

## BONE AND JOINT HEALTH ACTION WEEK

### TAKING JOINT REPLACEMENT to new standards

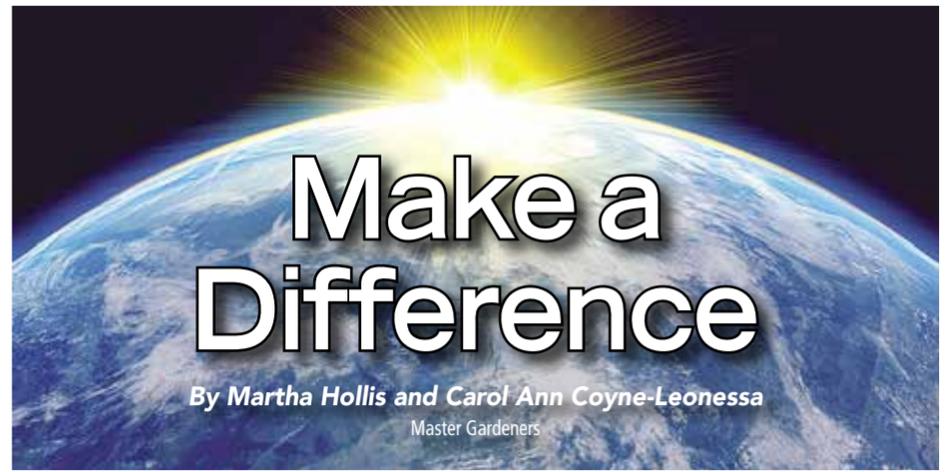


Our new Enhanced Recovery After Surgery [ERAS] process is a global standard providing:

- Total Joint Patient Education Program
- Less time in the hospital
- Lower risk of infection
- Comprehensive plan for your care and recovery

Accelerate your return to a pain free and active lifestyle right here on Whidbey.

Learn more at:  
[whidbeyhealth.org/jointreplacement](http://whidbeyhealth.org/jointreplacement)



### MAKE A DIFFERENCE FOR WILDLIFE

We have all become aware recently of the plight of our pollinators. Our lawns look great, but do they provide a home for bees, caterpillars, birds and other wildlife? Truth be told, a lawn provides very little benefit to wildlife. In fact, it can harm wildlife through maintenance practices such as mowing and fertilizing. Raking up and disposing of fallen leaves removes protective cover for pupating moths and butterflies and organic material to enrich the soil. Chemical fertilizers can run off into the sea or pollute groundwater.

At the Hollis home, a modest one-sixth of an acre residential lot on the edge of a forest, my husband and I decided the natural environment was more beautiful than a lawn. We have allowed our lawn to grow wild. We have let the leaves stay on the ground under the plants. We use arborist wood chips and compost as mulch to feed and hold moisture in our soil. We realized that by adding a hedgerow along our fence line, we provide a safe place for birds to land and rest. Birds depend on the tall grass and thickets we planted for nesting and protection. By applying these habitat enhancing practices, we see many birds such as woodpeckers, chickadees, nuthatches, hummingbirds, brown creepers and more. Douglas squirrels harvest their namesake fir cones, chattering all the while. Harmless garter snakes have gained some control over the slug population and bumblebees visit our year-round flowers we enjoy so much.

In the early 1970s, Carol Ann's mother-in-law, Nora Coyne Knierim, documented more than 75 species of flora and fauna on her land. She submitted her information to Washington State Fish and Wildlife which designated her five acres as a backyard wildlife sanctuary. Over the years, her forested land has been home to eagles, herons, hummingbirds, bees, rabbits, raccoons and of course, deer. Conifers, yews, hemlock, and fruit trees have provided homes and shade for the many residents of Harrington Lagoon.

Nora's descendants have chosen to keep the area wild and only use a lawn as a pathway through garden beds.

It is easy to get your garden certified as a natural habitat by the National Wildlife Federation. Your garden must contain food, water, cover and nesting areas, and must use sustainable gardening practices. Food can be native plants with berries or fruit and flowers for pollinators. Water can be a pond or a birdbath; if a bubbler or moving water can be included, it will draw many birds. Cover is a bit of dense vegetation, shrubs, a hedge, brush pile, or a thicket for wildlife to escape and hide from predators. Nesting areas are

trees, thickets, or a snag left in place when a tree falls. Sustainable gardening practices include water conservation, mulching, and limiting the use of chemical fertilizers and pesticides.

We can all do our part to restore habitat for our fellow creatures on Earth. To get started, just stop mowing part of your lawn. Maybe mow the pathways through the lawn and let some areas grow. Raise the cutting height on your mower. Taller grass allows wildlife, such as bumblebees and other insects, to survive and go about their beneficial activities. Adding some native plants and trees will provide food and cover for birds. If you put a little fence around the tall grass, your neighbors will recognize that you haven't abandoned your lawn but are experimenting with another kind of gardening beauty – the beauty of sharing your landscape with our native wildlife.

Our national parks and other protected areas are not big enough or connected enough to prevent the loss of habitat for many species. Dr. Doug Tallamy, professor of entomology and author of several important habitat restoration books, has proposed we collectively create a new national park, the Homegrown National Park. He proposes that if just half of the lawns in America were converted to habitat, wildlife corridors would be created that would reverse the ecological damage to our environment. There are over 44 million acres of privately owned lawn area in the United States. If folks would convert half of their lawn areas to native vegetation, those 22 million acres would be larger than all the national parks put together.

The following are good sources of information:

The National Wildlife Foundation has a native plant finder database ([www.nwf.org/Native-PlantFinder](http://www.nwf.org/Native-PlantFinder)). Enter your zip code to find native plants for your area.

To put your garden on the map or learn about the Homegrown National Park concept visit [www.homegrownnationalpark.org](http://www.homegrownnationalpark.org).

If you have garden questions, contact the WSU Extension Island County Master Gardener hotline at 360-639-6058. WSU Extension Master Gardener volunteers help educate gardeners on research-based horticultural practices that help protect and preserve our natural resources. The Island County Master Gardener Foundation is a nonprofit organization that provides educational opportunities to the community and supports the Master Gardener and Washington State University Extension education program. See [www.icmgf.org](http://www.icmgf.org) for more information about their mission.



# NO TRICKS SAFE TREATS



**3:00-5:00pm**  
**October 30, 2021**  
**Downtown Oak Harbor**

- TRICK OR TREATING • PHOTO BOOTH
- COSTUME CONTEST WITH PRIZES
- POSH PUPPIES PET COSTUME CONTEST
- FLIGHTLINE FRANKS

Please wear masks & social distance.

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THANK YOU FOR READING WHIDBEY WEEKLY | REDUCE → REUSE → RECYCLE