

We'd Love to Hear from You!

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DID YOU KNOW?

Bears can sleep more than 100 days without eating, drinking, or passing waste!

QLT Spotlight

Lease Benefit: Our Standard Next Business Day Services* are available at no additional charge.

Simply place an order with us by 5pm ET (Monday – Friday) and you will receive it at your home or office the next business day at no additional charge! Contact us at 1 (800) 555-8111 to place your order.

* Some products (party line, hardwired, one-button telephones and ancillary products) may require special arrangements for replacement, repair or relocation. Arrangements can be made by calling our Lease Customer Helpline. A model change may result in a rate change.

Winter and Wildlife Word Search



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|-----------|-------------|-----------|
| FOX | GROUNDHOG | FROG |
| TORPOR | SQUIRRELS | BRUMATION |
| COLD | SNOW | DEER |
| CHIPMUNKS | HIBERNATION | BEARS |
| WILDLIFE | SLEEP | |

Wordsearch created with <https://thewordsearch.com>



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Lease

NEWS & VIEWS

WINTER & WILDLIFE



Sleeping Beauties

For many people, fall is a time to prepare for the upcoming holiday season and winter weather. During this time our wildlife friends are busy with their own preparations as well. Some will migrate to warmer climates or grow thick furry coats to withstand the elements, and others will hibernate or go torpid to survive the winter.

Are They Really Asleep?

Entering into states of hibernation or torpor allow animals to endure harsh winter conditions without migrating or foraging for food. To protect their bodies, they turn down their metabolisms, saving energy, becoming less active, and reducing their body heat. This strategy allows them to exist off of their body fat until food becomes more plentiful.

During hibernation, the body temperature drops to near-freezing, breathing becomes very shallow, and the heart rate decreases dramatically. While the hibernation period can last for weeks or even months, some animals will wake up periodically to eat and drink, and may wake up at other times if they sense their den is in danger. These periods of being awake burn large amounts of energy and are kept to a minimum.

When we think of hibernation, what often comes to mind is bears in a deep sleep. However, most mammals, including bears, are not complete hibernators. Instead, they enter a state of torpor, which is a shorter, less intense sleep than hibernation. The

primary difference between torpor and hibernation is that animals can wake up quickly from torpor if needed, such as if there is a threat or an opportunity to forage. Depending on the species, torpor can last hours, days, or weeks.

In reptiles, winter dormancy is known as brumation which is similar to hibernation. Reptiles are cold-blooded which means their body temperature is controlled by the environment, and they will often find an unused burrow to wait out the winter. Reptiles in brumation often go long periods of time without food but may awake periodically for water.



DID YOU KNOW?

The Common poorwill is the only documented hibernating bird. It will wait out the winter by hibernating in a hollow log rather than migrating.



FUN FACT!

Wood frogs stop breathing and go through a freezing and thaw pattern several times during the winter.

ANIMALS WHO HIBERNATE:



Bumblebees



Bats



Dormice



Groundhogs



Common poorwills

ANIMALS WHO TORPOR:



Squirrels



Skunks



Chipmunks



Raccoons



Bears