

# Community Voices

## NATURAL PERSPECTIVE — FLASHES OF WINTER



By EMILY J. UHRIG, PH.D.  
Special to Siuslaw News

this time of year can seem rather drab.

Keep an eye on your yard, however, and you may spot flashes of brilliant amethyst — the iridescent throats of male Anna's hummingbirds.

While other hummingbird species in our area typically migrate to warmer places during winter, Anna's hummingbirds are year-round Oregon residents. But how does a bird weighing less than a quarter of an ounce, about the weight of a nickel, survive chilly nights that keep us indoors by the fireplace?

The answer: a strategy called "torpor," a type of short-term hibernation.

Hummingbirds are known for their high metabolisms and energetic flight that involves wings flapping as much as 50 times each second.

Their hearts beat over a 1,000 times per minute during flight and, even at rest, only slow to about 250 beats per minute — four times higher than a typical human's resting heart rate.

To support their energetic lifestyle, hummingbirds consume more than their body weight in nec-

tar each day. Their tiny bodies don't store much fat, so they must feed nearly constantly to keep going and are often described as "living on the edge of starvation."

Since hummingbirds don't feed after dark, maintaining their metabolism during cold nights is especially problematic.

This is when entering torpor is useful.

When air temperature drops at night, the hummingbird perches motionless on a branch; its metabolism and heart rate slow dramatically as torpor be-

gins. Its body temperature, normally around 104 °F, falls as much as 50 degrees.

The hummingbird becomes semi-comatose and remains immobile even when gently poked by inquisitive researchers. In this state of torpor, the hummingbird burns much less energy, enabling it to survive until its next meal.

As temperatures rise in the morning, the hummingbird emerges from torpor; its body rewarms, and the bird buzzes about its daily business having successfully weathered another cold night.

So, as we share a winter with Anna's hummingbirds, consider hanging a feeder to help these hardy little birds top off their fuel tanks. Whether your nectar is homemade (1 part refined white sugar to 4 parts water) or store-bought, it's best to avoid red dyes.

The added coloration is unnecessary and may actually be harmful to the birds. Just hang a feeder with clear nectar and watch for Anna's hummingbirds bringing welcome color to the gray skies.



TRACY MARKLEY  
Special to Siuslaw News

## TO YOUR HEALTH — BENEFITS OF STROKE SURVIVOR GROUPS

With the nearest support group for stroke recovery being in Springfield, many have approached me regarding the need for a closer more convenient group to attend.

So, the first meeting of the Florence Oregon Stroke Survivor Support Group will be held Thursday, Feb. 20, at 3 p.m. at the Siuslaw Public Library.

Fifteen million people worldwide suffer stroke each year. Each stroke survivor faces their own unique

physical, mental and emotional challenges. A support group gives the opportunity for survivors to share their struggles, successes, concerns, hopes, strengths and weakness.

The warm acceptance in a support group can help bring comfort and hope in

the challenging times stroke brings into someone's world. Often, survivors feel alone and/or people do not really understand their struggle.

Suddenly, a person's life just changes in an instant; the effect of stroke ranges in many different levels.

All are life changing. A support group helps survivors to gather with others that relate to their experience and changes.

They also learn from one another.

There will be speakers of different sources that may bring great care and knowledge to help survivors and their caregivers as well.

I have worked with survivors in recovery when their physical therapy ends for quite some time now. I serve on the Education Advisory Board for the Medfit Foundation and I have created the Stroke Recovery

and Exercise CEC Course for fitness professionals.

There is a strong need for fitness professionals to further their education so they can help survivors further their recovery.

There is not a limited time frame on recovery. Recovery progress and gains can continue for years. I have written two books on stroke recovery and exercise that have helped survivors worldwide.

I hope to help the Florence Support Group become a strong and helpful source for survivors and caregivers in our community and nearby communities.

If you are a survivor or a caregiver to a friend or loved one who is a survivor, please come join us at our first meeting.

If all goes well we will hold the meetings the third Thursday of the month at 3 p.m.

**GINNY VERVILLE**  
Westminster  
Kennel Club  
**Dog Show Winner!**  
Best of Breed & Best Opposite Sex

**"Quality Pet Grooming With Loving Care"**

**Ginny Verville**  
Owner/Groomer

**Aloha PET GROOMING** 541-997-2726  
1457 8th Street  
Florence, OR 97439

**Stocks. Bonds. CDs. IRAs. Mutual funds.**

**Andy Baber, AAMS®**  
Financial Advisor

**Ryan Hitchcock**  
Financial Advisor

1010 Highway 101  
Florence, OR 97439  
541-997-8755

**Edward Jones**  
MAKING SENSE OF INVESTING

MKT-58941-A Member SIPC

**NOMINATE US BEST OF FLORENCE**

**Heceta Self Storage**  
Climate Controlled  
Safe & Secure Storage  
Resident Manager  
(541) 997-9702

87632 North Hwy 101, Florence  
541.997.9702

Climate Controlled - Circulating Dehumidified Air 24/7  
Safe & Secure Storage - Cameras & Lighting

We are delighted and grateful that Heceta Self Storage was voted Best Self Storage in Florence!

**Thank you for your support!**

**"I Love You More Than Beer"**  
**Valentine's Dinner**  
Friday, Feb 14  
Starting at 5:00 PM

**Steak Oscar**  
with Asparagus, Dungeness Crab and Hollandaise Sauce.  
**Served with Roasted Beet and Candied Walnut Salad, Tomato Bisque Soup, Corn Fritters, and Dessert.**  
Plus a pint of craft beer or a glass of wine, per person.

**\$50 couple / \$28 individual**

**BEACHCOMBER FLORENCE, OR**

Open 7 Days  
1355 Bay St. • Old Town  
541-997-6357  
beachcomberpub.com

## MORAL OF THE STORY



By KAREN NICHOLS  
Special to Siuslaw News

that the pains in my neck had decreased. While at the chiropractor's, I mentioned it.

"Would you show me those exercises?" he asked. Sliding off his table, I raised my arms, lifted one leg and proceeded to hop, or pathetically barely budget off the floor.

I tried hopping when I got home. Odd? When did I lose my ability to hop?

Isn't it nice here in Florence where everything is a hop, skip and a jump away?

I exercise regularly and swim about a mile a day. It's sort of a water ballet, as I move gracefully across the pool, waving my arms in the air and bobbing my head from side to side. I run, jump, hop and skip with the greatest of ease.

After a year, I noticed

When my grandchildren came to visit, I was reading to the three and a half-year-old. We came to the part when the characters were playing hopscotch, "Grandma! Can we play hopscotch?"

My eyes rolled. "Sure. Let's try it."

With rocks for lagers, Grandma attempted to show the three-year-old how to hop. My example was material for America's Funniest Home Videos.

Don't you hate it when a three-year-old makes you look bad?

I coaxed a hop or two out of this old body. My grace equaled the skills I possessed when I was two, teetering and flailing. Ralph came outside. "Quit before you fall and break something." He ambled inside shaking his head. "I can't watch this disaster waiting to happen."

With slight improvement, I completed the game without injury.

Do you suppose I could train in the next few months and be up to a hopscotch game with the four-year-old the next time she comes?

**DENTURE SERVICES INC.**

**LOCALLY OWNED AND OPERATED**  
Open 4 days a week!

Here to serve your denture needs:  
**Dentures**  
**Partial Dentures**  
**Immediate Dentures**  
**Implant Dentures**  
**Relines & Repairs Same Day**

**Monday-Thursday**  
**10am - 2 pm**

**524 Laurel St.**  
**541-997-6054**

**William Foster LD**  
**Sherry, Office Manager**

**"As a denture wearer myself, I can answer your questions and address your denture concerns."**  
~ William Foster, LD

**Financing: Citi Health Card**  
**12 Month no Interest**

**FEATURED PROPERTY OF THE WEEK**

**52 BLUE WATER CT**  
NEW TO MARKET PRICED TO SELL NOW! Seller wants this SOLD now & has priced it aggressively. Located in the desirable gated community of Mariner's Village, this home occupies a large fenced yard with a landscaped cul de sac lot. Low maintenance exterior, dramatic single level, all appliances included, vaulted ceilings, 3 bed / 2 bath, open floor plan, separate casta/artist studio in the backyard. Hurry, the seller wants this sold! \$305,000 #11930 MLS#19323744

"We're next to the Bridge"  
100 Hwy. 101  
See all Florence Listings at [cbcoast.com](http://cbcoast.com)

**COLDWELL BANKER**  
**COAST REAL ESTATE**  
**541-997-7777**