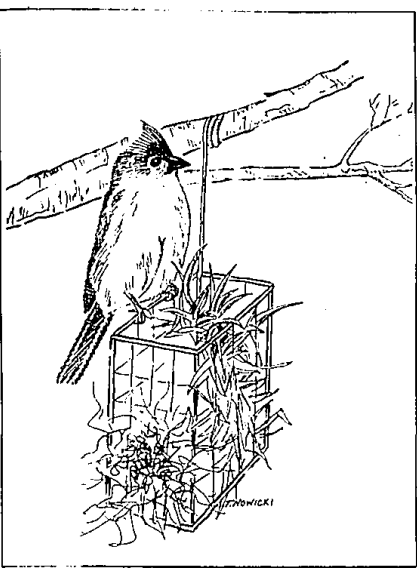


# Helping birds build nests



Birds that build nests to raise their young expend a great deal of energy in this endeavor.

For eons now, winter has merged into spring as days lengthen, and temperatures slowly rise. Warm weather may not come at exactly the same time each year, but as time continues spring will melt into summer.

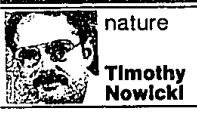
This predictability in climate has been engrained in the behavior of all species of animals. They begin raising and feeding young in spring because the warm months ahead provide abundant food and mild temperatures. Those that start early enough generally get to raise more young.

Birds that build nests to raise their young expend a great deal of energy in this endeavor. Some suburban yards are so well manicured that it is hard for a robin to find any dried grasses or mud to use as nest material. So in order to help the various species of birds nesting in your yard, why not supply some natural materials for them to use.

By placing concentrated sources of nesting material in your yard, birds will not have to spend as much time searching for suitable material. This allows them to get down to the business of egg laying and incubation sooner. It will also provide you with an opportunity to watch them gather the material, and possibly to watch them build the nest.

**DRIED GRASSES** may be accumulated into a wire mesh cage similar to that used for a suet feeder. Material will not blow away and yet the birds will be able to see it. Do not hide it from their view, or your view.

If you have a long haired dog, put some of the hair you comb out into a similar wire mesh. In one museum



**nature**  
**Timothy Nowicki**  
*Some suburban yards are so well manicured that it is hard for a robin to find any dried grasses or mud to use as nest material. So why not supply some natural materials for them to use?*

78 percent of the nests examined contained animal hair. Most birds use it to line the cup of the nest which is in direct contact with the nestlings.

Some birds, like robins and barn swallows, use mud in their nest construction. Providing a shallow puddle with a dirt bottom can help these species to complete their nest. A readily available source can be very handy if you are a barn swallow that has been known to make 1,200 trips to get mud for a single nest.

The writer is a staff naturalist at Independence Oaks County Park.

# Aging and high blood pressure

Dear Jo:  
Is high blood pressure part of the aging process?



**gerontology**  
**A. Jolayne Farrell**  
Treatment, then, is important.  
**HIGH BLOOD PRESSURE** does not always have to be treated with drugs. Improvement is often seen with certain lifestyle changes — changes such as losing weight, stopping smoking, and decreasing alcohol consumption. Although salt intake has been suspected for years as a key factor, new data from a very large study suggest that salt intake plays a very small role in causing high blood pressure. Salt restriction, nevertheless, is helpful in the treatment of established hypertension.  
Persons with a diagnosis of hypertension must work closely with their doctors. Lifestyle changes should be closely monitored. Medication, if prescribed, must be taken exactly as ordered. Patients should never stop the medication or change the dosage on their own. If one drug is poorly tolerated, others can be prescribed.

Mr. M.H. Victoria Senior  
Dear Mr. H.:  
Advancing age does not inevitably lead to high blood pressure (hypertension), but the disease does become more common later in life.

In North America, approximately one third of the population over age 65 has high blood pressure. At any age, blood pressure readings below 160/95 are considered normal for women. For men under the age of 45, the cut off is 130/90, and for those over that age, the figure is 140/95.

High blood pressure is (somewhat arbitrarily) divided into three categories, defined by the diastolic reading which is the lower half of the fraction. Mild is 95 (or 90) to 104; moderate is 105 to 119; and severe is over 120.

In the past, doctors used to regard hypertension as a relatively harmless feature of aging; now that is no longer the case.

High blood pressure raises the risk of heart and circulatory problems just as much for the elderly as it does for those of any age. In the early 1970s research done by the Veterans Administration hospitals documented a reduction in both heart attacks and strokes when high blood pressure in the elderly was controlled, and the results have been verified since that time.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 2P8.

## Take a kid fishing

"Take a Kid Fishing," a 4-H work shop on fishing technique, is offered free of charge, 9 a.m. to 2 p.m., Saturday June 10, at the Drayton Plains Nature Center, 2125 Denby Drive in Drayton Plains.

Participants will learn about the best fishing tackle and how to use it, how to find fish, what scares them and how to clean and cook fish. Certificates will be awarded to enthusiasts sporting the best fishing hat, the best casting arm and the best fish identification skills.

Sponsored by the Michigan Department of Natural Resources, the Oakland County 4-H Youth Program and the Drayton Plains Resource Center, participants must bring their own lunch. Some fishing equipment will be provided but participants may bring their own pole if so desired. A fishing license is not required.

Registration deadline is June 6. For more information, call 858-0889.

## Give yourself a hand against breast cancer



Breast self-examination is easy, takes only a few minutes and can be performed in the privacy of your own home. It's an important way you can detect early and highly curable breast cancer. Through monthly breast self-examinations, you will learn how your normal breast tissue feels and will be able to recognize a change if one occurs. In fact, most breast lumps are found by women themselves.

Take control of your body and your life.

Make breast self-examination a part of your monthly routine. And see your doctor regularly for clinical exams and advice on mammography.

For a free pamphlet about breast self-examination, call your local American Cancer Society.

We're here to help.



We can help you save for all the little things in life.



## 6-Month Savings Certificate

Saving for the future makes a lot of sense. That's why Standard Federal offers a variety of savings plans — like our 6-month certificate of deposit. It's a great way to earn high interest without tying up your money for a long time. Available at a Standard Federal branch near you.

**9% Annual Interest** \$500 Minimum Deposit

Substantial interest penalty for early withdrawal from certificate accounts.

We focus on performance.

Standard Federal Bank  
Savings/Financial Services  
In Michigan: 1-800/482-3830  
In Indiana: 1-800/874-3718

