



# Tupelo Times

JUNE, JULY & AUGUST 2012 VOL. 8, NO. 3

The Newsletter of the **Cape Girardeau Conservation Nature Center**

**We all need nature! Let me tell you why.**

Ever had days when you are hectic, stressed, exhausted, or feel bad? Are your children struggling with school or health issues? These are all important questions that we should be asking ourselves. Odds are your answers weren't very positive. Here's a way to improve your answers.....spend some time in nature. I know, you're thinking "she works for the Missouri Department of Conservation, of course she's going to say that". I won't deny that I promote nature education through my job, but there's some real medical science behind my answer. More importantly, I know nature can improve a person's quality of life from my own personal experiences!

*Let's look at a few things going on in our society today:*

- Only 25% of children play outside.
- Many children only spend 4-7 minutes outside a day.
- Children spend 7-8 hours a day on electronic media outside of school.
- By the time most children begin kindergarten they've logged in 5000 TV hours (that's enough hours to earn a Bachelor's degree).
- From 1997-2006, there was a 3% increase in the diagnosis of ADHD per year.
- During a recent 4 year survey, anti-depressant use increased by 49% with the fastest growing segment of users being pre-school children.
- Childhood obesity rates have doubled in the last 20 years.
- Children are more disconnected from nature and plugged into technology. Most children know more about animals on different continents than what's in their own backyards.

Scary, isn't it? These statistics are for children who have "free" time. Imagine what the statistics for adults look like! Nature deficit disorder is the term used to describe this disconnect from nature and the ensuing consequences. Former Acting Deputy U.S. Surgeon General, Dr. David Rutstein, has said, "if this problem is not addressed, we will leave our children a legacy of shorter life spans for the first time in history." So, how do we battle a trend that is almost programmed into our kids? We can begin by becoming nature enthusiasts

ourselves and mentoring this behavior to our children. There are many things you can do in nature as an individual, a parent, or a family. Some are consumptive, some aren't. Some take little equipment, others take more. Here is a quick list of possible activities: hunting, fishing, camping, canoeing, gardening, orienteering, bird watching, insect collecting, wildflower and tree identification, journaling, hiking, nature photography, mushroom hunting, and gigging. That's just scratching the surface.

I know there are many valid reasons why we don't spend more time outside: there's no time, fear of leaving the kids outside alone, the kids have to build their college resumes with activities, and so on. Many people are working multiple jobs these days due to the economy, and there may not be money for outdoor equipment. We can start out small. Try planting a small garden with your family, visit your local park, attend a nature center program, or go hiking. These tweaks to your schedule may vastly improve your life - even 5 or 10 minutes a day can help. Here are just a few of the benefits:

- Behavioral problems at school often decrease.
- Students score better on tests.
- Nature helps with problem solving skills.
- People are more active when they're outside, and therefore healthier.
- "Green time" can reduce stress, anxiety, and help with ADHD symptoms.
- People who spend time in nature are generally nicer (really, this was studied!).

A highlight of my job is that I have the honor of helping people discover nature. I love the fact that conservation can so easily enrich our quality of life. That's why I think we all need nature. I encourage you to give nature a try. You might have a better day tomorrow if you do.

--By Bridget Jackson  
Conservation Education Consultant

**BLOOD DRIVE**  
**Thursday, July 12**  
2-8pm



**American  
Red Cross**

## Free Fishing Weekend June 9-10

This is your chance to try fishing without purchasing a permit first. Our annual Free Fishing Days are the Saturday and Sunday following the first Monday in June. Any person may fish state waters without a permit, trout permit, or prescribed area daily tag during Free Fishing Days.

# Tadpoles

(Shared nature experiences for 0-2 year olds and an attending adult.)



## June

Saturday, June 23-10am

### T is for Turtle

Missouri is home to 17 kinds of turtles. We will learn about a few of these fascinating reptiles and find out why they are so important for our environment. **Ages 0-2. Registration begins June 1.**

## July

Saturday, July 21-10am

### Nature's Twinkling Lights

Did you know fireflies are really beetles and they twinkle to talk with each other? Join us as we learn more about these tiny "stars." **Ages 0-2. Registration begins July 3.**

## August

Saturday, August 25-10am

### Let's Go South

August in Missouri is a time when critters start to think about the coming cold, winter months. We'll learn about what animals and plants do to prepare for winter. **Ages 0-2. Registration begins August 1.**

**Our monthly kids' club program information is now located in one convenient location.**

# Mudpuppies

(45-minute programs for 3-6 year olds and an attending adult.)



## June

Saturday, June 16-11am or 1pm  
Tuesday, June 19-9am or 11am

### Turtle Time

Alligators, stinkpots, and snappers, oh my! There are many shapes and sizes of turtles in Missouri. Crawl or swim on over to get an up close look at our shelled friends. **Ages 3-6. Registration begins June 1.**

## July

Saturday, July 14-11am or 1pm  
Tuesday, July 17-9am or 11am

### Lovely Ladybugs

One spot, two spot, three spot, four, this is a little insect you really can't ignore! Lady bugs with all numbers of spots can be found helping out our plants. Find out why these small beetles are so important. **Ages 3-6. Registration begins July 3.**

## August

Saturday, August 11-11am or 1pm  
Tuesday, August 14-9am or 11am

### Nocturnal Neighbors

Do you ever wonder what goes bump in the night? No need to be afraid, just help us discover some of Missouri's secretive, night animals that love the dark. **Ages 3-6. Registration begins August 1.**



## June

Friday-Saturday, June 22-23  
6pm Friday-9am Saturday

### Overnight Adventure – Woodland Safari

As the sun begins to set we will take to the trails for a walking adventure in search of evening wildlife. We will search for the hidden supply depot and then gather at the campfire afterward for treats and stories. No organized groups please. **Ages 7-11. Registration begins June 1.**

## July

Saturday, July 21  
10-11:30am

### Hot Weather Survival

Whether playing ball on a hot Missouri day or hiking in the desert, surviving extreme heat is a serious matter. Learn how to stay healthy and happy in the heat of the summer. No organized groups please. **Ages 7-11. Registration begins July 3.**

## August

Saturday, August 11  
10-11:30am

### Insectigation

August is a "hot" time for insects! Don't "bug-out" on this session, as we will collect, study and observe as many insects as we can find. Will it be fun? You "beetle" believe it! No organized groups please. **Ages 7-11. Registration begins August 1.**



## June

Saturday, June 16  
10am-noon

### Orienteering- Get Lost and Found

Using maps and compasses can be a lot of fun. They are also a reliable way to find your way home if you're ever lost. Learn the basics and get a chance to win a prize as you hone your new-found skills. **Ages 12-15. Registration begins June 1.**

## July

Friday-Saturday, July 13-14  
2pm Friday-4pm Saturday

### Summer Campout

Join us for a fun-filled overnight trip that will include fishing, swimming, hiking, and outdoor cooking. Food, transportation, tents, and outdoor skills equipment will be provided. **Ages 12-15. Registration begins July 3.**

## August

Saturday, August 25  
8:30am-12:30pm

### Down Under

Caves are very fragile and vital ecosystems. Learn the importance of cave conservation as we put on our helmets and explore the underground habitat that many rare and unusual animals call home. **Ages 12-15. Registration begins August 1.**



# June Events

Please call the nature center at **573/290-5218** on or after **June 1** for this month's programs requiring registration. If you are unable to attend a program, please call to cancel so that someone on the waiting list may attend.

## 2 Fishing 101

**Saturday, 9am-noon**

Have you ever wanted to go fishing but didn't know where to start? Here's your chance to learn the essentials! We'll cover equipment, technique, and show you how to fillet your big catch of the day. **Ages 18 and up (age 14 and up when accompanied by an adult).** Registration required.



**Early registration begins May 15**

## 2 Garden Tour

**Tree ID**

**Saturday, 9:30-11am**



Gardens and other "naturescaped" areas may be greatly enhanced by adding trees and shrubs. On this stroll around the nature center and a short way down the trail, we'll discuss how different species can be used as a border, a featured ornamental, or as an addition to your wooded areas. **Ages 8 and up.** No registration required.

## 3 Birding at Trail of Tears

**Sunday, 8am-noon**

Some migrating birds are still working their way along the Mississippi River, others are setting up territories, but they're all active. This is a great opportunity to catch a glimpse of a rarity or become more familiar with the regulars. Experienced birders provide insight and guidance in spotting and identifying by sight and sound. Meet at the Trail of Tears State Park visitor center parking lot, north of Cape Girardeau off of Highway 177. **Dress for the weather and bring a snack and water.** For more information, e-mail [sebirding@yahoo.com](mailto:sebirding@yahoo.com). **All ages.** No registration required.

## 9 Family Nature Sampler

**Saturday, 8am-3pm**

Help us turn the tide on Nature Deficit Disorder. Learn about this phenomenon and how it affects your family; then enjoy a sampling of outdoor activities we have planned to counteract it. Programs include archery, birding, campfire cooking, canoeing, fishing, insect & pond sampling, orienteering, and wildflower walks. Please bring a picnic lunch and plan on staying the entire day. **No organized groups please. All ages with an adult mentor.** Registration required.



**Early registration begins May 15**

## 14 Nature Center at Night Pond Paddle

**Thursday, 5-8pm**



The arrival of summer means it's time to head to the water! Come out for a leisurely evening canoe paddle on our pond. Brush up on your canoe skills, or learn some new tips and tricks. Canoes provided. **All ages. Youth and adult groups welcome.** No registration required.

## 14 Flyfishing

**Thursday, 6-8pm**

Whether you wish to begin flyfishing or just want to pick up a few new skills, you'll be glad you attended this program. We'll cover equipment selection and use, reading the water, matching the hatch, fly casting, fishing techniques, and essential knots. **Ages 16 and over must be in possession of a valid fishing permit.** Flyfishing equipment available for loan. **No organized groups please. Ages 8 and up.** Registration required.

## 14 Nature Art

**Botanical Drawing**

**Thursday, 6:30-8pm or**

**Saturday, June 23, 2-3:30pm**

Learn drawing techniques using nature as your focus. You'll explore our native plants and receive instruction for capturing the beauty that's all around you. We will take you on a step-by-step journey through botanical illustrations. **Ages 16 and up.** Registration required.

## 16 Conservation Destination Amidon

**Saturday, 9am-3pm**

You may know it as Castor River Shut-ins, Hahn's Mill, Pink Rocks, or Amidon Conservation Area. This unique area features a geologic wonder where the cool, clear waters of the Castor River flow and fall through canyons and pockets carved into salmon-colored granite. On this trip, we'll walk the 1-mile Cedar Glade Trail, learn about the area's outdoor opportunities, and spend some time splashing around in the cool water. **Ages 8 and up.** Registration required.

## 16 Discovery Station

**Orchids**

**Saturday, 1-4pm**

Orchids are appreciated world-wide for their unique fragrances and beautiful flowers. But, did you know that we have 36 different species of orchids growing wild right here in Missouri, or that orchids hold their flowers upside down on their stems, or that some orchids take years to bloom? Stop by and learn all about the jewel in Missouri's botanical crown, our orchids. **All ages. Youth and adult groups welcome.** No registration required.

## 21 Elk of Missouri

**Thursday, 6:30-8pm**

Private Lands Conservationist Brad Pobst will detail the characteristics of elk, their habitat, and the history of elk in Missouri. The reintroduction procedures and the status of the elk herd at Peck Ranch Conservation Area will also be discussed. **All ages. Youth and adult groups welcome.** No registration required.

## 23 Bowhunting Series – Part 4

**Saturday, 9am-2pm**

This final bowhunting series session takes place at Maintz Conservation Area for practical 3D target shooting in hunting scenarios along with blood trail tracking. Bowhunting equipment provided or you may bring your own. Arrows with target points only will be allowed in the shoot. Avid bowhunters will provide insight and coaching. **Ages 16 and up.** Registration required.



## 30 Soil Preparation

**Saturday, 9-10am**

Learn how to ready your beds to plant vegetables, flowers, and herbs with Master Gardener Charlene Williams. **Ages 16 and up.** Registration required.

## 30 Meet the Artist

**Saturday, 1-3pm**

Take the opportunity to meet artist Rose Altom as she demonstrates drawing techniques and shares her love of both art and nature. Her exhibit, "An Artist in 2 Dimensions," showcases her painting and drawings of Missouri mammals and backyard birds. After teaching art for over fourteen years, Rose's philosophy of art and life is that nature is the only place in this world to find peace, balance, and true healing. **All ages. Youth and adult groups welcome.** No registration required.

## 30 Gone Frogging

**Saturday, 7pm-midnight**

Whether you call it froggin' or frog gigging, it is definitely a fun and unique way to spend a summer evening. Expect to learn the ins and outs of frog gigging and then put your knowledge into practice. **No organized groups please. Ages 16 and up.** Registration required.



## Outdoor Adventure Camp

**Choose one 2-day session**

June 5-6

June 7-8

June 12-13

June 14-15

**8:30am-4:30pm each day**

**Your outdoor adventure awaits!**

**Join us to practice outdoor skills like canoeing, fishing, and outdoor cooking. We will also visit local conservation areas to discover the unique habitats of southeast Missouri. Participants are required to register for and attend both days of camp. Ages 7-11. Registration required.**

**Early registration begins May 15**

## Temporary Display

**"An Artist in 2 Dimensions" showcases ink drawings of backyard birds and acrylic paintings of the mammals of Missouri by artist Rose Altom.**



# July Events

Please call the nature center at **573/290-5218** on or after **July 3** for this month's programs requiring registration. If you are unable to attend a program, please call to cancel so that someone on the waiting list may attend.

## 7 Conservation Destination Good Fishing Holes *Saturday, 9am-2pm*

Enjoy fishing but just not sure where to go? During this drive through Cape Girardeau, Scott, and Mississippi Counties we'll stop at different conservation areas and check out the fishing potential. You'll receive insight about what species to expect there, how to spot quality fish habitat, and learn more about each area to make your next visit productive and enjoyable. **Ages 8 and up.** Registration required.

*Early registration begins June 15*

## 12 Nature Center at Night Nature's Vampires *Thursday, 2-8pm*

Find out about the tiny creatures flying and lurking about Missouri in search of your blood, and why they need it so badly! Mosquitos, ticks, chiggers, and more! **All ages.** Youth and adult groups welcome. No registration required.



## 12 Blood Drive *Thursday, 2-8pm*



In conjunction with Nature's Vampires, the Nature Center is hosting a blood drive to help others in need. **Ages 16 and up.** Registration required @ [www.redcrossblood.org](http://www.redcrossblood.org).

## 14 Garden Tour Prairies Past and Present *Saturday, 9:30-11am*



Did you know that Missouri has less than 1 percent of its original prairies? Prairie wildflowers and grasses are home to abundant wildlife.

They attract many delightful insects and the birds that feed on them. Whether you have a large area or a small patch, you can bring the prairie back to your property. On this tour of the gardens, you'll learn more about these wonderful plants and how to manage a prairie patch. **Ages 8 and up.** No registration required.

## 19 Nature Art Building Nature Memories *Thursday, 6:30-8pm or Saturday, July 21, 2-3:30pm*

Create a two-page scrapbook layout about your experiences at the nature center. Get inspired to bring your friends and family back to capture the fun with your camera, so you'll have memories to complete your pages. **Ages 16 and up.** Registration required.

## 19 Wild Jams and Jellies *Thursday, 6:30-8:30pm*

Nature provides us with many delicious wild edibles; some of which can be turned into a very sweet treat. Learn how to use native berries and fruits to make your own preserves to take home. **Ages 16 and up.** Registration required.

## Teachers in Nature Field Trips 101 Friday, July 20, 9am-4pm

Find out how to get the most out of your field trip and learn how easy it is to bring your class for a nature adventure! We'll go over nature center programs (that meet your GLE's), the exhibits, trails, and more. Free lunch is provided! Registration is required and is limited. For more information about CEU's or to register, please call 573-290-5218. Move to the head of the class and be ready for the next school year! *Registration deadline is July 17, 2012.*

## 28 Cat-tail Duck Decoys *Saturday, 9am-5pm*

Want to make a beautiful cat-tail decoy just like the Native Americans made? Come to Duck Creek Conservation Area to learn duck identification, duck ecology, and decoy history as you make your own duck decoy. **Ages 18 and up (age 14 and up when accompanied by an adult).** Registration required.



## 28 Discovery Station Primitive Skills *Saturday, 1-4pm*

The Native Americans and early settlers of our region possessed a wide arsenal of skills that allowed them to live off the land. We refer to these skills as primitive because they are no longer necessary today, but they are primitive only in this respect. Stop by and learn about some of these so-called "primitive" skills. Could you live off the land the way that your ancestors did? Try your hand at making cordage or using a pump drill and see just how primitive these skills are. **All ages.** Youth and adult groups welcome. No registration required.

### Thank You

Donations of Time, Material, and Service

**Library book:** Carolyn Huter  
**Natural Items:** Nathan Ellett, Dennis Allen, Bobby Hart  
**Trees:** Forrest Keeling Nursery  
**Gardening gloves:** Cape Girardeau County Master Gardeners

### Paving the Way

Those purchasing paving stones for the Conservation Nature Center walkway:  
**Glenda Buchanan in memory of Clevala Corey**  
**Rod Vaughn in memory of Gil Faulkner**

### Temporary Display

Visit the nature center's gallery during July to view a collection of nature photography by Missouri Conservationist Photographer David Stonner.

## Just Ask...

**Q.** Is burning a tick the best way to remove it?

**A.** The answer, in short, is no. There are many techniques people use to rid themselves of these loathsome, parasitic pests. Some people swear that by smothering a tick with Vaseline®, you can get it to release its death grip; while others consider bleach to be the miracle-releaser. These methods (including burning) are ineffective and can cause complications like infection. The best way to remove a tick is to first, disinfect the area of attachment and then, use a pair of clean tweezers to grab the tick as close to your skin as possible. Pull the tick upward and outward from your skin. Do not jerk or twist the tick from your skin. Look closely at your tick to ensure mouthparts are still intact. Disinfect the bite and dispose of the tick in alcohol. Be sure to check yourself frequently for ticks when spending time outdoors. The sooner the tick is removed, the better.



Mayfly  
Ephemeroptera

### The Marvelous Mayfly

Mayflies are delicate, non-biting flies who hatch mainly in the spring, but also throughout the summer. There are around 2,500 known species of mayfly worldwide, including over 630 species in North America. Most mayflies live about a year, and spend all but a few hours of their life underwater as an aquatic naiad. Once the mayflies emerge in their adult form they do not feed and typically have less than 24 hours to mate and lay eggs before dying. Mayflies are major food sources for fish and other wildlife, and their presence is an indicator of good water quality.



# August Events

Please call the nature center at **573/290-5218** on or after **August 1** for this month's programs requiring registration. If you are unable to attend a program, please call to cancel so that someone on the waiting list may attend.

## 2 Nature Art Paper Beads

**Thursday, 10am, 1pm or 3pm**

What can you do with all of your Conservationist magazines? Repurpose them to make colorful paper beads. Then make the beads into jewelry, dangly décor or key ring fobs. If you have old beaded jewelry you can't part with but wouldn't really wear, bring it in to repurpose the parts for a wonderful new piece of jewelry for yourself or to give as a gift. Make time to try this simple, joyful craft that will make you take another look at all your Conservationist magazines. **Ages 16 and up.** Registration required.

**Early registration begins July 17**

## 4 Conservation Destination Apple Creek

**Saturday, 9am-noon**

This 2000-acre area has so much to offer anyone who wants to be outdoors: hunting, fishing, boating, birding, shooting, hiking, camping – and more. By driving throughout the area and doing a little hiking, you'll become familiar with the area's details to make your future visits more enjoyable. **Ages 8 and up.** Registration required.

**Early registration begins July 17**

## 4 Garden Tour Blooms for Butterflies

**Saturday, 9:30-11am**



The plants in your garden do more than attract butterflies to their blooms. They may serve as host plants for the caterpillars. Most butterflies feed on one type of plant as larvae and another as adults, so to keep the butterflies coming back, we need to understand their cycle and help meet their needs. On this tour, we'll identify the butterflies that visit, search for their larvae, and watch for birds feeding on the abundance of caterpillars. **Ages 8 and up.** No registration required.

## 4 Discovery Station Nature Deficit Disorder

**Saturday, 1-4pm**



Are your children hyperactive? Do they have trouble concentrating in school? Do you often feel blue or stressed? If you answered "yes" to any of these questions, you may have experienced Nature Deficit Disorder. Learn about this problem and get practical advice for combatting it. Let us help your kids excel and you feel healthier. **All ages. Youth and adult groups welcome.** No registration required.

## 9 Nature Center at Night Trash to Treasure

**Thursday, 5-8pm**



One man's trash is another man's treasure. Have you ever heard this old saying before? If you've ever gone floating or canoeing after a flash flood or heavy rain, you know that nature has its own version of trash. Stroll through our lobby and view interesting works of art made from items such as drift wood and limbs, or put your creative skills to work and create your own treasure from nature's trash. **All ages. Youth and adult groups welcome.** No registration required.

## 11 Dutch Oven 101

**Saturday, 9am-1pm**

Cooking outdoors is a great experience and there's no better way than with a Dutch oven. This beginner's course will cover basic techniques for cooking with cast iron and controlling temperatures. Participants will prepare a light meal together. Dutch oven cooking is a great way to bring family members together. **No organized groups please. Ages 8 and up.** Registration required. First 10 openings reserved for first-time Dutch oven participants.



## 18 Hummingbird Celebration

**Saturday, 8am-2pm**

Celebrate the peak migratory season of the fascinating ruby-throated hummingbird! Get here early to observe the experts band these ruby gems. Information stations and seminars will provide tips on attracting hummingbirds, gardening, feeder care, and much more. Kids can check out our fledgling fun corner, too. **All ages.** Youth and adult groups welcome. No registration required.

## 24/25 Hunter Education

**Friday, 5:30-9:30pm & Saturday, 8am-4pm**

If you plan to hunt alone with a firearm, and you were born on or after January 1, 1967, you will need to take and pass a hunter education course before you can buy a permit. Students must be 11 years of age at the start of the class. You must attend both sessions (Friday and Saturday) and pass a test to receive certification. All students 15 and under must bring proof of age and bring any previously purchased permits with them to class.

**You must pre-register for this course online at [www.mdc.mo.gov](http://www.mdc.mo.gov). For more information, call 573-290-5730.**

## 25 Fall & Winter Gardening

**Saturday, 9-10am**

Late summer is a great time to think about fall planting and preparing to put your garden to bed for the winter. Master Gardener Elena Perryman will provide tips for both as well as some strategies for cleaning up and maintaining your native plant beds. **Ages 16 and up.** Registration required.

### Temporary Display

Visit the nature center's gallery in August to observe and enjoy "Wildlife of Missouri," a watercolor exhibit by Tom Bose.

## 26 Egrets, Herons and Shorebirds – Oh My!

**Sunday, 8:30am-noon**

When the lowlands in the Mississippi valley are flooded, small fish and insects attract hundreds of wading birds and shorebirds. Visit various hotspots in the Cape Girardeau area with experienced birders to seek out unusual birds and enjoy wonderful views of magnificent egrets and herons. Meet at the parking lot of Southeast Missouri State University's "River Campus", adjacent to the Mississippi River bridge. Dress for the weather and bring a snack and water. For more information, e-mail [sebirding@yahoo.com](mailto:sebirding@yahoo.com). **All ages. No registration required.**

## COMING IN SEPTEMBER

## 5 Homeschool Special – Nature's Toxins

**Wednesday, 1-3pm**

Do you shriek at the sight of a spider or snake? Are you afraid of venomous things? If so, check out this program and debunk some of the myths that surround Missouri's venomous animals. **Ages 6 and up.** Registration required.

**Early registration begins August 15**

## 6 Nature Center at Night Pollinators

**Thursday, 5-8pm**



When most people think of pollinators they probably think of butterflies, bees, or birds. But, there are many others that you probably have never heard of before- bats, beetles, flies, moths, wind, and water, to name a few. Buzz on in, peruse our displays, and attend the 6pm auditorium presentation to learn all about the different kinds of pollinators that make our lovely Missouri wildflowers possible. **All ages. Youth and adult groups welcome.** No registration required.

## 6 Nature Art Building Butterfly Memories

**Thursday, 6:30-8pm or**

**Saturday, September 22, 2-3:30pm**

Monarchs and other butterflies are a beauty to behold, so we are going to show you how to commemorate these inspiring insects in a two-page scrapbook layout. Attend our "Monarch Magic" event on September 8 or go to your favorite butterfly hotspot to photograph your favorite species and fill up the pages. **Ages 16 and up.** Registration required.

**Early registration begins August 15**

## 8 Monarch Magic

**Saturday, 9am-3pm**



The Monarch butterfly is one of the most amazing insects. Their migratory journey alone makes you think they would have to be magical. Help us celebrate these dainty insects by participating in Monarch tagging, learning how to attract them, and playing some butterfly games. **All ages. Youth and adult groups welcome.** No registration required.

## Growing in a Native Garden

One of the features the nature center is known for is its beautiful “naturescaped” garden beds. Many staff and volunteer hands have been active in the soil, nurturing native life for visitors to enjoy. Of over 1000 hours that Carolyn Huter has volunteered, many have been spent “playing in the dirt.”

Carolyn’s interest in landscaping with native plants began before the nature center opened. She’s practiced naturescaping at her home and was very instrumental in the production of the Conservation Department’s book, *Tried and True Missouri Native Plants for Your Yard* (for sale in the Nature Shop). A life-long learner of natural environments, the more she understands and experiences, the more Carolyn continues to grow. She has done much for the development of the nature center gardens as well as for the development of gardeners who visit the nature center. She is passionate about explaining the benefits of native plants with visitors and has conducted various well-received programs.

One of the programs Carolyn developed is a monthly opportunity for people to learn more about how the nature center gardens are managed and how that can relate to people’s yards back home. If you are interested in learning more about landscaping with native plants, join Carolyn on one of her “Garden Tours” this summer. Check the calendar listings for these opportunities and plan to grow in your own native garden.



*Carolyn’s passion for landowners to have a simple native plant resource was realized in “Tried and True Missouri Native Plants for Your Home” that she helped initiate.*



*Visitors learn about the value of prairie plants during one of Carolyn Huter’s “Garden Tours”.*

## Volunteer Milestones

**300 Hours**  
**Jeanie Haertling**

**1500 Hours**  
**Phil Dodson**  
**Pat Wells**

**3000 Hours**  
**Joan Anderson**



# Educators' Niche

For more information or to register for the trainings below, please call Bridget Jackson at 573-290-5218 or e-mail [bridget.jackson@mdc.mo.gov](mailto:bridget.jackson@mdc.mo.gov).

## Art in Nature Educator Workshop

Artistic expression allows educators to experience the connection between art, science, and nature. Art can be utilized with other subjects as well. This course will promote art as a way to connect education with nature, focus on inquiry skills, and familiarize educators with visual and tactile art techniques. This course will be held at the Cape Girardeau Conservation Nature Center on June 20 & 21. Graduate credit is available from Southeast Missouri State University for a fee.

## Aquatic Wild Educator Workshop

Wetlands and other aquatic ecosystems are dynamic habitats teeming with life. Join us as we explore and discover some of these fascinating creatures. Learn how to conduct field inquiries while you expand your knowledge. This course will be held at Duck Creek Conservation Area on July 10 & 11. Graduate credit is available from Southeast Missouri State University for a fee.

## Discover Nature Schools

Do you teach kindergarten – high school? If so, there are new resources for you. The Discover Nature Schools program provides interesting curriculum along with grant monies for field trips and supplies. Each unit comes with excellent teacher and student guides. Lessons are designed to get students out-of-doors while teaching them about Missouri ecosystems. Trainings for these units will be held at the nature center on the following dates: June 29, July 31, August 7, 8, 9, 10, 15, 16, 23, 24, Sept 1, 14, 15, and 21.

**Registration is required.**



The Nature Shop  
**20% Off\***

**\*Special monthly discounts ...**  
(Conservation Heritage Card discounts do not apply)

The Nature Shop features a variety of nature-related books, videos/ DVDs, and resources to increase awareness and knowledge of conservation and the outdoors.

## June/July

### Shrubs and Woody Vines of Missouri Field Guide

Start identifying shrubs and woody vines in your yard, neighborhood, or out in the wild. Based on his original, larger-format sized "Shrubs and Woody Vines of Missouri," this concise, easy-to-carry field guide features 170 species.



- Range map for each species
- Full-color illustrations

**Discounted price:**  
**6.00 plus tax**

### Trees of Missouri Field Guide

Based on Don Kurz's original *Trees of Missouri*, this concise, easy-to-carry field guide will help you identify trees in your yard, neighborhood, or natural area.



- 174 species described
- Range map for each species
- Full-color illustrations
- Easy-to-understand descriptions

**Discounted price:**  
**\$6.00 plus tax**

## August

### Cooking Wild in Missouri

Whether you hunt, fish, or forage, Bernadette Dryden's collection of recipes offers imaginative, fresh ideas for turning your harvest into a mouth-watering feast. With an emphasis on local, seasonal ingredients and a scope encompassing a variety of cultures and cuisines, *Cooking Wild in Missouri* is sure to earn a trusted spot in your kitchen.



**Discounted price:**  
**12.00 plus tax**

 [twitter.com/mdc\\_online](https://twitter.com/mdc_online)  [facebook.com/mdconline](https://facebook.com/mdconline)  [youtube.com/user/moconservation](https://youtube.com/user/moconservation)

*Cape Girardeau Conservation Nature Center is located in North Cape Girardeau County Park off Kingshighway just east of Interstate 55 at exit 99. The building is open Tuesday through Saturday 8am to 5pm and is closed Sundays and Mondays, New Year's Day, Thanksgiving, and Christmas. The area is open daily from sunrise to 10pm in accordance with the Cape Girardeau County Park Rules and Regulations.*

*Nature center grounds and trails are closed to pets, horses, hunting, collecting, littering, fires, and alcoholic beverages. The trails are also closed to bicycles, jogging, in-line skates, skateboards, scooters, and motorized vehicles.*

*The Cape Girardeau Conservation Nature Center is operated through hunting and fishing license revenues and through the 1/8% "Design for Conservation" sales tax. There is no admission charge.*

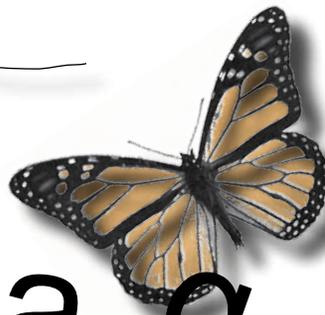
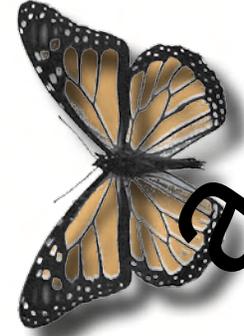
Phone: 573/290-5218; Fax: 573/290-5566; Internet: [www.mdc.mo.gov/areas/cnc/cape](http://www.mdc.mo.gov/areas/cnc/cape)

# monarch magic

September 8  
9am-3pm

Look for more details inside!

-  Monarch tagging
-  Butterfly gardening
-  Games
-  Crafts



Pick up some tips and tricks to help keep your garden beds blooming.

*Garden Tours*  
June 2-9:30-11am  
July 14-9:30-11am  
August 4-9:30-11am



**SEMO District Fair**  
**September 8-15**

**Come to the Fair!**  
Visit the Conservation Department's building at the SEMO District Fair as we celebrate 75 years of "Serving Nature and You."