

Five berry shrubs to feed winter birds

When winter comes and the menu for birds shrinks in urban backyards, they rely on the kindness of humans. That doesn't mean just a bird feeder of seeds and nuts.

"Different birds are attracted to different foods and it's good to have a variety," said Dana Sanchez, a wildlife specialist for Oregon State University's Extension Service. "In addition to bird feeders, which people sometimes forget to fill, they need plants to forage on."

This time of year, you'll notice winter wrens, pine siskins, scrub jays, chickadees and robins. All are searching for food to give them the energy they need to survive the prolonged stress of cold and wet weather.

"Birds need a lot of energy to make it through cold nights," according to Sanchez. "They can't eat during the night and they burn off whatever food calories they found during the day."

Fortunately, birds have feathers — the ultimate down jacket, she said. They fluff them and huddle together to reduce heat loss. And shivering keeps muscles warmer. For all that, they still need the right foods for energy production. A few insects remain, flying around



KYM POKORNY
Your Garden

or hiding under moss and lichen ripe for the picking. Some plants, like thistle, hold on to seeds that birds fit into their diet. Plants with berries full of good fat provide necessary nutrients, too. Take a look at Sanchez's suggestions and consider adding some berry bearers to your garden.

Dana Sanchez's picks for plants with berries for birds: **Oregon grape** (*Mahonia aquifolium*) breaks out in brilliant yellow flowers in mid-winter that leave behind bunches of blue-black berries. The state flower of Oregon grows to an erect 6 feet tall and 5 feet wide. Hardy to Zone 5.

Beautyberry (*Callicarpa bodinieri*) was named for a reason: The exquisite violet to purple berries in mid-winter stop people in their tracks. This shrub puts on a good display at the back of the border where its 6-by-6-foot stature has room to develop. The cultivar "Profusion" exhibits an especially abundant amount of berries. Hardy to Zone 5.



Photo by chapstickaddict

The purple berries of beautyberry offer sustenance to birds in winter when they need extra energy to survive cold weather.

Snowberry (*Symphoricarpos albus*) is recognized for distinctive clusters of white berries that last well into winter. At 5-feet tall and 6-feet wide and rather rangy, snowberry makes a great choice for a bird-friendly hedgerow, and its vigorous roots will help with erosion control on slopes. Hardy to Zone 3.

Himalayan honeysuckle (*Leycesteria formosa*) takes some room to accommodate its 6-foot height and width, but it's more than worth the space. Long inflorescences of white flowers with purple

bracts hang from the shrub for an extended time in summer and fall and are followed by berries that start out green, turn deep red and then purplish black with all three colors on the plant at once. Hardy to Zone 6.

Pacific wax myrtle (*Myrica californica*) is an evergreen that grows up to 30 feet at maturity, making it a popular option for a screen or small tree in the garden. A Pacific Northwest native, wax myrtle presents purplish berries in fall that persist into the winter months. Hardy to Zone 7.

MI TOWN

We're deep into winter in MI Town and it seems like springtime is a distant future dream. It's hard to think about sunshine and flowers and seed catalogues when there's a constant cleaning up of muddy footprints from spouses, children and pets; and the coat closet has a lingering scent from wet wool coats and jackets. Streets and sidewalks can be slippery from early morning frost and occasional icy patches, so take care when walking or driving.

Our local mayors and city councilors are looking forward to the challenges and opportunities of this upcoming year. Mayors John McArdle of Independence and John Oberst of Monmouth will preside at the State of the Cities annual



PATTY TAYLOR DUTCHER
Columnist

address this evening from 6:30 to 8:30 in the Columbia Room in the Werner Center, located on the WOU campus in Monmouth. There is no charge for this event, and everyone is welcome to attend. Parking is available in lots H or F, and no permit is required for this event.

Students are busy with school activities and winter sports. It's always a lot of fun to attend the various games and events, and to cheer for our children and those of our friends and neighbors.

It's easy to catch enthusiasm and energy from just being around younger people. As always, our local schools are eager for volunteers in all their programs, and it's another great way to chase away those midwinter blues.

Winter term has begun for Western Oregon University students and the calendar is full of ongoing events and classes for everyone. The campus is buzzing with new voices and the return of familiar students who are eager to get involved with school and social activities. MI Town residents have an excellent opportunity to meet students from all over the world and to help them feel welcome in our community. Language barriers all but disappear when people take the time to listen

and try to understand one another. Many of our international students have never been far away from the countries they call home. We all have the opportunity to learn so much about cities and countries that are half a world away, and to also share information with students and others who are new to MI Town.

Even though we are getting a few minutes more daylight every week, it's good to remember to use car and bicycle lights, so we can see — and be seen — as we travel. For those of us walking or riding bikes, please remember to wear light clothing and attach reflective tape to our coats and jackets, and carry a flashlight on these dark and rainy winter days and nights.

PEDEE NEWS

We recently learned that Gladys Trosen, widow of former pastor of Pedee Church Rev. Robert Trosen, died on Thursday, December 24, 2015. Before coming to Pedee in the seven years from 1985-1992, Pastor and Mrs. Trosen were the first Evangelical missionaries in Bolivia, then served many terms as superintendent of the North Central Conference of the church. Most recently they were members of the Park Place Church in Portland. They were a much-loved couple in our community. Gladys celebrated her 90th birthday in November.



ARLENE KOVASH
Columnist

Judy Guida returned from over two weeks in Houston, where she visited her son John, wife Gina, and their family, her son Tony, and Sam's brother Joe for the holidays. While there, they took a mini-vacation to San Antonio, staying at the Menger Hotel, built across the street from the Alamo just 20 years after the 1836 battle at that

famous mission. The Menger is known as the most haunted hotel in Texas, although Judy didn't see any ghosts. She also went to Willie Nelson's Family and Friends concert in Austin. John and Gina's kids Adrianna, Adrian, Neko, Samuel, Tristan, Layla, and Josie were sorry to see her leave.

While Judy was gone, Marcos Lopez was taking care of her place. One day he left his pickup at the house and a large tree limb came down in a windstorm and crushed the cab. That was bad for him, but at least it didn't catch the house

three feet away.

Pedee activities have gotten into full swing with the New Year. The Women's Club is back to meeting every Wednesday from 10 a.m. till about 2; the Thursday family night at Pedee Church is again meeting, with a potluck dinner at 6 p.m. and activities afterward; and the Kings Valley coffee shop at the old church is going strong on Saturdays from 10 till 2. That last is a great place to get breakfast on Saturdays as they have delicious cinnamon rolls and other goodies, all made by Diana Barnhart, for sale.

BIRTHS

Grimsbo

Brailyn Ann Grimsbo was born to Zach Grimsbo and Chelsey Hedman, of Sheridan, at 12:09 p.m. on Dec. 23 at Salem Hospital Family Birth Center.

She weighed 6 pounds, 10 ounces, and was 18.75 inches long.

Brailyn joins Braxton, 2.

Grandparents are Jacque Wilson, of Lexington, Tim Hedman, of Heppner, and Steve and Kristina Grimsbo, of Rickreall.

Leiker

Blover Katrece Leiker was born to James Canaday and Kassi Leiker, of Independence, at 10:08 p.m. on Dec. 30 at Salem Hospital Family Birth Center.

She weighed 7 pounds, 6 ounces, and was 20.75 inches long.

Clover joins Hannah, 11, Ceanha, 10, Nicholas, 8, Jayden, 5, and Ledger, 4.

Grandparents are Kimberly Leiker, of Dallas, and Sherri Hallfon, of Renton, Wash.

Great-grandparents are Linda Vanderzanden, of Dallas, and Virginia Canaday, of Lancaster, Calif.

COMMUNITY CALENDAR

Continued from page 8A

TUESDAY, JAN. 19

• **Take Off Pounds Sensibly (TOPS) Club** — 6 to 7 p.m. weigh-in, 7 to 8 p.m. meeting, First Christian Church basement, 1079 SE Jefferson St., Dallas. Meetings offer programs and activities aimed at losing weight. Open to anyone. First meeting is free.

WEDNESDAY, JAN. 20

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Day-2-Day Diabetes Support Group** — 3 to 4 p.m., West Valley Hospital (main conference room inside main entrance), 525 SE Washington St., Dallas. 503-623-7323.

• **Bingo at the Farm** — 6:30 p.m., Rogue Farms Hopyard, 3590 Wigrich Road, Independence. All ages welcome. Free; food and beverages available for purchase. 503-838-9813.

• **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

• **Positive Aging** — 10 to 11 a.m. Dallas Senior Center, 955 SE Jefferson St., Dallas. Explore proactive aging in this presentation and discussion series led by Sandra Larson & George Furniss. Drop-ins welcome. Free. 503-623-8554

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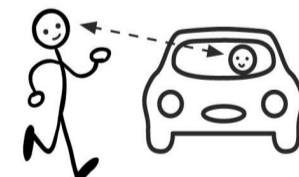
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