and wet floors and these are typically found in our bathrooms. So what can we do to protect ourselves and our families? Probably the first consideration is to install grab bars. You

don't need a licensed plumber or specialty contractor to have these secured to your bathroom walls in strategic locations. Experienced handypersons will most certainly be able to perform the work without any permits required. The ADA requirement is to support shear strength of 250 pounds so some wood, such as strips of 1x4 finished lumber, may be required to bridge the studs behind the finished drywall or tile surfaces. And then about those throw rugs, if you must have them for your cold feet, make sure they have a non-skid rubber backing.

A solid bath chair is a good idea to purchase; one that can not only hold your weight when sitting but also will act as a sturdy grip-hold. Also, a hand held shower head on a six foot flexible hose gives the user the ability to sit while showering. These are available, inexpensively, in most hardware stores and can be easily installed by handypersons on existing plumbing.

Lighting is another safety consideration. 5 watt night lights are cheap to purchase and cost next to nothing to leave on all night. These should illuminate the path from bedroom to bathroom for those late night calls of nature. (Also it would be a good idea to take a night light along when traveling and temporarily install it on a wall outlet of the motel bathroom, for the same purpose!)

For major changes to the plumbing fixtures in order to accommodate wheelchair access, such as converting tubs to showers, installing higher toilets, or widening doorways, it will be necessary to hire specialty contractors and possibly submit plans and permits. This goes beyond the scope of this article but I.V. Wellness Resources can refer you to the relevant licensed contractors.

To contact I.V. Wellness Resources you can call 541-592-9781 or email www.ivwellnessresources@gmail.com and like our Facebook page at [ivwellnessresources](https://www.facebook.com/ivwellnessresources).

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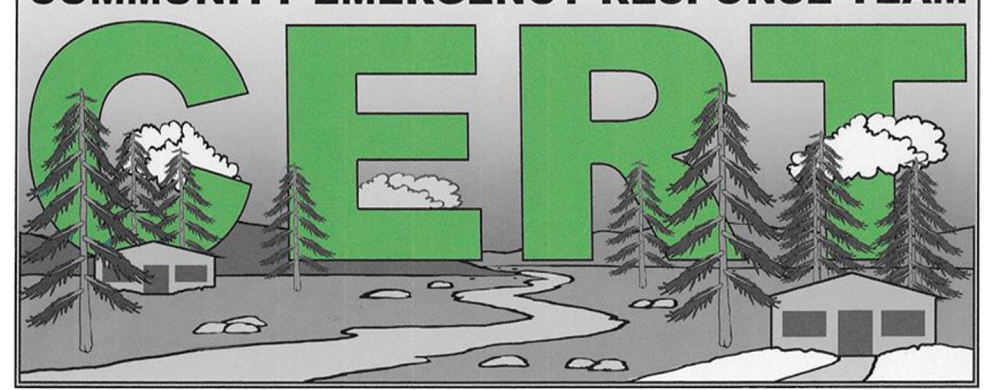
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