

Birds & Blooms[®] *extra!*

Beauty in Your Own Backyard

Attract Colorful Warblers!

Turn your yard
into a spring
bird hot spot

DESIGN

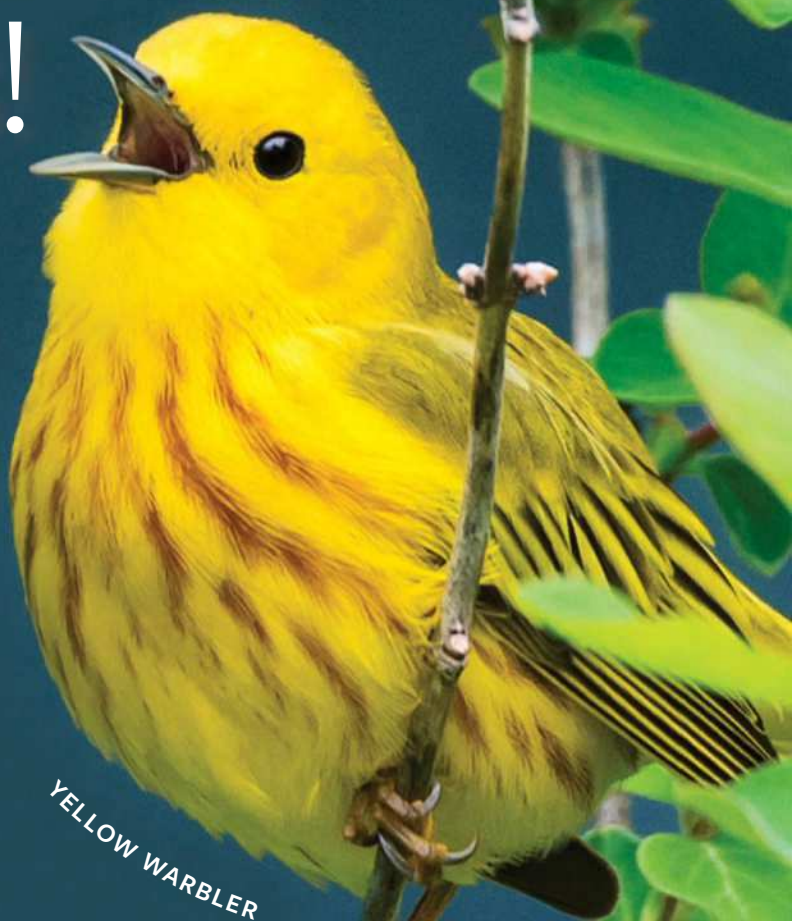
THE PERFECT
PLANT COMBO

GROW

YOUR BEST BASIL EVER

INVITE

NESTERS WITH
BIRDHOUSE BASICS



YELLOW WARBLER

AMERICA'S
no. 1
Bird & Garden
MAGAZINE

**“To you, it’s the perfect lift chair. To me,
it’s the best sleep chair I’ve ever had.”**

— J. Fitzgerald, VA



**Sit up, lie down —
and anywhere
in between!**

**Easy-to-use remote for
massage, heat, recline and lift**

We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

Our Perfect Sleep Chair® is just the chair to do it all. It’s a chair, true – the finest of lift chairs – but this chair is so much more! It’s designed to provide total comfort and relaxation not found in other chairs.

It can’t be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep. Our chair’s recline technology allows you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses. You’ll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

And there’s more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the multiple massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of fabrics and colors – **Call now!**

The Perfect Sleep Chair®

1-888-785-0747

Please mention code 108568 when ordering.

Long Lasting DuraLux Leather



DuraLux II Microfiber



46471

Contents

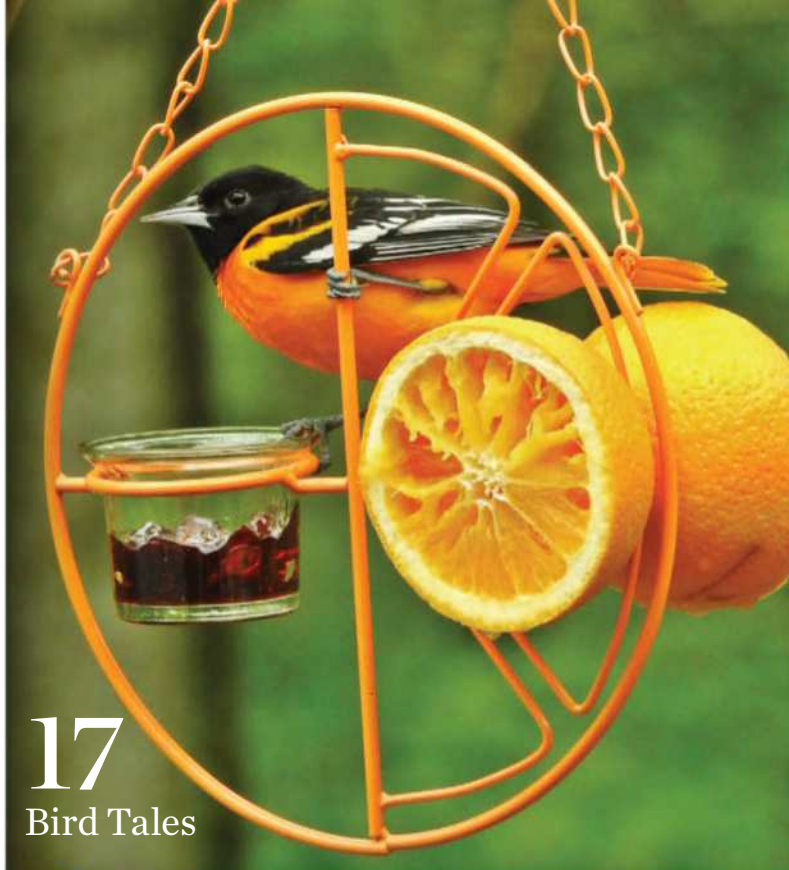
BIRDS&BLOOMS EXTRA | MAY 2018

Attract spring birds!



26

Bring warblers
to your
backyard



17

Bird Tales



32

Must-see flower photos



10

Top 10

ON THE COVER

Yellow warbler photo by
FotoRequest/Shutterstock

Attract Warblers p. 26
Design a Pot p. 24
Grow Basil p. 14
Invite Nesting Birds p. 8

FEATURES

26 What Warblers Want

Make your yard a warbler
hot spot with three essentials.

32 Flowers in Focus

Soak up nature's beauty with
reader photos of colorful blooms.

40 The Mighty Oak

Everything you need to know to
grow this wildlife-friendly tree.

GARDEN WITH A PURPOSE

- 7 **Plant Profile**
Hawthorn
- 8 **Feeder Talk**
- 10 **Top 10**
Plants for rain gardens
- 14 **Yard Smarts**
Basil-growing tips
- 16 **Stuff We Love**
Birdbaths
- 17 **Bird Tales**
- 24 **Essentials**
How to plant perfect pots

BACKYARD CHAT

- 45 **Ask the Experts**
- 50 **Travel**
- 52 **Across the Fence**
Advice for new birders
- 54 **Photo Quiz**
- 56 **Backyard Project**
- 58 **Caption This**
- 62 **Did You Know?**
Horticulture in sports

IN EVERY ISSUE

- 6 **From the Editor**
- 60 **For the Reader**

SAVE When You Grow A Zoysia Lawn From Living Plugs!

From Plugs...

...To A Fabulous Lawn



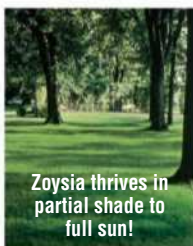
Zoysia Lawns are thick, dense and lush!

THE ONE TIME, LIFETIME LAWN SOLUTION!

Save Water! Save Time! Save Work! Save Money!

Zoysia Grows Where Other Grass Doesn't!

Plant a genuine Amazoy™ Zoysia lawn from living plugs once and never plant a new lawn again. Zoysia is the perfect choice for hard-to-cover spots, areas that are play-worn or have partial shade, and for stopping erosion on slopes. North, South, East, West – Zoysia grows in **any** soil, no ifs, ands or buts!



Zoysia thrives in partial shade to full sun!

Cuts Watering & Mowing By As Much As 2/3!

Many established Zoysia lawns only need to be mowed once or twice a season. Watering is rarely, if ever, needed – even in summer!

Your Assurance of Lawn SUCCESS Each Order for Amazoy Zoysia Plugs is GUARANTEED

Guaranteed to grow new green shoots within 45-60 days or we'll replace it FREE – for up to 1 year – just call us. We ONLY ship you living genuine Amazoy Zoysia grass harvested direct from our farms. Easy planting and watering instructions are included with each order. Every Reorder assumes success of previous orders (plantings), voiding any previous guarantees, but initiating a **new** one-year guarantee.

Eliminates Endless Weeds And Weeding!

No more pulling out weeds by hand or weeds sprouting up all over your lawn. Zoysia Plugs spread into a dense, plush, deep-rooted, established lawn that drives out unwanted growth and stops crab-grass and most summer weeds from germinating.

Environmentally Friendly, No Chemicals Needed!

No weeding means no chemicals. You'll never have to spray poisonous pesticides and weed killers again! Zoysia lawns are safer for the environment, as well as for family and pets!



We ship at the best planting time for you!

Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

www.ZoysiaFarms.com/mag

©2018 Zoysia Farm Nurseries, 3617 Old Taneytown Rd, Taneytown, MD 21787

Stays Green In Summer Through Heat & Drought!

When ordinary lawns brown up in summer heat and drought, your Zoysia lawn stays green and beautiful. The hotter it gets, the better it grows. Zoysia thrives in blistering heat (120°), yet it won't winter-kill to 30° below zero. It only goes off its green color after killing frosts, but color returns with consistent spring warmth. Zoysia is the perfect choice for water restrictions and drought areas!

Now 3 Ways to Start Your Zoysia Lawn!

1) Freestyle Plugs come in uncut sheets containing a maximum of 150-1" plugs. Freestyle Plugs allow you to make each plug bigger if you want-you decide. Min. size 1" sq.

2) New Super Plugs are ready to plant-precut into individual 3 x 3 inch plugs. They arrive in easy to handle trays of 15 Super Plugs.

3) Amazoy Approved Seed-As The Zoysia Specialists for 60+years, we finally have a Zoysia seed available that meets our standards and homeowners expectations. Learn why at zoysiafarms.com or by phone at 410-756-2311.

Order Your ZOYSIA Plugs Now — Harvested Daily From Our Farms And Shipped To You Direct!

Continental USA only and not to WA and OR

ORDER TODAY FOR EXTRA SAVINGS AND FREE PLUGS Dept. 5140

Freestyle Plugs You decide how big to cut the plugs. Each grass sheet can produce up to 150-1 in. plugs. Plant minimum 1 plug per sq. ft.

Max Plugs*	Free Plugs	Grass Sheets*	Your PRICE	+ Shipping	SAVINGS
150	—	1	\$15.95	\$8.50	—
500	100	4	\$50.00	\$15.00	33%
750	150	6	\$66.00	\$19.00	41%
1100	400	10	\$95.00	\$30.00	48%
2000	1000	20	\$165.00	\$45.00	57%

Super Plugs Precut plugs 3 inches by 3 inches READY TO PLANT
Packed in trays of 15 Super Plugs. Plant minimum 1 plug per 4 sq. ft.

Super Plugs	Free Plugs	Trays	Your PRICE	+ Shipping	SAVINGS
15	—	1	\$24.95	\$8.50	—
60	15	5	\$90.00	\$20.00	34%
95	25	8	\$110.00	\$30.00	47%
120	30	10	\$125.00	\$35.00	50%
180	45	15	\$180.00	\$50.00	54%

EVERYTHING YOU NEED TO START AND MAINTAIN A CAREFREE BEAUTIFUL ZOYSIA LAWN

PLANTING TOOLS * PLANT FOOD * WEED AND PEST CONTROLS * ORGANIC PRODUCTS * SOIL TESTS * GARDEN GLOVES * EDGING AND MORE

All Available Exclusively at www.ZoysiaFarms.com/mag or 410-756-2311

ZOYSIA FARM NURSERIES, 3617 OLD TANEYTOWN ROAD TANEYTOWN MD 21787

AMAZOY IS THE TRADEMARK REGISTERED U.S. PATENT OFFICE for our Meyer Zoysia grass.

We ship all orders the same day the plugs are packed and at the earliest planting time in your state.

It was cold and rainy

the morning of our company's annual spring bird walk. Four of my bravest co-workers and I pulled the hoods of our rain jackets up and strolled into Lake Park, a local hot spot with walking paths that overlook deep tree-filled gullies along Milwaukee's lakefront.



It was late May—the best time to see the colorful migrating warblers that stop in our area for some rest and a few quick meals. Through the raindrops, we saw yellow, chestnut-sided and magnolia warblers, among other species. We trudged through puddles for about an hour until I admitted defeat with chattering teeth: “Guys, I don’t know how much longer I can stay out here.”

The hour was a lucky one, though, because we spotted these fast-flying, flashy warblers in their natural habitat. You see, they don’t crave seeds, so they’re not frequent diners at backyard feeders. But it is possible to attract them to your garden. All it takes is a landscape full of trees, shrubs and plants that lure insects, a warbler’s favorite food. Learn more on page 26.

Also in this issue, read about the mighty oak on page 40. It’s a super important tree that supports hundreds of species of wildlife, including warblers and the bugs they devour. More oaks mean more warblers and other birds for you to watch from your window on rainy spring days.

Kirsten

KIRSTEN SWEET, EDITOR

This Month

CELEBRATE

Make nature even more fun for the kiddos in your life by creating an outdoor search for them on National Scavenger Hunt Day, May 24.

Experiment

Grow something new this year, like one of Burpee's Take 2 Combos that produce both slicer and cherry tomatoes. (Kirsten grew one last year and loved it!)



Get away

The Mariposa (California) Butterfly Festival is May 5-6. A 5k run, a parade and the release of 5,000 butterflies are popular events. mariposabutterflyfestival.net

GIVE

Surprise the moms in your life with *Birds & Blooms* magazine. Order and pay for a gift subscription online and give a second one for free! birdsandblooms.com/give2gifts

SHARE Send us your best spring bird photos: birdsandblooms.com/submit

GARDEN WITH A PURPOSE

Fresh Sights

Hawthorn's spring blooms are the perfect backdrop for birds.

BIRD BENEFITS

Many hawthorn tree varieties have thorns, which are a blessing for nesting or roosting birds seeking shelter from predators. However, humans beware!

MAGNOLIA
WARBLER

Hawthorn

Crataegus species, Zones 3 to 9

Commonly used as a border plant in backyard landscapes, hawthorn is a wildlife haven that feeds nectar-seeking butterflies in spring and hungry songbirds in autumn. And hawthorns are host plants for larva of many butterflies, including white admiral and gray hairstreak.

Attracts: 🐦 🐝 🦋

Light needs: Full sun.

Size: 20 to 45 feet tall.

Grown for: Seasonal interest.

Foliage: Burgundy to orange autumn color.

Popular species: Washington (*C. phaenopyrum*) thrives in much of the U.S.; Crusader cockspur (*C. crus-galli inermis*) is thornless; black (*C. douglassii*) features edible fruits.



**HOUSE
HUNTERS**

Different birds have different birdhouse needs. Tree swallows, for example, prefer nest boxes about 5 to 6 feet off the ground.

Offer a Warm Welcome

Create safe and cozy spaces for birds to raise their families. **BY KELSEY ROSETH**

Hang a few birdhouses in your backyard and get ready for a rewarding adventure as you witness the awe-inspiring life cycle of birds.

When birds nest on your property and raise their young, it's so gratifying. "It's the ultimate standard of success," said Robyn Bailey, project leader of the Cornell Lab of Ornithology's NestWatch program. "And it brings a greater diversity of birds to your backyard." Here are a few tips to get you started.

Choose the right house.

Tailor the house to the bird you want to attract. If you're hoping for a nesting songbird, buy a standard nest box with a 1½-inch entrance hole, commonly called a bluebird box. Birdhouses with a smaller hole, about an inch in diameter, are ideal for chickadees and wrens.

The needs of nesting owls are more specific, so use the Right Bird, Right House tool mentioned in the sidebar to identify the best box.

Also, make sure the box you choose isn't painted on the inside, because the fumes may affect the birds. Natural wood boxes are ideal for birds and they age well, lasting about 10 to 15 years. Toss in a few wood chips to help certain birds that don't build nests, including kestrels, ducks and owls.

Prepare for occupants.

If the house you buy doesn't have hanging instructions attached, take a moment to look them up. Birdhouses should hang in the habitats the birds like most. For example, bluebirds prefer boxes in the open with a clear flight path, while wrens choose a home near woody vegetation. Try not to place the house too close to feeders.

Also, to ensure that the home is available to early nesters, put out your box by February if you live in the South, mid-March if you live up north. If you prefer, you can keep it up all year.

Watch for nests.

"It's a common misconception that you shouldn't check on a bird or monitor its nest," Robyn said. "Checking on your occupants is a good way to make sure things are going the way you'd hope."

Moving as nonintrusively as possible, check your birdhouse once or twice a week, keeping visits to less than a minute. If you want to put your data to good use in studying birds, record what you see using the NestWatch website (nestwatch.org) or phone app.

Keep it clean.

Each spring and fall, use a paint scraper to scoop nesting materials out of the birdhouse. If it's heavily soiled, wear a mask and wash the house with soap and water.

THE FEED



Eastern bluebirds

BIRDHOUSE ADVICE, TAILORED TO YOU

Discover the best birdhouses to attract your local nesters with the Cornell Lab of Ornithology's Right Bird, Right House online interactive tool: nestwatch.org

“The bird a nest,
the spider a web,
man friendship.”

WILLIAM BLAKE
on the places we live in

COMMON BACKYARD TENANTS

Bluebirds	Owls
Chickadees	Phoebe
Doves	Robins
Flickers	Swallows
Flycatchers	Titmice
Kestrels	Woodpeckers
Nuthatches	Wrens



Carolina wrens

Rain Garden Favorites

Water-loving plants make a splash among birds, butterflies and bugs. These natives put spring showers to good use! **BY MELINDA MYERS**



1

SOGGY SOLUTIONS

A rain garden is an effective way to manage inconsistent rainfall in your garden. It reduces flooding and allows roots and soil to filter out impurities in the water—and it's good for the environment.



2

1 Blue cardinal flower

LOBELIA SIPHILITICA,
ZONES 4 TO 9

Spires of beautiful blue flowers appear in mid- to late summer. It blooms later and tends to live longer than the red cardinal flower, a relative. Give this sun-loving perennial a bit of shade if your summers are very hot, and plant it in the wettest part of your rain garden.

Why we love it:

It attracts native bees, bumblebees, birds and hummingbirds. Plus it's deer-resistant!

2 Buttonbush

CEPHALANTHUS OCCIDENTALIS, ZONES 4 TO 9

Add fragrance and seasonal beauty to sunny rain gardens with this native shrub. Butterflies, hummingbirds and bees are sure to stop by the aromatic flowers in early summer. Later, round fruits replace the flowers and persist into winter.

Why we love it:

With new compact varieties, such as upright Ping Pong at 6 feet tall and Sugar Shack at only 3 to 4 feet tall, buttonbush is suitable for most landscapes.



3

3 Blue-eyed grass

SISYRINCHIUM ANGUSTIFOLIUM, ZONES 4 TO 9

You may be surprised to learn that this grasslike grower is actually a member of the iris family. Violet-blue flowers appear in spring. Grow blue-eyed grass in full sun to partial shade and moist to wet soil for best results. This is a perfect plant for areas that tend to stay moist.

Why we love it: Bring the blooms indoors—it makes a terrific cut flower for a spring bouquet.

LOCATION IS KEY *Keep rain gardens at least 10 feet from your home, and avoid planting them under mature trees. Established roots of existing trees may make digging difficult, and the additional moisture can be harmful to the tree.*



4

4 Turtlehead

CHELONE GLABRA, ZONES 3 TO 8

Finish off summer and segue into fall with unique “turtle head”-shaped flowers. Spikes of pink-tinged white flowers top 2- to 3-foot-tall plants. Add a spot of color with Hot Lips, a variety with bright pink flowers and red stems.

Why we love it:

It's a host plant for the Baltimore checkerspot butterfly caterpillar, and the flowers attract many pollinators.



5 Firedance dogwood

CORNUS SERICEA 'FIREDANCE',
ZONES 2 TO 7

This four-season beauty adds to any rain garden's year-round charm. White spring blossoms turn into white berries that attract birds. The show continues into fall as leaves turn red-purple and eventually drop to reveal brilliant red stems.

Why we love it:

This compact red twig dogwood packs a lot of beauty into its 3- to 4-foot-tall size.



6 Palm branch sedge

CAREX MUSKINGUMENSIS,
ZONES 4 TO 9

It's all about the foliage with this one. The glossy leaves glisten in the sun and pair well with other plants. When conditions are right, it creates a nice ground cover that weaves through nearby plants.

Why we love it:

Palm sedge tolerates partial shade and full sun. It supports pollinators and butterflies, and birds feed on its seeds. Plus it's resistant to deer.



7 Chokeberry

ARONIA SPECIES, ZONES 3 TO 9

This suckering native shrub has it all—spring flowers, glossy green leaves, vibrant red fall color and winter fruit. The antioxidant-rich berries will make you pucker; even the birds leave them be until mid- to late winter, when other food sources are scarce.

Why we love it: Newly introduced Low Scape Hedger and Low Scape Mound offer shorter, narrower options to expand design possibilities.

GET STARTED A rain garden should be 4 to 8 inches deep and built on a slight slope.

The initial creation may require digging or even excavating, so be prepared for more than a day's work. Go to birdsandblooms.com/raingarden for additional info.



8 Swamp milkweed

ASCLEPIAS INCARNATA, ZONES 3 TO 6

Native to swamps and wet meadows, this butterfly and hummingbird magnet also tolerates dry soil. The 3- to 4-foot-tall plants are topped with fragrant showy pink to mauve flowers in mid- to late summer.

Why we love it:

You'll find both monarch and queen butterfly caterpillars munching on the leaves, while deer tend to leave it be.



SHADE PICKS

Grow these plants in the shadows of your rain garden.

Blue flag iris
Canadian ginger
Jacob's ladder
Lady fern
Marsh marigold
Skunk cabbage
Solomon's seal
Tall meadow rue
Wild geranium

9 Swamp rose mallow

HIBISCUS MOSCHEUTOS, ZONES 4 TO 9

Flowers the size of dinner plates are sure to make visitors and passers-by stop for a second look. It may start off a little slow in spring, but the show-stopper could reach 3 to 7 feet tall. Mark its location to avoid accidentally weeding out this late-sprouting perennial.

Why we love it:

The impressive 8-inch blooms can be white, pink or crimson.



10 Winterberry

ILEX VERTICILLATA, ZONES 3 TO 9

Light up your fall and winter rain garden with this deciduous holly. The bright red berries take center stage as the leaves drop in fall. For fruit to set, you'll need at least one male for up to five female plants.

Why we love it: Berry-laden stems combine nicely with evergreens to create an outdoor winter container—away from pets and children.

Melinda Myers loves to share her commitment to keeping rain where it falls with new and experienced growers who want to create their own rain gardens.



Grow fresh Thai basil to toss into homemade curries, soups and stir-fries.

Basil is one of the most popular

culinary herbs around, thanks to its spicy-sweet leaves and the way it adds a flavorful zing to pastas, sandwiches and sauces. But this leafy herb can be tricky to grow. It needs plenty of sunshine, well-draining soil and regular harvesting in order to thrive. Follow these seven basil-growing tips for garden success.

● **Grow what you need.**

Before you fill your garden beds with basil, think about how you're planning to use it. If you just want some fresh basil on hand when you need it, two to three plants should be enough. Home cooks who want to whip up flavorful pesto or dry leaves for winter pastas, sauces, soups and stews will need to grow at least six to eight plants.

● **Start with seeds or established plants.**

More-experienced green thumbs may wish to grow basil from seed. Sow the seeds indoors in a sunny

Give Your Basil a Boost

Use these growing tips to take on this classic kitchen favorite. **BY NIKI JABBOUR**



Cinnamon basil

windowsill or under grow lights six to eight weeks before the last expected spring frost. Basil can also be purchased as seedlings from a local nursery and planted in garden beds and containers after the last frost.

- **Let there be light.**

Basil needs plenty of sunshine for healthy growth. In northern regions, look for a site with at least eight to 10 hours of full sun. In southern areas where summer temperatures soar, basil can be planted in beds or containers that offer afternoon shade.

- **Keep warm.**

A common mistake when growing basil is planting it outdoors too early. Be patient and keep seedlings indoors until the weather is reliably over 60 degrees. If an unexpected spring cold snap or frost threatens, protect plants with a row cover or old bedsheet.

- **Water smart.**

Overwatering is the fastest way to kill basil. It appreciates regular moisture, but roots rot if they are sitting in water, so reach for the watering can only when the soil is dry. When growing basil in containers, use a high-quality, well-draining potting soil to ensure good drainage.

- **Harvest often.**

Regular basil-harvesting encourages fresh growth. To harvest, snip leaves or

stems as needed, clipping them back to stimulate growth. Pinch flower buds as they appear to prevent the plant switching from leaf to seed production.

- **Try different varieties.**

It's fun to experiment with growing (and taste-testing) different types.

Thai basil offers an intense licorice kick to salads and curries. Lemon basil has a bright citrus flavor that's delicious in marinades and teas. Another favorite is cinnamon basil, which has fragrant leaves infused with the spicy scent of cinnamon.

3 Basil Favorites to Try This Year

1 **Dolce Fresca** is an All-America Selections award winner that produces compact, 15-inch-tall plants with dense growth and flavorful leaves. Perfect for pots or gardens, it makes wonderful pesto.



2 **Pesto Perpetuo** is an unusual basil with small white-and-green variegated leaves and a tall, narrow form. This plant doesn't produce flowers but instead continues to pump out fresh foliage until the first frost.

3 **Nufar** is an outstanding cultivar of sweet basil with large, bright green leaves packed with classic flavor. The plants grow up to 2 feet tall and are resistant to Fusarium wilt, a common basil disease.



STUFF WE LOVE

Sip and Dip

Ideal for small spaces, this hanging birdbath has a nonslip perch for birds to stop for a quick drink or enjoy a soak. Get the “Drink N Bathe Waterer” at duncraft.com for \$25.



Hang in There!

Treat yourself to a front-row seat when you hang this stoneware birdbath near any window and watch backyard birds enjoy a refreshing dip. You can order one at uncommongoods.com for \$45.



Splish Splash!

Attract more birds to your yard with these winning water features.

Sun Savvy

This bubbling brass-leaf birdbath is powered by the sun thanks to a solar panel attachment. Plus, hummingbirds love the constant stream! Buy yours at thebirdhousechick.com for \$180.



Bee Trio

Garden guests, both bird and human alike, will fall in love with this handmade mosaic birdbath. Place the wide saucer on a flat surface, such as a patio, porch or an overturned flower pot. Buy one at josarauk.etsy.com for \$65.



Night Lights

Your feathered friends bathe in style with this pretty glass birdbath, which features solar-charged LED lights that glow after dark and a colorful illustration of fish inside the bowl. To add a little bit of sparkle to your patio or backyard, order it at windandweather.com for \$150.

Bright & Cheery

Colorful birds add life and excitement to the spring season.

In the past,

I had only a couple of oriole visitors for a short time. But last year I put out plenty of oranges and grape jelly, and I saw up to six orioles each day at my feeder. They sure do like the oranges!

Diana Wolfe
MACY, INDIANA

SWEET STUFF

Orioles love all things sugary, like oranges and grape jelly. They'll even visit hummingbird sugar-water feeders from time to time! Serve up jelly in a shallow dish (1 inch deep and 3 inches wide is ideal) and see how many stop by.

A photograph of a gray catbird perched on a pine branch. The bird is facing right, showing its dark gray plumage, black cap, and long tail. The pine branch has several brown and green cones. The background is a soft, out-of-focus green.

GRAY CATBIRD SPECIES PROFILE

Habitat: dense shrubs and thickets of small trees, along forest edges and near open fields.

Food: insects, like grasshoppers, beetles and ants, but eats berries if available.

Nest: cup-shaped and made of twigs, bark and plant matter.

Field marks: overall dark gray plumage with small black cap and blackish tail.

This gray catbird visited our yard last spring, and it always chose to perch at the top of the white spruce tree. I took this photo on a cool morning, so when it fluffed its feathers, it became even more attractive than usual. **B.J. Lanich** WAUSAUKEE, WISCONSIN



A few years ago, some new, feathered neighbors moved into my orange tree. It wasn't until the female hummingbird finished her nest that I spotted her. I put up a feeder and started taking photos when she seemed to tolerate my presence, photographing her babies until they were strong enough to leave the nest. The mother was an amazing caregiver, and it was incredible to watch these tiny birds grow.

Pete Ritz
SCOTTSDALE, ARIZONA

My husband

spoke to me in a soft, hurried voice: "Honey, don't move." I froze. I looked at him and saw him point up. I carefully raised my eyes and saw a yellow-throated warbler. It was hard to contain my excitement as that tiny, gorgeous bird sat on our antique dinner triangle.

Once it flew away, my husband urged me to add it to our farm list—it was number 61. The warbler came back for several days, and we watched it munch on sunflower chips at our feeder (shown here) and gather horse hair. We hope to see this species around here again.

Robin Seeber WEST
ALEXANDER, PENNSYLVANIA



Cactus wrens

at the Arizona-Sonora Desert Museum in Tucson were busy with their babies in a saguaro. I think this photo is so funny! I tried to come up with a caption and settled for, “The kids have left home.”

Diane Barone

BOISE, IDAHO



In just seven

hours, a robin built a nest in the pansy planter on my doorstep. Soon after, I noticed she had laid a single blue egg.

Carol Keskitalo

NEW YORK MILLS,
MINNESOTA



NEST DISCOVERY

If you find a bird nest, avoid disturbing it. Most birds only start incubating their eggs after they've laid their entire clutch.



BOLD BILLS

A roseate spoonbill sifts up tiny fish, shrimp and snails by sweeping its wide, slightly open bill back and forth through shallow water.

Roseate spoonbills

are my favorite birds. Several were in the water when I spotted this one flying in to join them at Little Estero Island Critical Wildlife Area in Fort Myers Beach, Florida.

Tom Miller

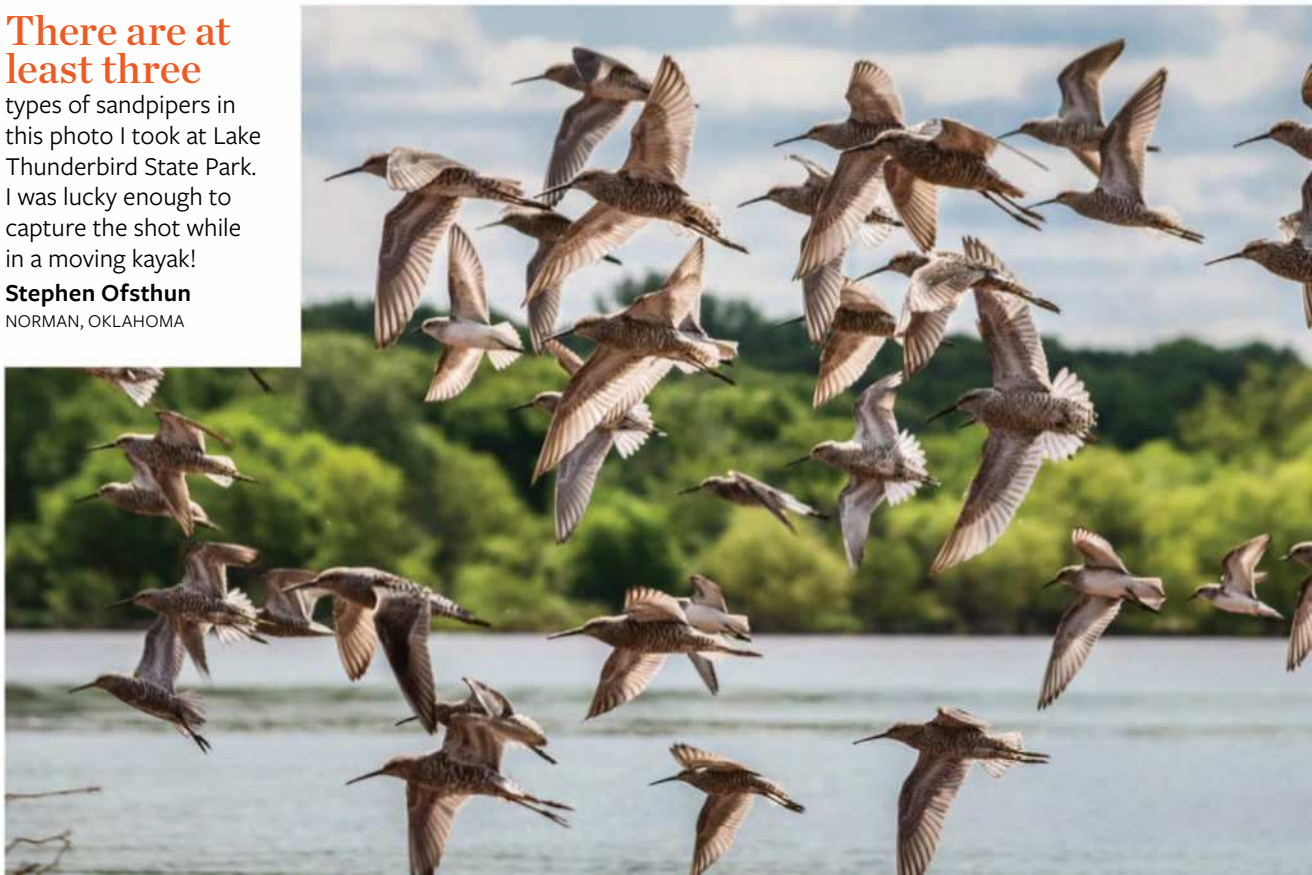
TOWSON, MARYLAND

There are at least three

types of sandpipers in this photo I took at Lake Thunderbird State Park. I was lucky enough to capture the shot while in a moving kayak!

Stephen Ofsthun

NORMAN, OKLAHOMA



Designing and building

my garden to attract wildlife in Orlando, Florida, is a work in progress.

Cardinals often make an early morning appearance, and it's a joy to see them.

This beautiful female perched in my spicy jatropha tree before she went to one of the feeders. Her morning songs always bring life to my yard.

Gilberto Sanchez

ORLANDO, FLORIDA



A RARE SINGER

It's uncommon for female songbirds to sing, but the female northern cardinal is one of the few, usually doing so on her nest.



As I strolled

through the Hank's Meadow loop trail in the Quabbin Reservoir, I spotted a female eastern towhee (shown here). Just a few minutes later the male showed up!

Stephen Shelasky

LONGMEADOW,
MASSACHUSETTS

One day while

I was watching my feeders and photographing birds, I noticed this one. It had red on its head, neck and chest, but it wasn't bright like my cardinals. Not knowing what type of bird I had captured, I sent the photo to a couple of my photo buddies. Almost immediately I received several emails telling me all about my new friend, the male house finch.

Stephen McDowell

SHIPPENSBURG,
PENNSYLVANIA



LONG-DISTANCE

Twice a year, scarlet tanagers make an epic journey as they fly back and forth from North America in spring to South America in fall and winter.

Dozens of scarlet tanagers

landed at Fort De Soto Park near Tampa, Florida, after they crossed the Gulf of Mexico. These birds filling up the oak trees were a really special sight. **Peter Brannon** TAMPA, FLORIDA



Create the Perfect Pot

Follow the thriller, filler, spiller concept for super easy-to-plant containers that pop. **BY KIRSTEN SWEET**

Thrillers

tall plants with an upright growing habit

Place thriller Angelface Perfectly Pink summer snapdragon in the back for height.

Fillers

mounded-habit plants that fill space between the thriller and spiller

Insert filler Sweet Caroline Light Green sweet potato vine in front of the thriller.

Spillers

plants with a trailing habit that spill over the sides of the pot

Add spiller Supertunia Picasso in Purple petunia closest to the pot's edge so blooms can flow over.

MAKE IT! This stunning container combo from Proven Winners was created in a 14-inch pot. It includes one summer snapdragon, two sweet potato vines and two petunias. When placed in full or part sun, the plants will thrive from summer into fall.

Use a potting mix that includes soil conditioners like vermiculite, peat moss and perlite.

**Bigger
Buttons**

“My friends all hate their cell phones... I love mine!” Here’s why.

**No
Contracts**

**FREE
Car
Charger**

Say good-bye to everything you hate about cell phones. Say hello to the Jitterbug Flip.

**“Cell phones have gotten so small,
I can barely dial mine.”** Not the Jitterbug® Flip. It features a large keypad for easier dialing. It even has a larger display and a powerful, hearing aid compatible speaker, so it’s easy to see and conversations are clear.

**“I had to get my son to program
it.”** Your Jitterbug Flip setup process is simple. We’ll even program it with your favorite numbers.

“What if I don’t remember a number?” Friendly, helpful Personal Operators are available 24 hours a day and will even greet you by name when you call.

**“I’d like a cell phone to use in an
emergency.”** Now you can turn your phone into a personal safety device with 5Star® Service. In any uncertain or unsafe situation, simply press the 5Star button to speak immediately with a highly-trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

**“My cell phone company wants to lock me in
a two-year contract!”** Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.



Available in
Red and Graphite.

Monthly Plan	\$14.99/mo ¹	\$19.99/mo ¹
Monthly Minutes	200	600
Personal Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
30-Day Return Policy ²	YES	YES

More minute plans and Health & Safety Packages available.
Ask your Jitterbug expert for details.

“My phone’s battery only lasts a short time.” Unlike most cell phones that need to be recharged every day, the Jitterbug Flip was designed with a long-lasting battery, so you won’t have to worry about running out of power.

**“Many phones have features that
are rarely needed and hard to use!”**

The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas. The Jitterbug Flip has all the features you need.

Enough talk. Isn’t it time you found out more about the cell phone that’s changing all the rules? Call now! Jitterbug product experts are standing by.

Order now and receive a
FREE Car Charger – a \$25 value
for your Jitterbug Flip. Call now!

**Call toll-free to get your
Jitterbug Flip Cell Phone**
Please mention promotional code 108571.
1-888-839-2975
www.JitterbugDirect.com

We proudly accept the following credit cards:



**jitterbug
flip**

firstSTREET
for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834



IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. ¹Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a Jitterbug Flip and a one-time setup fee of \$35. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on, but we cannot guarantee an exact location. ²We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a Personal Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Personal Operator. Jitterbug, GreatCall and 5Star are registered trademarks of GreatCall, Inc. Copyright ©2018 GreatCall, Inc. ©2018 firstSTREET for Boomers and Beyond, Inc.

what warblers

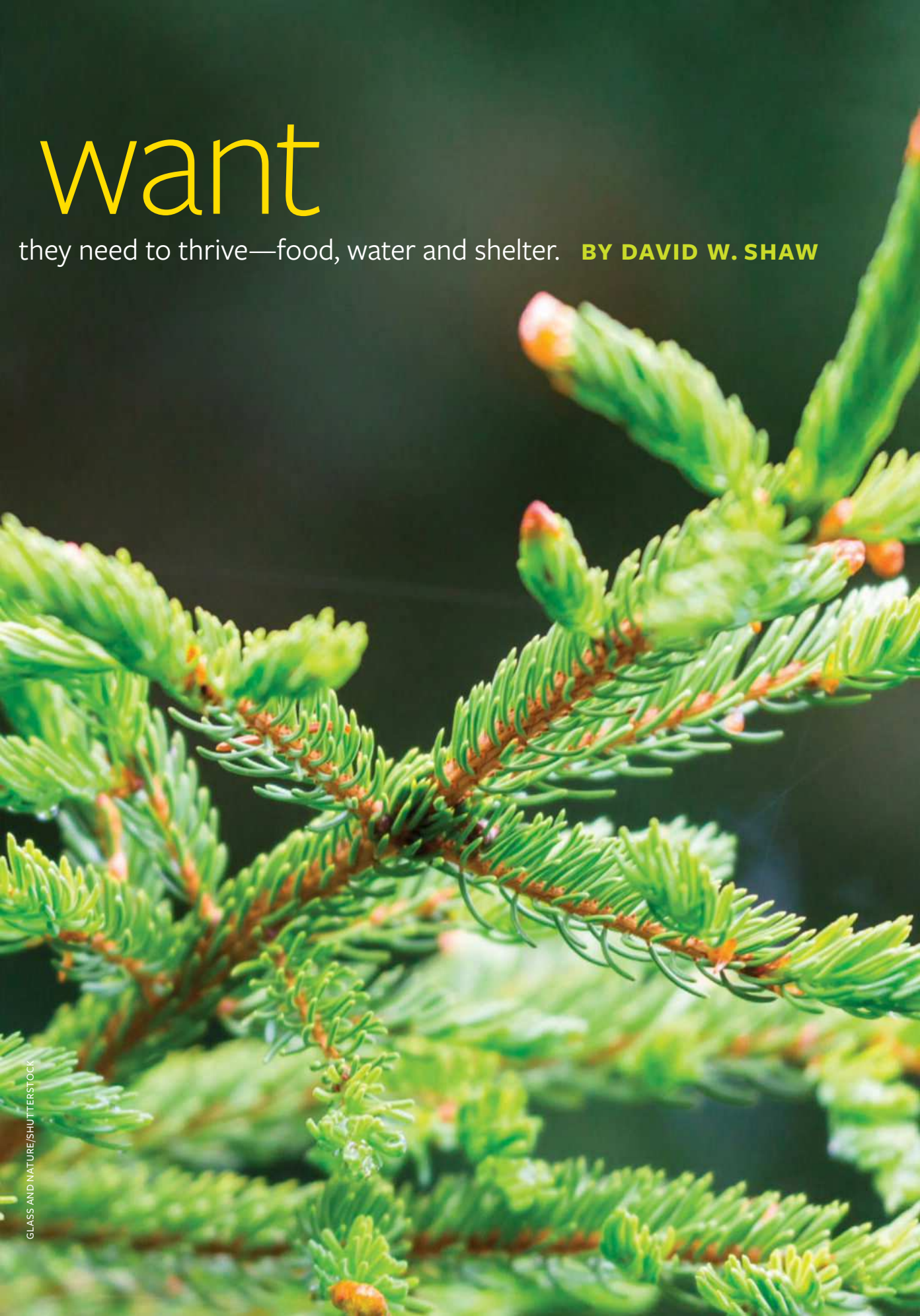
Entice these colorful migrants to your backyard with the essentials



Blackburnian
warbler

want

they need to thrive—food, water and shelter. **BY DAVID W. SHAW**



A small bird darts through the dense brush. Its striking field marks—bold stripes of yellow and black—make it look too tropical to be in northern North America. The warbler dodges in and out of the branches, gleaning an insect here and there or stopping to belt out a loud, twittering song. Warblers like this yellow-rumped warbler are constantly on the move, favor thick cover and can be frustratingly difficult to observe.

More than 50 species of wood warblers flit and fly around North America. From my home in Alaska to the mangroves of Florida, they are found just about everywhere. Some parts of the country are blessed with more than two dozen species, while other locales have only a few. Most of the warblers you see are seasonal visitors, migrating from their breeding grounds in the U.S. and Canada to wintering areas in South and Central America.

Because of habitat loss, free-ranging cats and other changes brought by human communities, many warbler species have suffered steep population declines. Fortunately for warbler lovers, there's a crucial tool to help these flashy migrants—your landscape. Plan it to provide the environment they require to thrive, including the right food, inviting water and a variety of plant life arranged to give plenty of shelter.



Common yellowthroat

FOOD

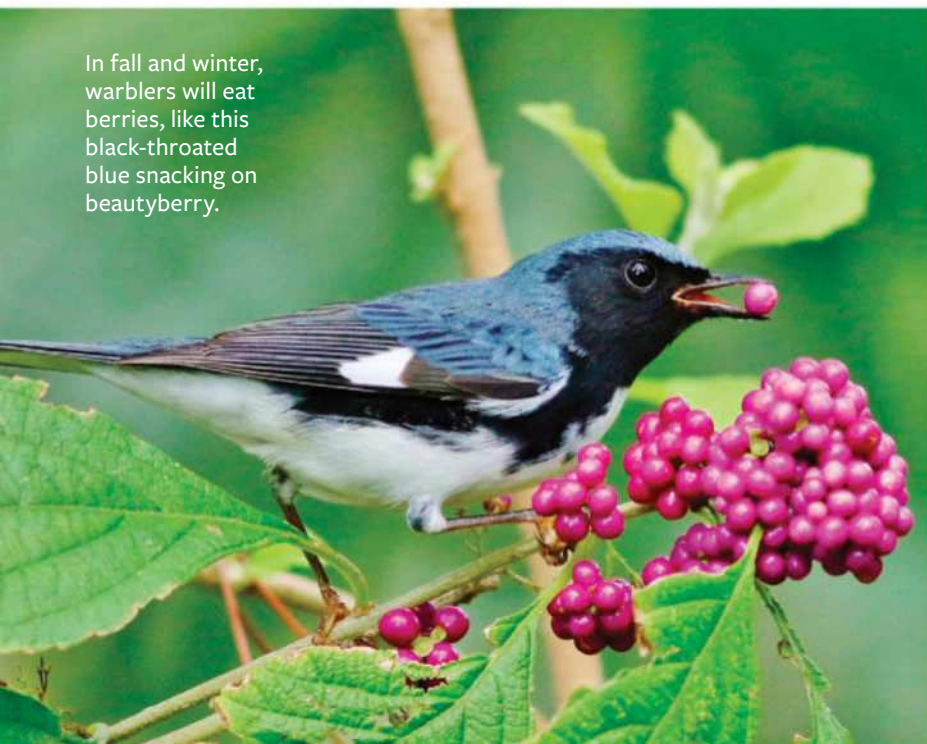
Unlike sparrows, orioles, finches, chickadees and other common species, warblers are infrequent visitors to backyard bird feeders. Most are strict insectivores, so you won't entice these colorful fliers with the typical menu of seeds. Yet despite their disinterest in feeders, you can still attract warblers to your yard.

Some species, like yellow-rumped warblers, occasionally visit feeders for a morsel of black oil sunflower, suet or peanut butter. And orange halves may draw in just a few more.

But since most warblers forgo feeding stations, make sure your yard is providing the food they love most: insects.

Plants you prize for their color and texture are magnets for small insects. However, the timing of blossoming has to be right. Since warblers in much of North America are seasonal, "growing plants that are in fruit or flower when warblers are around is the key to providing food," says Geoff Geupel, director of the emerging programs and partnerships group at Point Blue Conservation Science in California. "You've got to sync

In fall and winter, warblers will eat berries, like this black-throated blue snacking on beautyberry.



Most warblers forgo feeding stations.

Make sure your yard is providing the food they love most: *insects.*



A prothonotary warbler snatches up an insect to eat.

A Natural Pesticide

Insects are crucial to a warbler's diet, and they have to eat a lot of them. From mosquitoes to aphids, these birds consume many kinds of pests. Providing habitat for warblers in your yard not only will make your garden a more colorful place, but it will also help keep the pests away!

Warblers and Beyond

A safe and desirable habitat is attractive to more than just warblers. If you build it, other backyard favorites that shy away from feeders may stop by, too:

- Bluebirds
- Thrashers
- Owls
- Thrushes
- Phoebe
- Vireos
- Robins
- Waxwings
- Tanagers
- Wrens



Increase your chances of attracting a yellow warbler by providing backyard shelter, like trees and shrubs.



Magnolia warbler

up the plants with the birds.” This can make creating an attractive space for warblers in your backyard a little bit challenging.

When planning a garden, put your best naturalist skills to work. Determine the time of year that warblers are in your area. Go birding often, or use online tools such as eBird (ebird.org) to determine when local warblers are present. Then select plant species that bloom or fruit at the same time.

WATER

Warblers love water. While out birding, you’ll find some of the best places to observe these species along small creeks and streams. But it can be tricky to lure warblers to your space with a birdbath that contains only still water.

Flowing or moving water is much more enticing. Add a bubbler or fountain, or create a tiny artificial stream to lure thirsty warblers in for a drink or a quick bath. An ornamental creek that provides some natural splashing sounds is ideal. Include swift areas, shallows and little waterfalls to make your yard come alive with birds and the pleasing sounds of tumbling water.

HABITAT

Warblers need a wide range of natural spaces, so providing different habitats in your landscape is a sure way to invite more than one species. “The more diversity in your yard, the better,” Geoff says. It’s not complicated, but varied habitat structures may be the most important part of the warbler-attracting formula.

Some species, such as Townsend’s warblers, spend their time in the tops of trees, while



Warblers, like this yellow-throated, love backyard water features.

others, like yellow and mourning warblers, prefer dense shrubs. Take a moment or two to envision your garden in a vertical cross section. Tall trees provide habitat for canopy species, while a layer of thick shrubs offers a safe spot for warblers that prefer dense cover. Close to the ground, a layer of low shrubs and annuals makes a safe foraging area. Even a simple brush pile in the corner of the yard can offer a resting spot away from free-roaming cats and other predators.


Geoff emphasizes native plants. “I think native vegetation is hugely important,” he says. “Native plants are more resilient and longer-lived than introduced species, and they create better habitat for birds.”

When your landscape contains abundant resources found in a natural ecosystem (food, water and sheltering habitat structures), it becomes an oasis for birds and other wildlife. A bird-filled backyard is your reward for actively protecting these colorful migrants. ●

David W. Shaw watches warblers (and all other birds) from his home in Fairbanks, Alaska. He leads birding and photography tours across Alaska and abroad.

FLOWERS *IN* FOCUS





AS THE WEATHER WARMS, green buds burst into vivid yellow sunflowers and perfectly pink roses. Bees, butterflies and other pollinators sporadically dance within the flowers, and fragrances fill the air. This season, spend some quality time among the blooms, as these readers did.



**THE WIND
WAS LIGHT,**

the sun was full and the sunflower was at its peak. I like the way all of the contrasting elements in this photo, from lavender in the foreground to soft white light in the background, accentuate the strong yellow of the sunflower.

Tony Pocewicz

CARPENTERSVILLE, ILLINOIS



A NEARBY PARK was teeming with coneflowers, bee balm and many other blooms. I captured this hummingbird moth feasting on bee balm.

Ellen Enriquez WAUKESHA, WISCONSIN



NIGHT-BLOOMING CEREUS

(sometimes called Queen of the Night) is a large cactus that flowers only once a year and dies the next morning when the sun comes up. Punahou School in Honolulu has rock walls that feature thousands of night-blooming cereus blossoms. It's a visual feast when they open in July and August.

Dwain Hansen
HONOLULU, HAWAII



EVERY YEAR,

I grow a variety of sunflowers, and this particular one came back on its own. Sunflowers aren't just beautiful—they're highly beneficial for bees, too. The bee zooming toward the open sunflower is proof of that attraction!

Lorraine Lynch
PISCATAWAY, NEW JERSEY



I'VE ALWAYS LOVED black-eyed Susans with their wide range of patterns and colors. When I spotted this one, lightly streaked with orange, I grabbed my camera to capture the way it peeked out from behind its yellow neighbors. It wasn't until later I noticed the tiny bee busily gathering pollen.

Janine Heck
UNION, CONNECTICUT



MY MOM

picked up this Holy Gate echeveria at a local greenhouse a couple of years ago.

I had never seen anything like it and thought the vibrant red flowers were striking. Plus, the shape of the succulent here reminds me of a heart. I took the photo on my parents' back patio just before a thunderstorm.

Mike Droppleman

NORTON, OHIO



WE LIVE IN THE HIGH DESERT,

and in the spring, our backyard yucca trees start to sprout. This hesperoyucca is about two weeks from full maturity, when it will finish as a beautiful lightbulb-shaped flower. I was delighted to see that I captured a little hitchhiker ladybug in the photo.

Deborah Saldana

OAK HILLS, CALIFORNIA

THE FIRST YEAR I GREW

zinnias, I fell in love! I took many photos from nearly every angle. Two years later, this is still one of my favorite shots, because it's a pretty yet unexpected perspective.

I also like the outlining on the bottom of the zinnias and the way it creates a sharp contrast with the light green stalk and the pink petals.

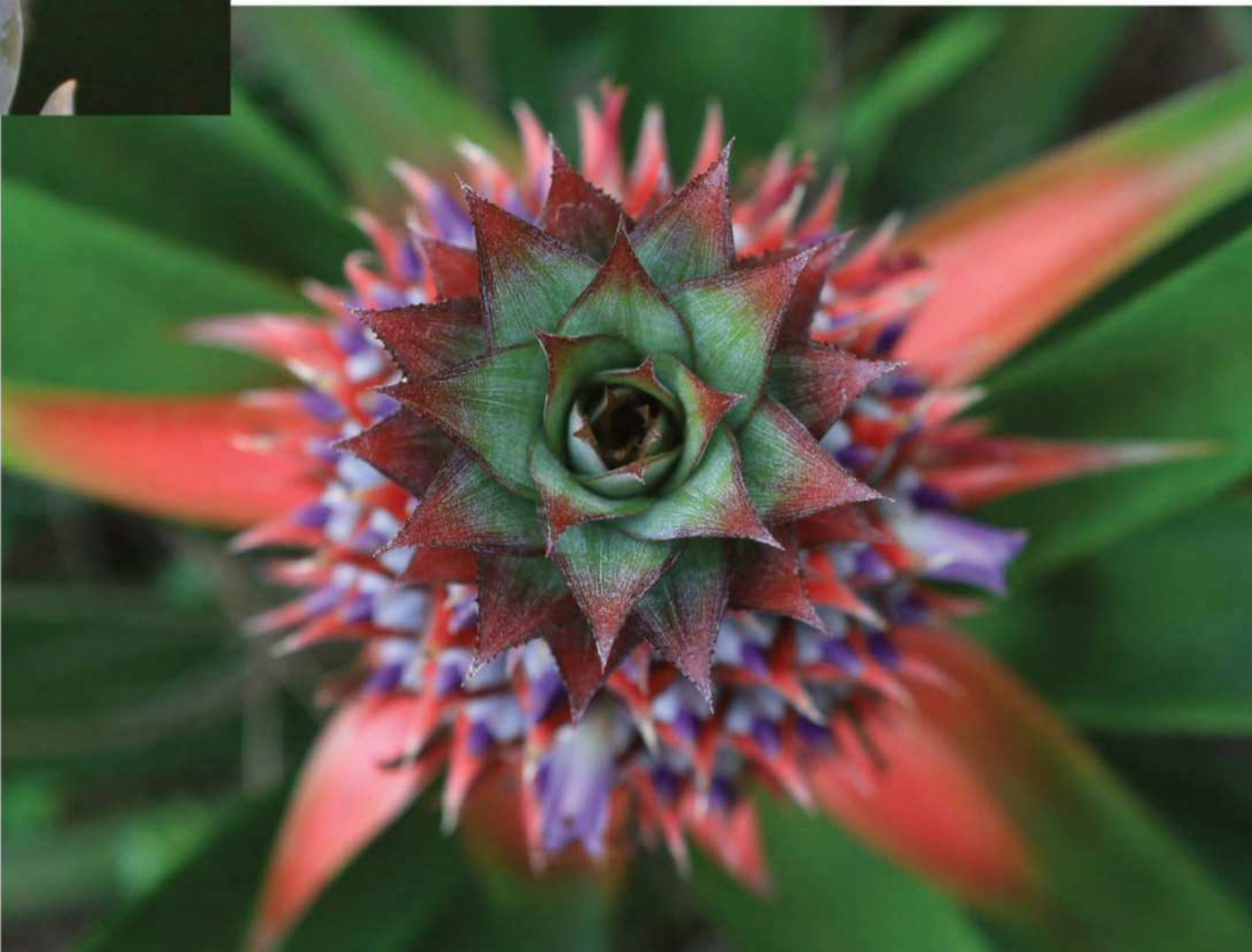
Here in the Dallas area, zinnias often last into November and provide nectar to monarchs migrating south.

Lana Dion GARLAND, TEXAS



WHEN I THINK OF BEAUTIFUL

flowers, my mind does not immediately go to fruit, but when I saw a pineapple blooming with such stunning colors, I had to photograph it. Pineapple plants can be a bit thorny, and it was difficult to get a good shot from the side. When I looked down from the top, though, I knew I'd found the best possible angle. **Elaine Mancusi** PORT ST. LUCIE, FLORIDA





I NOTICED

that if I looked through the green spiral of this corkscrew rush, it framed the vinca bloom perfectly. It reminded me how much natural beauty there is in the world. I really like the way the connection between these two simple plants creates a whole new elegance.

Jason Justice
MORROW, OHIO



NATURE'S BEAUTIFUL COLORS

return to the Midwest each spring. While I visited family, I noticed their gardens were in full bloom. This marguerite daisy is a perfect example. I love its color and detail. **Jacob Sewell** MUNCIE, INDIANA



WHEN I FIRST BEGAN dabbling in photography, I thought I'd end up focusing on landscapes or wildlife. One day during a trip to Scotland, I snapped this picture of foxglove after a fresh morning rain. It was one of the first photos I took specifically of a plant, and when I saw how much detail and beauty was reflected in the image, I knew flower photography would become my new passion.

Jennifer Cleary

CHESAPEAKE CITY, MARYLAND



If you're on Instagram, come say hi! Tag your best bird or flower shot with #birdsandblooms to be featured on our page ([instagram.com/birdsandblooms](https://www.instagram.com/birdsandblooms)).•



The
**MIGHTY
OAK**

Just one tree provides shelter and food for hundreds of bird and butterfly species. Plus it offers a shady escape in your backyard.

BY SHERYL DEVORE



A

sk a bird or butterfly expert to name the top three trees that attract wildlife, and oak is sure to make the list. North America is home to about 90 species of native oaks, but many of them are declining because of clearing and the introduction of nonnative species and diseases. Native trees offer incredible benefits for wildlife, so it's more important than ever to plant these valuable hardwoods.



A summer
tanager
perched in an
oak tree



The oak is indeed mighty when it comes to providing for your favorite fliers. In California alone, more than 330 wildlife species, including acorn woodpeckers and yellow-billed magpies, depend on these trees for survival, according to the conservationists at Point Blue Conservation Science. In the mid-Atlantic region of the U.S., oak trees support about 530 butterfly and moth species, says Doug Tallamy, wildlife expert and author of *Bringing Nature Home*.

Doug and other experts agree that if you have room for only one shade tree in your yard, you should plant an oak. Once established, they live 200 years or longer. And it's likely there's a perfect species for your yard. Butterfly expert and educator Suzanne Tilton recommends choosing among natives to your region, as the oaks have evolved alongside the wildlife there and will support them the best.

A well-planted oak tree is hearty, resisting diseases and insect infestations, says Mary Fortmann, sustainable landscapes coordinator for Openlands in Chicago. But do your homework so you're not buying species that are susceptible to problems in your area, such as sudden oak death in California and Oregon. Visit local nurseries or contact certified arborists who know about native oaks for suggestions. They'll tell you, for example, that a pin oak requires acidic soil.

Once you've settled on the right species for your space, choose a spot that provides at least a half day of sun, as oaks require light to flourish. Mary suggests buying a young tree, no taller than 2 or 3 feet, in a 5- or 10-gallon container.

Though oaks have a reputation for growing slowly, that's not entirely true. Rather, they begin growing underground, putting their energy into developing roots first. A few years later, the oak grows above ground more quickly, spreading

OAK LORE

WINNER, WINNER!

In a vote hosted by the Arbor Day Foundation, the oak was crowned the national tree of the U.S. It got 101,000 votes; the redwood came in second with 81,000. Congress made it official in 2004.

100

Acorns feed more than 100 wildlife species, such as deer, squirrels, chipmunks, rabbits, blue jays and wood ducks.



Polyphemus moth caterpillar on oak leaf

10

TOP NATIVE OAKS FOR BUTTERFLIES

- Black (*Quercus velutina*)
- Bur (*Q. macrocarpa*)
- Chinkapin (*Q. muehlenbergii*)
- Gambel (*Q. gambelii*)
- Live (*Q. virginiana*)
- Pin (*Q. palustris*)
- Plateau live (*Q. fusiformis*)
- Southern red (*Q. falcata*)
- White (*Q. alba*)
- Willow (*Q. phellos*)





A PLACE TO CALL HOME

We spotted a hummingbird nest in one of our oak trees in the backyard. As we sat on our back porch, watching it, we saw the momma feed these two little babies. I ran for the camera and got this shot. **Karen Gerdes** BRIGHTON, ILLINOIS

10,000

A single oak tree may produce thousands of acorns each year, but only one in 10,000 acorns actually develops into a tree.

Plan ahead! Before you plant, make sure the location you choose is big enough for the tree to reach 80 feet tall and wide. Oaks grow 13 to 24 inches per year.

out its branches to shade its surroundings. “The saying goes: First oaks crawl, and then they jump,” Mary says.

Plant in spring or fall. Dig a hole that is three times wider than the container, and loosen the soil. Place the tree in the hole, making sure the root flare (the part where the trunk widens at the base) is level with the surrounding soil. Plant the oak into the soil you have—no fertilizer needed.

Add leaf mulch annually to help suppress weeds and maintain moisture. The mulch should not be in contact with the bark. Don’t mound it up, creating what Mary calls the volcano or doughnut hole effect. During the first growing season, water about an inch a week unless it rains. “The key is low, deep and frequent watering,” Mary says.

When the oak starts growing, you’ll notice wildlife using it at different times of the year. Adult butterflies lay their eggs on the leaves; caterpillars hatch and eat the leaves before creating their chrysalises and becoming adults. Many butterfly species such as the red-spotted purple spend the winter as caterpillars in oaks, while others overwinter as eggs. And some bird species even time their spring migration around the unfurling of oak leaves and the hatching of caterpillars.

One of Mary’s most favorite wildlife experiences is watching the activity in a giant bur oak tree at a local natural area in spring. “It’s like a bird hotel, alive with life—bluebirds, finches and warblers,” she says.

Mary wanted to observe the same wildlife in her yard, so she grew a bur oak tree. “I like to imagine the people who will be enjoying it for generations to come,” she says. “The oak is a legacy tree.” ●

Sheryl DeVore planted a bur oak tree in her Illinois yard about five years ago. It recently produced its first acorns, which squirrels promptly ate.

ADVANCED HEARING AID TECHNOLOGY

For Less Than \$200

Try it **RISK-FREE** for 45 days!

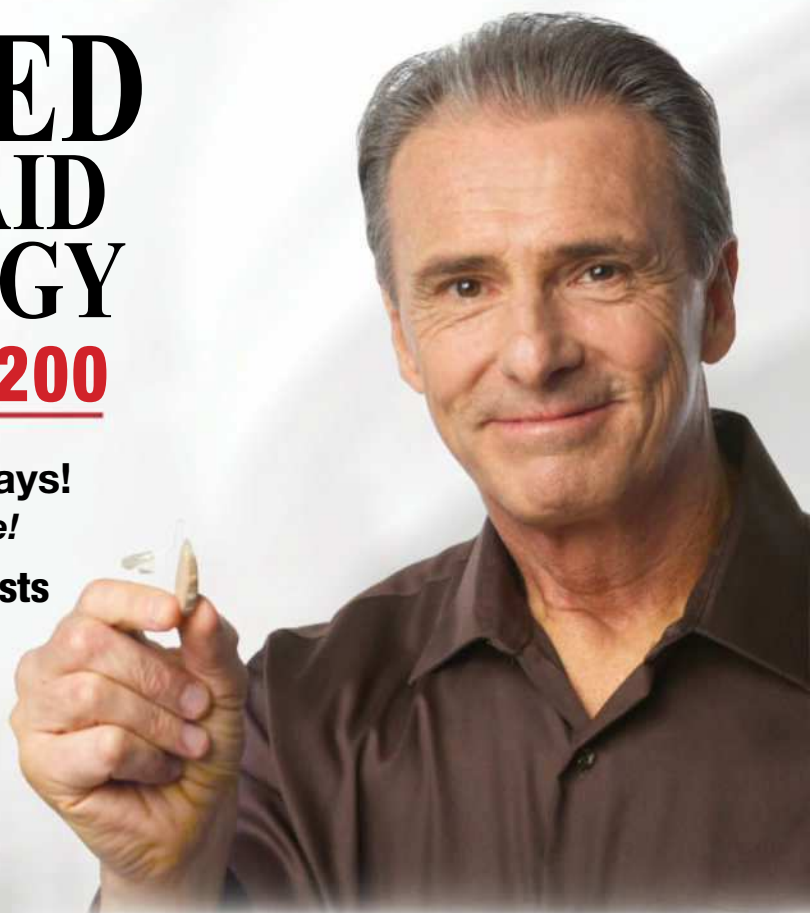
Complete Refund Guarantee!

How can a hearing aid that costs less than \$200 be every bit as good as one that sells for \$2,250 or more?

The answer: Although tremendous strides have been made in Advanced Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

MDHearingAid® uses the same kind of Advanced Hearing Aid Technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 300,000 satisfied **MDHearingAid** customers agree: High-quality, FDA-registered hearing aids don't have to cost a fortune. The fact is, you don't need to spend thousands for a hearing aid. **MDHearingAid** is a medical-grade hearing aid offering sophistication and high performance, and works right out of the box with no time-consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently on-line or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know...why pay more?



"I have been amazed... by the quality of the sound and the improvement in my life."

— Wayne S., Sharon, CT

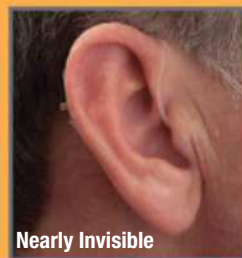
TAKE ADVANTAGE OF OUR 45-DAY RISK-FREE TRIAL!

Hearing is believing and we invite you to try this nearly invisible hearing aid with no annoying whistling or background noise for yourself. If you are not completely satisfied with your MDHearingAid, return it within 45 days for a **FULL REFUND**.

For the Lowest Price Call

1-800-385-6312

www.GetMDHearingAid200.com



Nearly Invisible

**BUY A PAIR
AND SAVE!**

**BATTERIES
INCLUDED!**

**READY TO USE RIGHT
OUT OF THE BOX!**

MDHearingAid® >>>

DOCTOR DESIGNED | AUDIOLOGIST TESTED | FDA REGISTERED

Use Code **HQ80**
and get **FREE** Batteries for 1 Year
Plus FREE Shipping

Proudly assembled in America! 



Ask the Experts

Attracting orioles, growing milkweed and more advice from our pros.

Q Spring migration brings colorful birds to central Indiana. Last year, I put out grape jelly for the orioles, but after two weeks, they were gone. What type of nesting habitat do they prefer?

Dave Douglass ROCHESTER, INDIANA

Kenn and Kimberly: When colorful birds stop to visit during spring migration, we always wish more of them would stick around for summer, but we can work on improving backyard habitats for them. Baltimore orioles like to place their nests in tall, leafy trees, such as cottonwoods, elms, sycamores and maples. If you add one of those trees to your landscape, it will take a few years to mature, so in the meantime, entice orioles to stay longer by putting out fresh oranges sliced in half. Hummingbird feeders (with one part sugar to four parts water) also attract orioles.

GO GRAPE!

Orioles eat most fruit jelly varieties, but the classic standby is grape jelly. As a best practice, offer up jelly that doesn't contain artificial sweeteners, colors or flavors.



Q Can you identify these two varieties of one flower? They are the size of a quarter on plants that stand about 2 feet. **Julie Kirby** GLENDALE, CALIFORNIA

Melinda: Small flowers nestled in foliage gave rise to the plant's common name, love-in-a-mist (*Nigella*). The flowers are typically blue, but pink, purple and white varieties are also available. This annual commonly self-seeds, providing years of enjoyment. Grow love-in-a-mist in full sun with consistent moisture for best results. The flowers are great freshly cut and incorporated into bouquets.

Q This overloaded robin's nest was found in my mother's neighbor's rose bush in New Providence, Pennsylvania. Can one robin lay this many eggs? **Lori Sheirer** BYRON, MINNESOTA

Kenn and Kimberly: It's unlikely that one robin produced all eight of those eggs. An American robin usually lays a clutch of three or four eggs. When there are more than five eggs in a nest, it's almost certain they were laid by more than one female. If we were just looking at this photo on its own, we wouldn't be able to tell it from a gray catbird nest. Catbirds like to place their nests in low bushes, and they lay beautiful blue eggs just as robins do.



Q A female cardinal has been purposefully flying into our sunroom windows from before daybreak until dusk. So far, we have tried removing anything it could perch on and closing the blinds, but nothing has discouraged it. What do you think is causing the bird to keep doing this?

Robin Dulin CHESTERTOWN, MARYLAND

Kenn and Kimberly: When a bird flutters against windows, it's following an instinct to defend its territory—it sees its own reflection as an intruder. Male birds do this a lot, but in some species, like cardinals, females also are active in defense. Some individuals seem obsessed with these phantom intruders, and your female cardinal may be one of them. The surest way to stop the behavior is to break up the reflection. Try rubbing soap on the outside of the glass where this cardinal usually attacks. Once the reflection is gone, she may get over her obsession, and the soap will be easy to wash off later.

EGG ID TIPS *If you discover a nest, take a quick look and move away. Many eggs and nests look similar, so the best way to identify the species a nest belongs to is to watch from a distance until the parent birds return to check in on their brood.*



GROW LOCAL

Use plantnative.org to find out which varieties of milkweed are native to your area and where you can buy them.

Q Does milkweed grow back or do I have to replant it every year?

Annette Henry MCKEESPORT, PENNSYLVANIA

Melinda: Common milkweed is a perennial that's hardy in your area and throughout Zones 3 to 8. Watch for plants to emerge this spring. Once established and flowering, plants spread by underground rhizomes (horizontal stems) and scattered seeds. Milkweed thrives in well-draining soil but struggles in overly wet and poorly draining areas. Although it's drought-tolerant, it needs sufficient water for the first two years.

ASK THE EXPERTS

Q What kind of bird is this? It was photographed in Show Low, Arizona.

Dick Anderson SUN CITY, ARIZONA

Kenn and Kimberly: This member of the crested flycatcher group is called the ash-throated flycatcher. In general, the crested flycatchers are recognized by reddish-brown in their wings and tail, and pale yellow on their bellies. Three members of this group are common in Arizona. The ash-throated flycatcher is the medium-size one, and it's paler on the throat and chest than the larger brown-crowned flycatcher or the smaller dusky-capped flycatcher.












Pest^{ff} Bird Feeder

**Not just 100% squirrel proof
ALSO PEST PROOF**

- **INDIVIDUALLY** spring loaded feeding ports only let the songbirds feed, not pests as these are too heavy and will close the feeding port.
- **AUTOMATICALLY** pest proof straight out of the box - No setting or spring calibration to adjust - So simple to use.
- **VERY LARGE CAPACITY** and so easy to fill, simply open the lid.
- **WEATHER PROOF** - No more seed clogging. Woodpecker friendly and also baby squirrel proof!
- **FOUR VERSIONS** of PestOff bird feeders available to suit all different seed types.
- **EASY TO CLEAN** - simply 'clicks' apart, no bolts to remove and replace.

GREAT VALUE

\$29.99

PLUS SHIPPING AND HANDLING

BUY TWO FOR \$49.99

Dimensions
 Widest point: 7"
 Height including handle: 21"
 Height excluding handle: 18"

NEW!

The seed tube lid also acts as a large baffle to prevent aerial attacks from squirrels.

WARRANTY INCLUDED

NEW!

**Pest^{ff}
Suet Cake Feeder**

Secondary baffle protects birds and seed from elements and also prevents squirrels sliding down the feed tube to access the food ports

Anti rust stainless steel plates prevent squirrels from gnawing into the feeder.



Designed in the UK

PATENT PENDING

INDIVIDUALLY SPRING LOADED



PORT OPEN



PORT CLOSED

HOME2YARD
 Supplying Quality Unique Products for over 10 years

Please order from our website at www.home2yard.com

or return the coupon below to:
**Elan Designs Inc. 10 E. Schrock Rd.,
 #110 Westerville, Ohio 43081**
**CREDIT CARD ORDERLINE:
 614.985.5600 Quote Ref BB2018**

Mail to: Elan Designs Inc. 10 E. Schrock Rd., #110 Westerville, Ohio 43081
 Please send me the following: Please allow 7 days for delivery

Item	Price	Qty	Total
1 x Roamwild® Pest Off Bird Feeder	\$29.99		
2 x Roamwild® Pest Off Bird Feeders	\$49.99		
Please add \$9.99 Shipping and Handling to complete order			\$9.99
Grand Total \$			

CHECK TYPE REQUIRED

☐ A SUNFLOWER & MIXED SEED

☐ B PEANUTS/ NUGGETS

☐ C NYJER/ THISTLE SEED

☐ D SUET CAKE

I enclose check (make checks payable to **Elan Designs Inc.**)

for \$ _____ or charge my Mastercard/Visa card account

Card No _____

Security Code (3 digit code on back) _____ Expiry Date ____/____/____

Name _____

Signature _____

Address _____

Zip Code _____ Tel No _____

Email Address _____

BB2018



WHERE TO SPOT 'EM

Look for common buckeyes in open habitats, such as fields, gardens and roadsides.

Q This common buckeye has “common” in its name, but I don’t often see them in my area. Are they more widespread in other areas of the U.S.? **Lynn Craska** BEACON FALLS, CONNECTICUT

Kenn and Kimberly: The “common” part of this butterfly’s name is to distinguish it from other species, like mangrove buckeyes and tropical buckeyes, that live in the American tropics. Common buckeyes can be quite numerous in southern states. They move northward in summer, and sometimes show up in strong numbers as far north as New England and the Great Lakes. But in most years, they are uncommon in your part of Connecticut.



Q This plant blooms every year, with flowers lasting about 10 days. I prune back the dead foliage and new leaves grow annually. What is it?

Terry Martin SEQUIM, WASHINGTON

Melinda: What a nice surprise to find lily of the Nile (*Agapanthus*) growing in your landscape. These plants are native to South Africa, hardy in Zones 8 to 11 and commonly used as border plants in warmer areas like southern California. Grow them in full sun and well-draining soil. Don’t allow plants to dry out during the growing season, but keep them drier over winter. In colder regions, grow them in containers to move outside for summer, inside for winter.

MEET THE EXPERTS



Kimberly and Kenn Kaufman are the duo behind the Kaufman Field Guide series. They speak and lead bird trips all over the world.



Melinda Myers is a nationally known, award-winning garden expert, TV/radio host and author of more than 20 books.

Built in 1858, Acadia's Bass Harbor Head Lighthouse is a stunning sight.



Must-See in Maine

Acadia National Park boasts three prime birding locations.

1 Peregrine falcons nest on **Champlain Mountain** and nearby cliffs, so make sure to stop by the Precipice Trail parking area during the summer to get a peek at these majestic birds. Weather permitting, park rangers or volunteers often stand by with viewing scopes.

2 If you visit in the fall, try hawk-watching on the **Cadillac Mountain North Ridge trail**. Check the Ranger Programs section of [nps.gov/acad](https://www.nps.gov/acad) to see when rangers are available—they'll help you spot the American kestrels and sharp-shinned hawks.

3 Head to **Schoodic Peninsula** to discover some exceptional sites for watching birds and the sea. Frazer Point, at the north end of the peninsula, is a popular meeting spot for songbirds. Plus, the peninsula offers an array of hiking, camping and biking options.



Bald eagles are common at Acadia.

MARK IT DOWN

Celebrate this festival's 20th anniversary.

Taking place on Mount Desert Island, home of Acadia National Park, the Acadia Birding Festival runs from **May 31 to June 3**. Festival participants can choose from many amazing tour experiences, whether by

van, ferry or canoe. Remember to bring binoculars so you can easily find warblers, puffins, peregrine falcons, woodpeckers and more. Check out acadiabirdingfestival.com for more info.

My Dog Leaves "Paw Prints On My Heart" Quilted Tote

CHOOSE FROM
35 BREEDS



Yorkie

17 1/2" W
x 13 1/2" H
with 10" drop



Basset Hound

Beagle

Bichon Frise

Black Lab



Border Collie

Boston Terrier

Boxer

Brittany



Bulldog

Cavalier King Charles

Chihuahua

Chocolate Lab



Cocker Spaniel

Corgi

Dachshund

French Bulldog



German Shepherd

Golden Retriever

Goldendoodle

Great Dane



Husky

Jack Russell

Maltese

Miniature Pinscher

Pomeranian



Poodle

Pug

Rottweiler

Schnauzer

Scottie



Sheltie

Shih Tzu

Westie

Yellow Lab

Yorkie

Custom-designed Exclusives from The Bradford Exchange

Sweet and affectionate, our four-legged friends bring so much joy and love into our lives. Now, you can enjoy their company wherever you go with our "Paw Prints On My Heart" Quilted Tote—an exclusive design available in your choice of 35 breeds only from The Bradford Exchange.

Crafted of easy-care quilted polyester fabric in black and tan, it features a custom design on the front showcasing a portrait of your favorite breed along with a swirling heart decorated with paw prints and the words "My (breed of choice) Leaves Paw Prints On My Heart". A playful all-over paw print pattern dresses up the rest of the generously sized tote, and black trim and 10" handles complete the look.

The tote has two interior slip pockets, one zippered pocket and zips closed to protect all your valuables. Two exterior side pockets are perfect for keeping must-haves items in reach, and a golden metallic heart charm set with rhinestones adds an adorable finishing touch. Imported.

DON'T MISS OUT... ORDER YOURS TODAY!

The perfect companion to take along everywhere, our designer-style tote available in your choice of 35 breeds is an outstanding value at \$89.95*, payable in 3 easy installments of \$29.98, and backed by our 90-day guarantee. We expect strong demand... so don't be disappointed; Order Yours Today!

bradfordexchange.com/dogbreedtote

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

©2018 The Bradford Exchange
01-28115-001-RIV

PRIORITY RESERVATION

SEND NO MONEY NOW

9345 Milwaukee Avenue · Niles,
IL 60714-1393

YES. Please reserve the "Paw Prints On My Heart" Quilted Tote for me as described in this announcement in the breed(s) checked below.

- ☐ Basset Hound
- ☐ Beagle
- ☐ Bichon Frise
- ☐ Black Lab
- ☐ Border Collie
- ☐ Boston Terrier
- ☐ Boxer
- ☐ Brittany
- ☐ Bulldog

- ☐ Cavalier King Charles
- ☐ Chihuahua
- ☐ Chocolate Lab
- ☐ Cocker Spaniel
- ☐ Corgi
- ☐ Dachshund
- ☐ French Bulldog
- ☐ German Shepherd
- ☐ Golden Retriever

- ☐ Goldendoodle
- ☐ Great Dane
- ☐ Husky
- ☐ Jack Russell
- ☐ Maltese
- ☐ Miniature Pinscher
- ☐ Pomeranian
- ☐ Poodle
- ☐ Pug

- ☐ Rottweiler
- ☐ Schnauzer
- ☐ Scottie
- ☐ Sheltie
- ☐ Shih Tzu
- ☐ Westie
- ☐ Yellow Lab
- ☐ Yorkie

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

Email (optional)

*Plus a total of \$11.99 shipping and service (see bradfordexchange.com). Please allow 2-4 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

01-28115-001-R79801

What's your best advice for new birders?

Birds & Blooms readers share some words of wisdom for beginners.

Observe bird behaviors and remember that there is always something new to learn. Get involved with citizen science projects like Project FeederWatch. Also, share your interest with others, especially young people. **Karen Holmes** COOPER, MAINE

Start with an open platform feeder full of black oil sunflower seed. **Nathan Lembke** BENTONVILLE, ARKANSAS

Invest in a nice field guide. Use it to check geographic locations to be sure the bird you're seeing is in your area. Record the date you spotted the bird beside its name in your book.

Linda Gaff HUNTERTOWN, INDIANA

A house wren sings a fast and musical series.



You'll hear more than you'll see. **Learn bird calls ASAP.** It'll be more enjoyable.

Patrick Hogan
TEMPERANCE,
MICHIGAN



Buy the best binoculars your budget will allow. You'll have them for years, so make sure they're not too heavy and you feel comfortable carrying them.

Jannetta Tibbs
ALBANY, OREGON

Get connected! Find your local Audubon Society chapter. They are always willing to help new birders.

Grace Huffman
OKLAHOMA CITY, OKLAHOMA

YOUR TURN!

**Q•Blue jays:
Backyard
friend or foe?**

Share your answer with us!
birdsandblooms.com/submit

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips.

From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

NEW
Now comes with...
Larger 22-inch hi-resolution screen – easier to see
16% more viewing area
Simple navigation – so you never get lost
Intel® processor – lightning fast
Computer is in the monitor – No bulky tower
Speech to Text translation – You talk, It types for you
Text to Speech translation – it can even read your emails to you!
U.S. Based Customer Service

FREE
Automatic
Software Updates

you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
Get current weather and news
- Play games Online:
Hundreds to choose from!

Call now toll free and find out how you can get the new WOW! Computer.

Mention promotional code 108570 for special introductory pricing.

1-888-831-7409



PHOTO QUIZ



1

Kathleen Otto
LAWRENCE, KANSAS

2



Patty Kreamer
HOUSTON, PENNSYLVANIA

True or False?

A. THE HUMAN EYE

notices yellow before any other color.

B. BUTTERFLIES

with yellow on their wings are only attracted to blooms that are yellow.

C. THE COLOR YELLOW

is right between green and red in a rainbow.

Bright as the Sun

See how many of these golden beauties you can identify.

*answers
on the
bottom!*

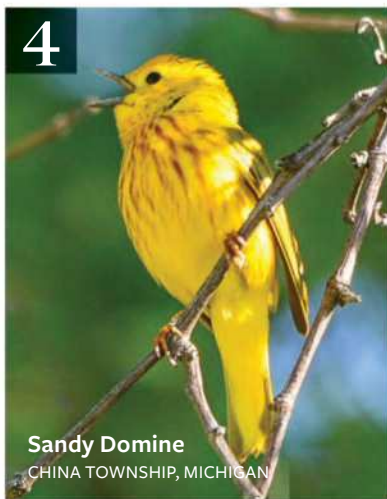
3

Ken Folwell
BOISE, IDAHO



4

Sandy Domine
CHINA TOWNSHIP, MICHIGAN



5

Sharon Laney
UNIONTOWN, OHIO



ANSWERS 1. EASTERN TIGER SWALLOWTAIL ON BUTTERFLY BUSH; 2. LANTANA; 3. IRIS; 4. YELLOW WARBLER; 5. PEARL CRESCENT ON YELLOW BUTTERFLY BUSH; A. TRUE B. FALSE C. FALSE

All-New

lively
mobile

Cut the cost of your medical alert service.

Feel protected everywhere you go. The Lively® Mobile from GreatCall® provides the best safety net with the most affordable mobile medical alert service on the market. It's a medical alert device with no installation costs or additional equipment to buy. With 5Star® service plans as low as \$24⁹⁹ per month, that's over \$200 in savings per year.

With a new, smaller design, the Lively Mobile is easy to carry anywhere you go. And with no landline required, you're not restricted to your home. It's also waterproof, so you can even stay protected in the shower. The Lively Mobile has the fastest call response time, and GreatCall owns and operates its own call centers in the U.S. In any emergency, 24/7, simply press the button to speak immediately with a 5Star Medical Alert Agent. The Agent will confirm your location, evaluate your situation and get you the help you need.

Service as low as

\$24⁹⁹
month¹

No contracts
No cancellation fees
No equipment to install

"Best product, best service, best price."

- Independent review of 70+ medical alert systems on
Dignified.com, 2017⁴

**For Fall Detection
and so much more.⁴**

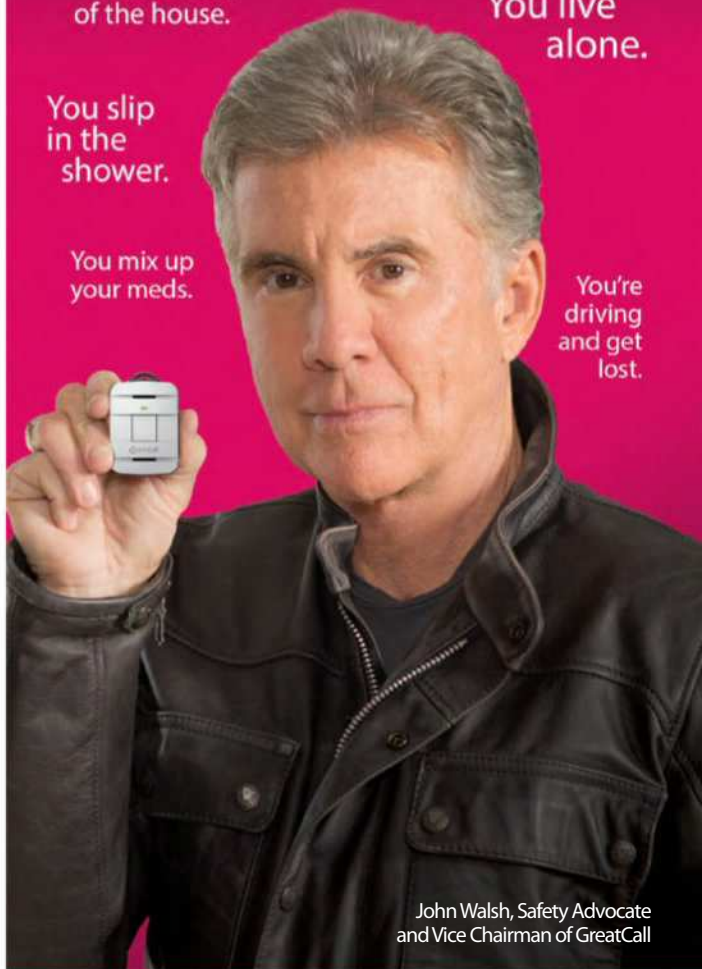
You get
locked out
of the house.

You live
alone.

You slip
in the
shower.

You mix up
your meds.

You're
driving
and get
lost.



John Walsh, Safety Advocate
and Vice Chairman of GreatCall

— LIMITED TIME —

25% OFF

Plus first month FREE
when purchased at:

Walmart 

100% mobile	Fastest call response time³	Available with Fall Detection	Patented GPS confirms location	Nationwide coverage	New, smaller size
------------------------	---	--	---	--------------------------------	------------------------------

To order or learn more, call
1-866-240-8860

or visit us at
www.greatcall.com

 **greatcall.**

¹25% off device applies only to MSRP of \$49⁹⁹ and is only valid for new customers or new lines of service. Sale price in stores vary. Offer valid 4/11/18 through 7/10/18. ²Monthly service fee does not include government taxes or assessment surcharges and is subject to change. Requires a device purchase and a one-time activation fee - \$25 online or \$35 by phone. Valid credit or debit card required for monthly service. Most affordable mobile medical alert system determined by totaling device cost, online activation fee, and 12 months of service among competitors offering mobile devices available for purchase. ³Preece, Jeph. "GreatCall - The Best Overall Medical Alert System." Dignified, 11 Sept. 2017. www.dignified.com/greatcall-review-24. ⁴200 savings calculation was determined by averaging PERS market leaders' monthly fees (not all PERS have the same features). The Lively Mobile is rated IPX7 and can be submerged in up to 3ft of water for up to 30 mins. ⁵Fall Detection is an optional feature of 5Star Service, available only as part of the Ultimate Health & Safety Package. Optional Fall Detection functions only when the device is used with specially designed lanyards we provide to you. Fall Detection may not always accurately detect a fall. GreatCall is not a healthcare provider. Seek the advice of your physician if you have questions about medical treatment. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. GreatCall, 5Star and Lively are registered trademarks of GreatCall, Inc. Copyright ©2018 GreatCall, Inc.

Retread and Grow

Put a fresh and colorful spin on a classic repurposed planter.

SUPPLIES

Motorcycle or ATV tire (see note)

Rust-Oleum Painter's Touch
2X Ultra Cover spray paint

Potting soil

Flowers

Power drill

Heavy-duty rope

DIRECTIONS

STEP 1: Using a drill, make drainage holes in the bottom of the tire if needed.

STEP 2: Spray-paint tire, building up paint in layers over the span of an hour. Let dry.

STEP 3: Plant your favorite seasonal flowers in the tire.

STEP 4: Use rope to hang planter from a tree or porch. Make sure knot is tied securely.

NOTE: Used tires work better than new tires, which have a coating that can bleed through the paint. If using new tires, let dry for a couple of days after the first coat until the original tire color begins to show through, then add a fresh coat of paint.

TIME TO GET CRAFTY! Find even more home and garden projects in *Country Woman* magazine, available at countrywomanmagazine.com and on newsstands.





PLAY WITH PATTERNS

Go bold and use painter's tape to create a simple pattern on your tire. Peel back the tape after the paint dries, and voila!

YOU DON'T SAY

Caption This!

A hungry chipmunk bites off way more than it can chew.



Diane Marshman of New Milford, Pennsylvania, says she caught this chipmunk stuffing its cheeks with peanuts. What do you think this cute critter would say if it could talk? Go to birdsandblooms.com/youdontsay to share your funniest caption. We'll publish one of our favorites in the next issue.

LAST ISSUE'S
**WINNING
CAPTION**
"I'm a natural
redhead! Really!"

SUBMITTED BY
DEBRA MICHALIK



BRIAN BAILEY

SHARE YOUR BEST FUNNY NATURE PHOTOS! Follow the Submission Guidelines on page 60.

BIRDS & BLOOMS EXTRA (ISSN 1931-5309) (USPS 023-392), Vol. 13, No. 6, May 2018 © RDA Enthusiast Brands, LLC, 2018. Published bimonthly by RDA Enthusiast Brands, LLC, 1610 N. 2nd St., Suite 102, Milwaukee WI 53212-3906. Periodicals Postage Paid at Milwaukee, Wisconsin, and additional mailing offices. Publications Mail Agreement No. 40065693, Canadian GST No. 865444285RT. **POSTMASTER:** Send address changes to Birds & Blooms, PO Box 5294, Harlan IA 51593-0794. Send undeliverable Canadian addresses to canada_upm_harlan@cpmx.ca. **Questions about your subscription?** Email customercare@birdsandblooms.com; visit birdsandblooms.com/customercare; or write to Birds & Blooms Customer Care, PO Box 5294, Harlan IA 51593-0794. For address changes, include both old and new addresses. If the post office alerts us that your magazine is undeliverable, we have no further obligations unless we receive a corrected address within one year. **Subscription prices:** In U.S.: \$19.98 for one year, \$29.98 for two years, \$39.98 for three years. (Canada: one year, \$23.98 CDN plus GST or HST, where applicable; international subscriptions: \$25.98 per year, U.S. funds prepaid.) Send new subscriptions to PO Box 5294, Harlan IA 51593-0794. Allow four to six weeks. Material in this publication may not be reproduced in any form without permission. Birds & Blooms is a registered trademark of RDA Enthusiast Brands, LLC.

Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®**, **Nexium®**, and **Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested **Acemannan**, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know **Acemannan** has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called **Acemannan**. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The **acemannan** used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb



calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **800-808-9640** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.



Find the Hummingbird

In each issue, we hide a hummingbird like the one above left. Enter to win at birdsandblooms.com/contests if you find it. Winners receive a one-year subscription to *Birds & Blooms*. In the March issue, we hid it on page 12.

HIDDEN OBJECT GUIDELINES

No purchase necessary to enter to win. Purchase will not improve your chances of winning. Sweepstakes is open to legal residents age 18 years or older of the U.S., its territories and possessions, or of Canada (excluding the Province of Quebec). Sweepstakes begins on April 11, 2018, and ends on June 5, 2018. Visit birdsandblooms.com/contests for official rules. VOID WHERE PROHIBITED. Sweepstakes sponsored by RDA Enthusiast Brands, LLC.

Contact Us!

CUSTOMER CARE

For subscriptions, renewals, gifts, payments, account info and inquiries:

Email:

customercare@birdsandblooms.com

Visit:

birdsandblooms.com/customercare

Write:

BIRDS & BLOOMS CUSTOMER CARE
PO BOX 5294
HARLAN IA 51593-0794

Editorial offices

Write:

BIRDS & BLOOMS
1610 N 2ND ST STE 102
MILWAUKEE WI 53212-3906

Email:

feedback@birdsandblooms.com

Contests:

birdsandblooms.com/contests

Buy merchandise:

birdsandblooms.com/shop

Purchase single issues:

shoptasteofhome.com

Consumer Information:

Birds & Blooms may share information about you with third parties for the purpose of offering products and services that may interest you. If you would rather not receive such offers via postal mail, please write to Birds & Blooms Customer Mailing List, PO Box 3117, Harlan IA 51593-0183. You can also visit www.tmbi.com/preference-center to manage your preferences and opt out of receiving such offers via email. Please see our Privacy Policy at www.tmbi.com/privacy-policy.

Reprint requests:

Email permissions@TrustedMediaBrands.com to request permission to reprint any material from *Birds & Blooms*. Email marcus.glover@sheridan.com to request bulk article reprints and poster printing.

Submission Guidelines

We love hearing from you—in fact, we couldn't publish this magazine without you!

How to submit: Share photos and stories with us using the online form: birdsandblooms.com/submit. Please send submissions only through our online form.

What you'll get: If we print your submission in the magazine, we will send you a complimentary copy of the issue in which it appears, and any compensation as may be specified by us in writing.

Returns: We regret that we cannot return unsolicited materials.

Rights: By submitting material to us, you grant RDA Enthusiast Brands, LLC, its affiliates, partners and licensees worldwide use of the material without time limitation, including the right to use your name and city/state/province in connection with any such use. We reserve the right to modify, reproduce and distribute your material in any medium (now or hereafter existing)

and in any manner or appropriate place, including but not limited to magazines, promotional merchandise, and marketing and other related materials.

By submitting material to us, you represent and warrant that you have full authority to grant the rights set forth above and that your material will not, in whole or in part, infringe the intellectual property rights, rights of privacy or publicity, or any other rights of any third party. You further represent and warrant that you have attained the legal age of majority in your state/province (18 in most states/provinces). If you're a minor under the law of your state/province, your parent or guardian must submit on your behalf. [Last updated January 4, 2017]

Contact: We may contact you via phone, email or mail regarding your submission, but our small staff can't acknowledge receipt of submissions.

EDITORIAL

Chief Content Officer Beth Tomkiw

Content Director Jeanne Ambrose

Associate Creative Director

Christina Spalatin

Editor Kirsten Sweet

Art Director Sharon K. Nelson

Associate Editors

Molly Jasinski, Kaitlin Stainbrook

Layout Designer Chase Patt

Copy Chief Deb Warlaumont Mulvey

Copy Editors Dulcie Shoener (senior),

Chris McLaughlin, Ellie Piper

Manager, Editorial Services

Kelly Madison-Liebe

Editorial Production Coordinator Jill Banks

Editorial Business Manager Andrea Meiers

Birding Experts Kenn and Kimberly Kaufman

Horticulture Expert Melinda Myers

Business Architect, Publishing Technologies

Amanda Harmatys

Business Analysts, Publishing Technologies

Dena Ahlers, Kate Unger

Junior Business Analyst, Publishing

Technologies Shannon Stroud

Rights & Permissions Assistant Jill Godsey

BUSINESS

Associate Publisher Pete Holfelder Jr.

Advertising

Display Sales Robert Z. Feiner,

robertf@taustermmedia.com

Janis Mason, janm@taustermmedia.com

Susan Tauster, susan@taustermmedia.com

Direct Response Advertising

Eric Genova, egenova@mediapeople.com

Executive Brand Director Joe Losardo

Art Director Michael Castellano

Director, North America Magazine

Production Patricia Nolan

Production Coordinator Chelsea Schlicht

Director, Ad Sales Analysis Heather McKean

TRUSTED MEDIA BRANDS, INC.

President & Chief Executive Officer

Bonnie Kintzer

Chief Financial Officer Dean Durbin

Chief Marketing Officer C. Alec Casey

Chief Digital Officer Vince Errico

SVP, Global HR & Communications

Phyllis E. Gebhardt, SPHR; SHRM-SCP

General Counsel Mark Sirota

VP, Product Marketing Brian Kennedy

VP, Consumer Acquisition Heather Plant

VP, Operations Michael Garzone

VP, Consumer Marketing Planning

Jim Woods

VP, Digital Product & Technology

Nick Contardo

VP, Digital Content & Audience Development

Kari Hodes

Do your stairs seem to get steeper as you get older.

For many, climbing up or down stairs can be risky, but they do it anyway. Now there's a simple, safe and surprisingly affordable solution... the Easy Climber Stair Lift

You know what I'm talking about. Your doctor has warned you, your spouse looks worried every time you are on the stairs, and your children are just waiting for a call that you've fallen. Whether it's because of cardiac concerns or mobility issues, millions of Americans are taking their lives in their hands to get up and down stairs. In the past, the only solution was to limit your activities to one level of your home or, worse yet, to move out of your beloved house to one with only one story. Now, thanks to the innovative engineering efforts of the industry leader in stair-climbing technology, there is a revolutionary solution that makes it easy to stay in the home you love. Why risk your life... or your lifestyle, when an easy solution



is only a phone call away. You'll be surprised how easy, simple and affordable an Easy Climber

Get \$500 off
Limited time offer
Call now

Stair Lift system is. Call our toll-free hot line now, and a friendly, knowledgeable product expert can answer all of your questions and help you get your very own Easy Climber Stair Lift.

 **Easy Climber**
STAIR LIFT

Call now toll free
to find out how you
can get your own
Easy Climber Stair Lift.

For fastest service call now.

1-877-614-5724

Please mention promotional code
108569 and get **\$500 off.**

55825

Know what to look for in a Stair Lift:

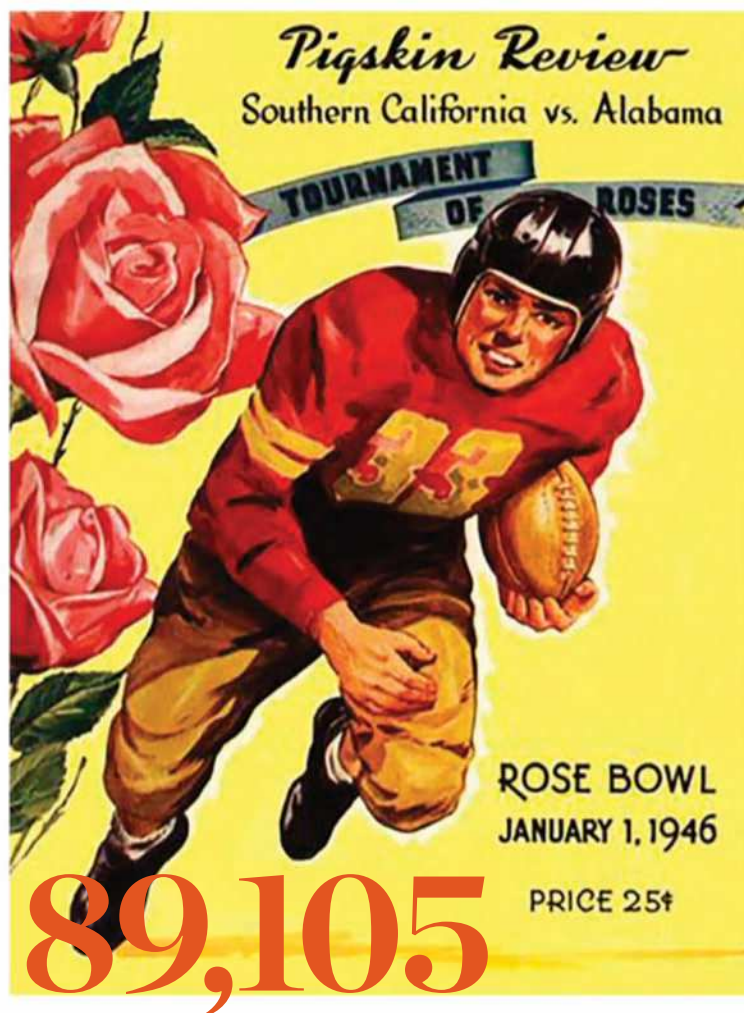
Five major considerations to help make an informed decision before buying a Stair Lift:

- **Low Profile:** Unlike most other Stair Lifts, Easy Climber's seat and foot plate folds up close to the wall when not in use. Only Easy Climber has the exclusive Hideaway™ remote control that enables you to park it at the top of the stairs, out of sight, until you need it.
- **Simplicity:** Easy Climber features an uncomplicated mechanism. It's the simplest, quietest, most reliable, with the least need for maintenance and repair.
- **Safety:** Easy Climber has been tested continually and features a wide range of safety features, including swivel seats, not available on other models. Plus, it's anchored to the steps, not the wall, so there's no chance of it pulling loose. It even features "Always Charged" technology, so it will even work in the event of a power outage.
- **Easy Installation:** Expert installation technicians will come to your home, measure your stairs and recommend and install the exact right unit for you. Then they'll show you how to operate it, clean up and in most cases be gone in under three hours. If not... they'll give you \$50 on the spot.
- **Warranty:** Unlike most Stair Lifts, Easy Climber comes with a Lifetime Guarantee on the motor, gearbox, rail, power supply and control board— the best in the business.

Garden Games

Inspiration from horticulture can be found everywhere—even in sports.

BY KAITLIN STAINBROOK



The Tournament of Roses has hosted the “Granddaddy of Them All”—the Rose Bowl Game—since 1902. The Rose Bowl Stadium in Pasadena, California seats 89,105 attendees eager to watch the most popular college football game of the year.

1937

In Maryland, the University of Baltimore Bee (now named Eubie) has buzzed around campus sporting events since 1937!



1922

Although its mascot is a blue and white foxlike animal called Sycamore Sam, Indiana State University has used the team name Sycamores since 1922.

Oregon's Portland Thorns were the first women's team to be affiliated with a Major League Soccer franchise. In five seasons, they've won the National Women's Soccer League title twice.



3 Syracuse University has had three mascots in its history. First was the Saltine Warrior, then a Roman gladiator. Everyone at the New York school settled on Otto the Orange in 1995.

1970

The Scottsdale (Arizona) Community College team mascot, Artie the Artichoke, was a product of student protest. In the early 1970s, students voted in Artie to express frustration over how the school spent its budget. Artie has since been embraced by the community.

No contracts
No cancellation fees

jitterbug[®]
smart

Finally, a simple smartphone.



The Jitterbug[®] Smart from GreatCall[®] is the simple smartphone with a large screen and exclusive health and safety apps.

EASY The Jitterbug Smart is designed to be easy to use from the moment you turn it on. A large, 5.5-inch screen makes it easy to stay connected. Everything you want to do, from texting and taking pictures, to emailing and browsing the Internet, is organized in a single list on one screen with large, legible letters. Plus, Voice Typing makes writing emails and texts effortless.

Plans with
data as low as
\$17⁴⁸
month*

SMART Turn your Jitterbug Smart into a personal safety device with GreatCall's award-winning health and safety apps, like 5Star[®]. In any uncertain or unsafe situation, simply press the button and a highly-trained Urgent Response Agent will confirm your location, evaluate your situation and get you the help you need, 24/7.

AFFORDABLE Other companies make you pay high monthly fees for expensive phones, while GreatCall provides quality phones at a surprisingly affordable price. GreatCall has a variety of data plans starting as low as \$2⁴⁹ per month. Compared to other cell phone companies, you could save over \$300 per year.

The Jitterbug Smart phone plans are the most affordable on the market and come with dependable nationwide coverage. Friendly customer service agents will help figure out which phone plan is best for you, and with no contracts or cancellation fees, you can switch plans anytime. You can even keep your current landline or cell phone number. **Ask about our new Unlimited Plan!**

Powered by the nation's largest and most
dependable wireless network.



NO CONTRACTS
No cancellation fees

Buy now and get a **FREE**
Car Charger, a \$25 value!

To order or learn more, call
1-866-413-4442
or visit greatcall.com/Birds

Why the Jitterbug Smart is your best choice for a new smartphone:

No contracts to sign, ever	Keep your current phone number	Award-winning, U.S.-based customer service and tech support	No hidden monthly fees	Brain Games powered by Posit Science [®]
----------------------------	--------------------------------	---	------------------------	---

Available at:



*Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of \$35. \$300 savings calculation based on market leaders' lowest available monthly published fees. Coverage is not available everywhere. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. Car charger will be mailed to customer after the device is activated. Jitterbug, GreatCall and 5Star are registered trademarks of GreatCall, Inc. Copyright ©2018 GreatCall, Inc.

“The hum of bees is the
voice of the garden.”

—Elizabeth Lawrence

A honey bee
visits a desert
candle flower.