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 wasn’t until March 20.

A pair of ravens perched near our center at Keough’s Center at Keough’s first day of spring. Our wild bird neighbors seem to feel the same, officially, the first day of spring wasn’t until March 20. A pair of ravens perched near our center at Keough’s Center at Keough’s early spring means early birds. This is BILLY, a loyal and obedient boy in the neighborhood.

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.

"Living With Wildlife"

In the Eastern Sierra, early spring means early birds. This is BILLY, a loyal and obedient boy in the neighborhood.

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, cavities. Almost all songbirds build cup nests, usually in trees or shrubs, but occasionally on buildings, poles, abandoned cars,

Sugar-free candy options also available while supplies last.

Living with Wildlife

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.

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A male bird building its nest. Sometimes birds pick unsafe locations to build their nests, and with the unusually warm early this year. Photo courtesy Wildcare Eastern Sierra

etc. I have seen hummingbirds on hanging light fixtures, garage door closers, and wind chimes. Stallard ducks sometimes use flower pots or raised gardens. Cavity nesters (square-tails, 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), steeve 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. If 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 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.)

American Heart Association

ATTENTION ALL PET LOVERS!

How your dog’s or cat’s teeth cleared 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.

How transeosophageal echocardiography can provide an in-depth view into your heart’s health.

NIHD Birch Street Annex

6:30 PM

NIHD, Birch Street Annex

near the Jill Kinmont Boothe School Campus

Northern Inyo Healthcare District

One Team. One Goal. Your Health.

NORTHERN INYO HEALTHCARE DISTRICT

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2020 NIHD HEALTHY LIFESTYLE TALKS

Going beyond the ‘Echoes’ of Your Heart

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2020 NIHD HEALTHY LIFESTYLE TALKS

Identifying Hidden Sugars in Your Diet

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How transeosophageal echocardiography can provide an in-depth view into your heart’s health.

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