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ON THE COVER

Eastern Chipmunk by Noppadol Paothong

FUN THINGS TO DO AND GREAT PLACES TO DISCOVER NATURE



September is the start of fall hunting season.

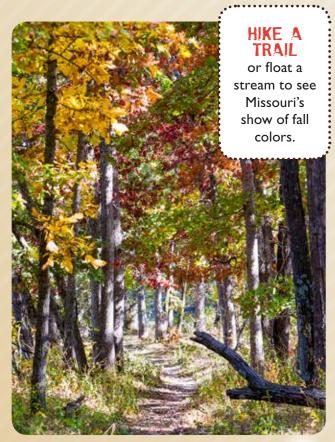
ASK A GROWN-UP TO TAKE YOU DOVE, TEAL, OR RABBIT HUNTING. It's a good way to learn how critters live and how the food chain works.

LOOK FOR SLOWWORMS

(aka firefly larvae) in low water at night.



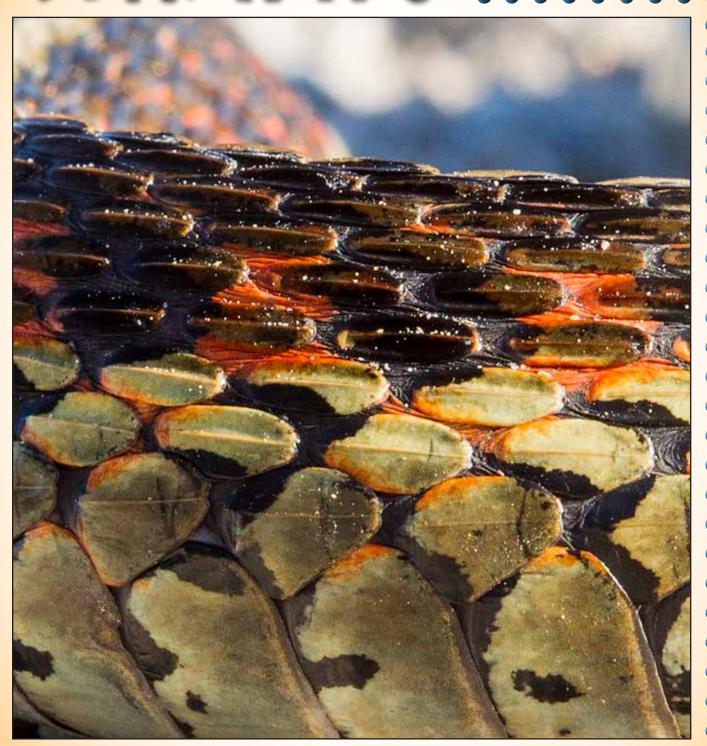
In late October,
YOU'LL HAVE
A CHANCE TO
SEE BEAVERS,
which are normally
active at night,
gathering winter
food during
the day.



DISCOVER Nature

Walnuts: Norbert Frank, University of West Hungary, Bugwood.org

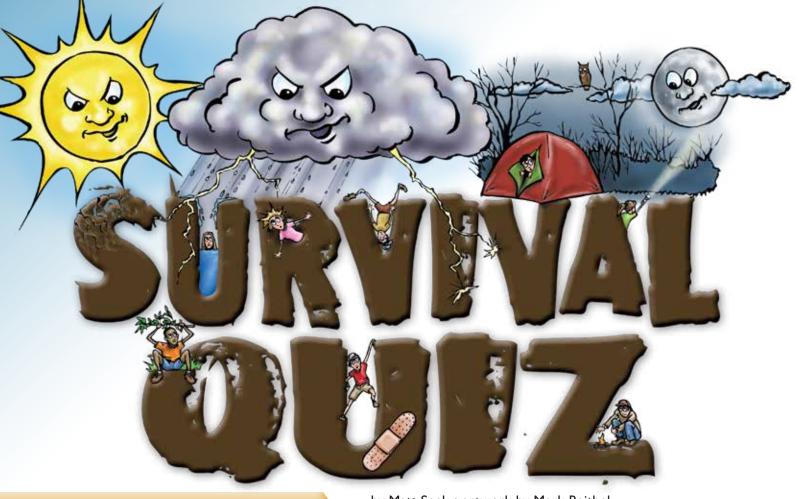
DON'T KNOW? Jump to Page 20 to find out.



- 1 I'm named for a thing that holds up your socks.
- 2 I live in the woods, often under some rocks.
- 3 I eat lots of frogs, but I wouldn't hurt you,
- 4 I'll head for the bushes if you say, "Boo!"



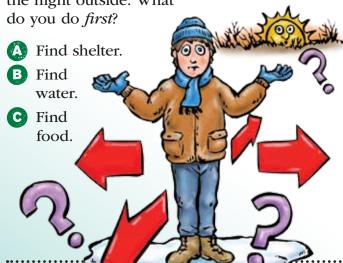




by Matt Seek • artwork by Mark Raithel

They say adventure is what happens when things go wrong. Take our quiz to find out if you know what to do when adventure strikes.

You went for a winter walk and got lost. The sun is dropping quickly. Panic sets in as you realize you'll be spending the night outside. What do you do *first*?



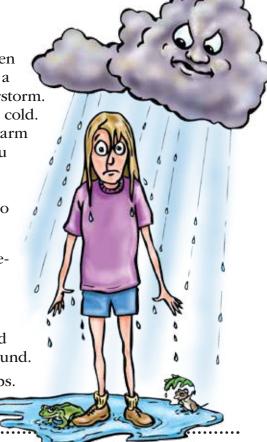
6 | XPLOR

You've been caught in a spring thunderstorm. You're wet and cold. A fire would warm you up, but you have only one match. What can't you use to start a fire?

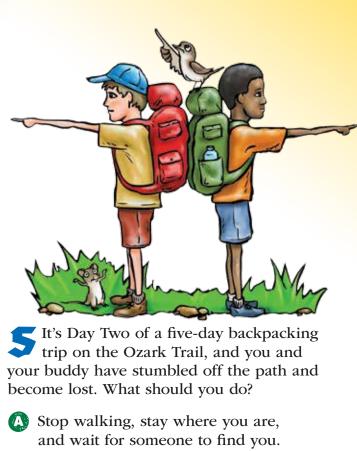
A The needlefree lower limbs of a cedar tree.

B Dead wood on the ground.

© Potato chips.







- **B** Retrace your steps to try and find the trail.
- Build a huge signal fire to guide rescuers to your location.

While paddling the Current River, you swamped your canoe, and all of your water got swept away. It's blazing hot, and you're really thirsty. What's your best option? A Find a spring. The cool, clear water bubbling up from the ground is safe to drink. **B** Find a cool place to hang out. Wait for other floaters to paddle by and ask them for water. C You're surrounded by sweet, crystal-clear water. Drink up!

You're lost in the woods. You know that if you go north, you'll eventually reach the highway. Only problem? You dropped your compass somewhere. What can you do?

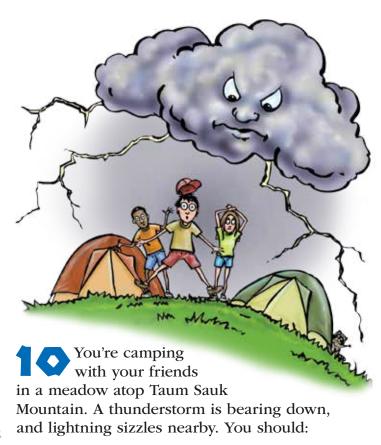
A Look for moss. It always grows on the north side of trees.

- B Wait until dark. Use the Big Dipper to locate the North Star.
 - C Follow a river upstream. Nearly all streams in Missouri flow south.

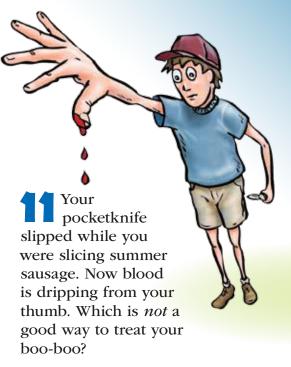


- You're lost in the Ozarks, and you haven't eaten in three days. Your stomach has begun to growl like a cranky badger. What's your best option?
- A Find mushrooms. Animals nibble on them. You figure if they're safe for an animal to eat, they're safe for you to eat.
- **B** Find some plump, white berries. Birds feast on them. Pluck off a couple and pop them in your pie hole.
- © Drink some water to keep your belly full and tough it out. Try not to think about cheeseburgers. Or pizza. Or ...
- You round a corner in the trail and see a mama bear with her cubs. They're busy gobbling blackberries, so they haven't seen you yet. What should you do?
- Wave your arms and yell. Black bears are scared of humans and will run away when they see you.
- B Toss them the PB and J you made for lunch. While they're distracted by the treat, run quickly past them.
- Back slowly away and walk back the way you came.

- A copperhead sank its fangs into your hiking buddy's ankle. You get her away from the snake and calm her down. Now what?
 - A Tie some cord tightly around her calf to keep the venom from reaching her heart.
 - B Use your pocketknife to slice open the fang marks then suck out the venom.
 - G Help her lie down, keep her calm, and use your cellphone to call 911.



- A Sit on top of your sleeping pad. The foam will insulate you from a lightning strike.
- B Grab your rain gear, leave camp, and move quickly downhill to a low spot away from tall, isolated trees.
- Take shelter under the gnarly lone oak at your campsite. You can tell by the scar on its trunk that it has been struck by lightning before, and lightning never strikes the same spot twice.



- A Apply pressure to the cut. Once the bleeding slows, put on a bandage.
- B Tie cord tightly around your thumb above the cut to stop the bleeding.
- C Use super glue to stick the skin back together.
- Which is *not* a good reason to use your cellphone to call for help?
- A You fell off a bluff and woke up at the base dizzy and nauseated.
- B Your 3-year-old brother wandered away from camp. No one can find him, and it's getting dark and starting to drizzle.
- C You sliced your finger while hiking. You're going to need stitches, and it's 20 minutes back to the parking lot.

ANSWERS

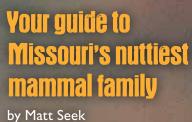
- In extreme cold, you can survive for only three hours without shelter, but three days without water, and three weeks without food.
- **2 B** After rain, downed wood is too wet to light. Lower cedar branches are usually kept dry by dense branches above. Oily potato chips burn well but quickly.
- When you sweat, you lose salts which your brain and muscles need — as well as water. As long as your pee is clear and frequent, you're drinking enough.
- Only in a life-or-death situation should you drink untreated water. The Current River is a busy stream. Someone will be by soon to give you a drink.
- Fig. 10 You have food and water. You have a buddy. Try to find the trail. If you're still lost after Day Three, stay put and signal for help.
- **B** Moss doesn't always grow on the north side of trees, and streams in Missouri flow in every direction. The North Star always points north.
- **Iust** because you're hungry doesn't mean you're going to die. But eating the wrong mushroom can kill you, and white berries are always a no-no.
- **S** G It's true that black bears are scared of people, but mother bears have been known to defend their cubs.
- Experts no longer recommend sucking out venom, and you should never use a tourniquet for a snake bite (see Answer II).
- During a lightning storm, always take shelter in a low-lying area away from tall, isolated objects. Lightning can strike the same spot twice.
- B Unless you're bleeding so badly you might die, never tie a cord (called a tourniquet) above the wound. If it's left on too long, you could lose your finger.
- You should always call for help after getting knocked out. And small children can't warm themselves well enough to survive cold, wet weather.

HOW MANY DID YOU GET RIGHT?

I-3: 4-6: Do. Better brush Not. up on your first-aid Leave. Your. and survival Room.

7-9: You aren't Bear Grylls, but you know how to handle yourself.

10-12: Call the Discovery Channel. You're ready for your own reality show.



he squirrel family tree has many branches. Tree squirrels, ground squirrels, flying squirrels, chipmunks, marmots, and prairie dogs all belong to this big clan. In fact, more than 250 kinds of squirrels exist worldwide. They're found on every continent except Australia and Antarctica. Seven kinds of squirrels live in Missouri.

No matter where they're found, all squirrels share a buck-toothed smile and a bushy-tailed behind. They use their front

teeth, called incisors, to gnaw on nuts and wood, clip vegetation and roots, and chew through soil when digging. In most squirrels, the incisors never quit growing. If they did, they'd quickly be worn down by all the use they get! Squirrels that live in trees generally have longer tails than those that live on the ground. And some squirrels — including chipmunks, woodchucks, and ground squirrels — have pockets of skin in their mouths called cheek pouches that can be packed full of nuts and seeds.

Thirteen-Lined Ground Squirrel and Franklin's Ground Squirrel

As their name suggests, ground squirrels live on the ground — or, more precisely, under the ground. Their paws have long claws to help them dig, and their bodies are long and skinny to squirm through tight tunnels. Toward the end of summer, ground squirrels pack on pounds until they have doubled in weight. Then, each chubby squirrel plugs the openings to its falls into a deep, DEEP sleep known as hibernation (high-bur-nay-shun). The super snoozers slumber for up to seven months, living off their fat until spring.

Home: Thirteen-lined ground squirrels prefer cemeteries, wellgrazed pastures, and areas with short burrow, crawls into its nest, curls into a furry ball, and grasses. Franklin's ground squirrels prefer prairies, roadsides, weedy fencerows, and areas with taller grasses. Favorite Foods: Grasses, Kyin Facts seeds, and insects Ground squirrels are curious creatures. When startled, they bolt for their burrows, but once inside, they immediately pop their heads back out for a peek. Ground Squirrel Range Squirrel Range Franklin's ground Thirteen-lined ground squirrels usually have 13 stripes — seven squirrels spend only 10 percent of light ones and six dark ones. But their lives above some have more stripes, and some have fewer stripes. ground.

In a Nutshell

Appearance: Thirteen-lined ground squirrels are chipmunk-sized (but skinnier) with yellowish-tan fur and stripes on their

backs. Franklin's ground squirrels are

Sounds: Ground squirrels give a

clear, sharp whistle when alarmed.

slightly larger and have grayish-brown fur.

In a Nutshell

Appearance: Woodchucks are Missouri's largest, chubbiest squirrels. They have grayish-brown fur, broad heads, blunt noses, and short, bushy tails.

Sounds: When alarmed, woodchucks give a loud, shrill whistle. That's why some people call them "whistle pigs."

Home: Woodchucks build their burrows at woodland edges, in fencerows, and along brushy stream banks. The main entrance to the burrow is usually under a tree stump or rock and has a big pile of fresh dirt around it.

Favorite Foods: Woodchucks are vegetarians and eat many kinds of plants, fruits, and vegetables.



Woodchuck

Woodchucks — aka groundhogs — are big-league burrowers. They dig an extensive network of tunnels and chambers in which to sleep, hide, and raise their babies. They're so good at digging, they may finish a small burrow in a single day. When woodchucks move out of their burrows, other animals move in. Foxes, weasels, badgers, skunks, rabbits, and opossums all take shelter in woodchuck burrows — sometimes while the woodchuck is still living there.

Fun Facts

Say what? Woodchucks can close their ears to keep out dirt when burrowing.

Like ground squirrels, woodchucks hibernate. During its deep sleep, a woodchuck breathes once every four minutes, and its heart beats only five times



Eastern Chipmunk

Kun Facts

In the fall, chipmunks have just one thought in their furry little heads: storing enough food for winter. The hardcore hoarders forage on the forest floor, stuffing their cheeks like grocery sacks and then scurrying back to their burrows to unload their treasures. A single chipmunk may pack its winter pantry with enough nuts and acorns to fill nine 2-liter soda bottles. Chipmunks build a bed on top of this pile of food. In the fall, the bed is near the roof of the nest. But by spring, the hungry 'munk has eaten most of its stash, and its bed has dropped to the floor.

In a Nutshell

Appearance: Chipmunks have a flattened tail, reddish-brown fur on their backs, white fur on their bellies, and stripes on their sides and heads.

Sounds: A loud chip is often sung for several minutes at a rate of 130 chips each minute.

Home: Chipmunks prefer the edges of woods rather than deep forests. They build burrows in wooded banks, under fallen trees, or inside rock piles. They also live in stone walls, under shrubs, and inside sheds in cities and towns.

Favorite Foods: Mostly nuts, seeds, and berries but sometimes insects



Hey chubby cheeks! A chipmunk can cram nine acorns in its mouth — four in each cheek pouch and one between its teeth.

In parks and well-used campsites, chipmunks learn to swipe unwatched food from picnic tables, backpacks, and open coolers.

> Chipmunks often sing together in the spring and fall. Birds are sometimes attracted to the choruses of chipmunks.

Different naps for different chaps: Some chipmunks hibernate all winter, some only during cold snaps, and some stay awake all winter long.

In a Nutshell

Appearance: Gray squirrels have grayish-brown fur on their backs and white fur on their bellies. Fox squirrels are slightly larger and have reddish-brown fur.

Sounds: Tree squirrels are chatterboxes and make many different sounds. When angry or alarmed, they give a *cherk*, *cherk*, *cherk* call.

Home: Gray and fox squirrels live wherever large nut trees are found. They make leafy nests in tree holes and on branches.

Favorite Foods: Acorns, nuts, corn, berries, insects, and bird eggs



Eastern Gray Squirrel and Eastern Fox Squirrel

Tree squirrels use their long bushy tails for balance when scampering from branch to branch. When it's sunny, they curl their tails over their heads for shade. When it's rainy, they use their tails like umbrellas. When it's cold, they wrap their tails around themselves like blankets. If a squirrel slips off a branch, it uses its tail like a parachute to slow its fall. And if a squirrel is angry or alarmed, it flicks its tail to warn other squirrels. You might say that tree squirrels have really talented tails!

Fun Facts

When fox and gray squirrels catch the love bug, males chase females up, down, and around trees. Sometimes several males chase the same female. When this happens, the stronger, faster guy usually gets the girl.



Southern Flying Squirrel

At night, while gray and fox squirrels are curled in their nests dreaming of acorns, flying squirrels dive through the dark, gathering the real thing. To glide, this tiny forest flyer climbs to a high perch and then plunges spread-eagle into thin air. Wheee! Draped between the squirrelly skydiver's legs is a flap of skin that billows like a furry parachute. By changing the slack in this flap and steering with its long, flat tail, the squirrel can swoop around branches and sail safely to its destination.

In a Nutshell

Appearance: Flying squirrels are chipmunk-sized with a mouselike face, huge eyes, long whiskers, and loose folds of skin between their front and back legs. Their fur is brownish-gray on the back and white on the belly.

Sounds: A high-pitched tseet is the most common call, but flying squirrels also squeal when angry and chirp when content.

Home: Flying squirrels prefer dense oak-hickory forests near water but also live in cities where nut trees are thick. They nest in small tree cavities, often made by woodpeckers, usually 20 to 30 feet above the ground.

Favorite Foods: Acorns, hickory nuts, fruits, insects, and bird eggs

Kyin Facts With a lofty launch site and a strong tailwind, flying squirrels can glide as far as five school buses parked end to end.

In flight: Joe McDonaold/Getty Images

When you shine a flashlight at a flying squirrel's eyes they seem to glow ruby red. Spooky!

Flying squirrels can't pack on fat like other squirrels (if they got chubby, it would be hard to glide). So when winter rolls around, flying squirrels huddle together in tree cavities to stay warm. Fifty squirrels were once found packed inside a single tree.





YOUR GUIDE TO ALL THE STUFF THAT GOES ON IN NATURE

To reach their wintering grounds in the rainforests of South America,

BLACKPOLL WARBLERS

fly up to 1,800 miles over the Atlantic Ocean. During this time, the marathon migrators often fly for three days straight

without resting.



During fall, BLUE JAYS may collect and bury up to 5,000 acorns each. The feathered foresters forget to eat some of the acorns, and many sprout into oak trees the following spring.

PIED-BILLED GREBES

eat their own feathers. Why? The feathers pile up in a grebe's stomach and act as a filter to keep pokey

prey parts — such as crayfish claws and fish spines — from piercing the bird's intestines.



BLACK WALNUT trees

engage in chemical warfare to keep other plants from competing with them for sunlight, water, and nutrients. The toxic trees release a

chemical called juglone that kills some plants and slows the growth of others.

When a predator threatens a MARBLED SALAMANDER, the chunky, 4-inch-long amphibian secretes a milky poison from its tail. Biologists believe the

toxic tail is enough to keep many predators from taking a nibble.



In the fall, **BEAVERS** collect up to 2,000 pounds of tasty, tender branches and stash them in the mud in the deepest part of their pool.

When winter comes, hungry beavers swim under the ice to grab a stick for a snack.



SPIDERS don't have wings, but that doesn't mean they can't fly. To move long distances, spiders climb a tall perch and let out strands of silk. When the silk catches the wind, the spider lets go and up, up, and away it flies.



HERE'S WHAT YOU NEED

- Hammer
- Parchment paper
- Large, rectangular cookie sheet
- 2 large mixing bowls
- Electric mixer
- Measuring cups and spoons
- Mixing spoon
- Ice cream scoop
- Spatula

- 2 cups flour
- I cup oats
- ¾ teaspoon baking soda
- ½ teaspoon salt
- I cup brown sugar
- ½ cup white sugar
- 1 ½ sticks of unsalted butter cut into cubes
- 2 eggs
- I tablespoon vanilla
- I cup chocolate chips
- ³/₄ cup chopped pecans, walnuts, or hickory nuts
- ³/₄ cup dried cranberries, blueberries, or cherries

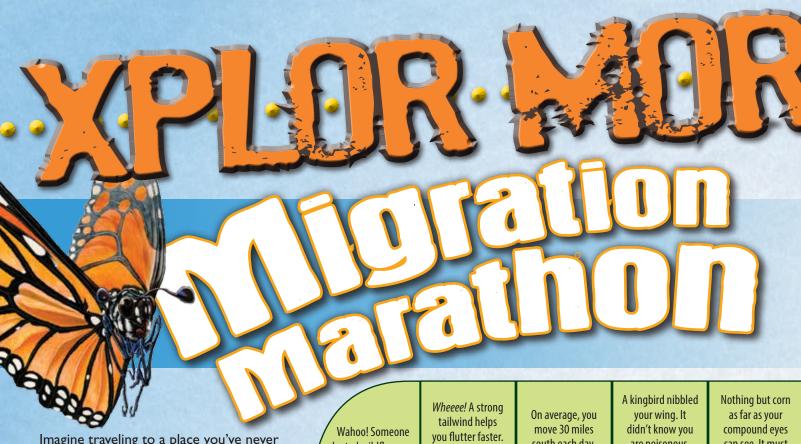
HERE'S WHAT YOU DO

- Gather a bucket of pecans, walnuts, or hickory nuts. Use a hammer to crack open the hard shells and then pick out the nuts inside. Be sure you don't leave shells in the crevices of the nuts. No one wants to bite down on a hard shell in a soft cookie!
- Set your oven to 350 degrees. Line a cookie sheet with parchment paper.
- In a large bowl, stir together the flour, oats, baking soda, and salt.
- In a different bowl, use an electric mixer to combine the brown sugar, white sugar, butter, eggs, and vanilla.
- Add the ingredients from the first bowl into the second bowl. Mix in chocolate chips, nuts, and berries. Chill the dough in the refrigerator for 20 minutes.
 - Use an ice cream scoop to place balls of dough onto the cookie sheet. Smash each dough ball until it's about an inch thick. Leave an inch of space between each cookie and the ones around it.
 - Bake the cookies for 15 to 20 minutes until they're golden brown. Let the cookies cool on a counter before eating (if you have the willpower).

NATIVE NUT IDENTIFICATION



To learn about Missouri's nuttiest trees, visit mdc.mo.gov/ field-guide and type "hickory" into the search bar.



Imagine traveling to a place you've never been to before. You have neither a suitcase nor a map. To get there, you must fly thousands of miles and pit your wits against predators and dangerous weather. Sound scary? Migrating monarchs do it every fall.

planted wildflowers in their backyard. Roll again.

south each day.

are poisonous. Skip a turn to heal. can see. It must be lowa.

Missouri's grasslands and wetlands are full of flowers. It's like a 300-milelong buffet!

Pawnee Prairie is golden with goldenrod. Guzzle nectar then move ahead one square.

Flowers fuel your flutter. Most monarchs gain weight during migration.

Smartweed is blooming at Eagle Bluffs. Guzzle nectar then move ahead one square.

Weird, A human caught you in a net then stuck a sticker on your wing.

HOW TO PLAY

Gather three pennies and an assortment of small objects to use as game pieces. Place a game piece for each player on the square marked "start." Take turns tossing the pennies, counting how many land heads-up, and moving the game pieces forward that many spaces. Don't forget to read what's printed on the squares. The first player to finish wins.

FROM PAGE 3 —

These pretty snakes are named for the striped garters men used to wear to hold up their socks. Harmless, shy, and common statewide, gartersnakes favor wet areas like damp woods and creek-

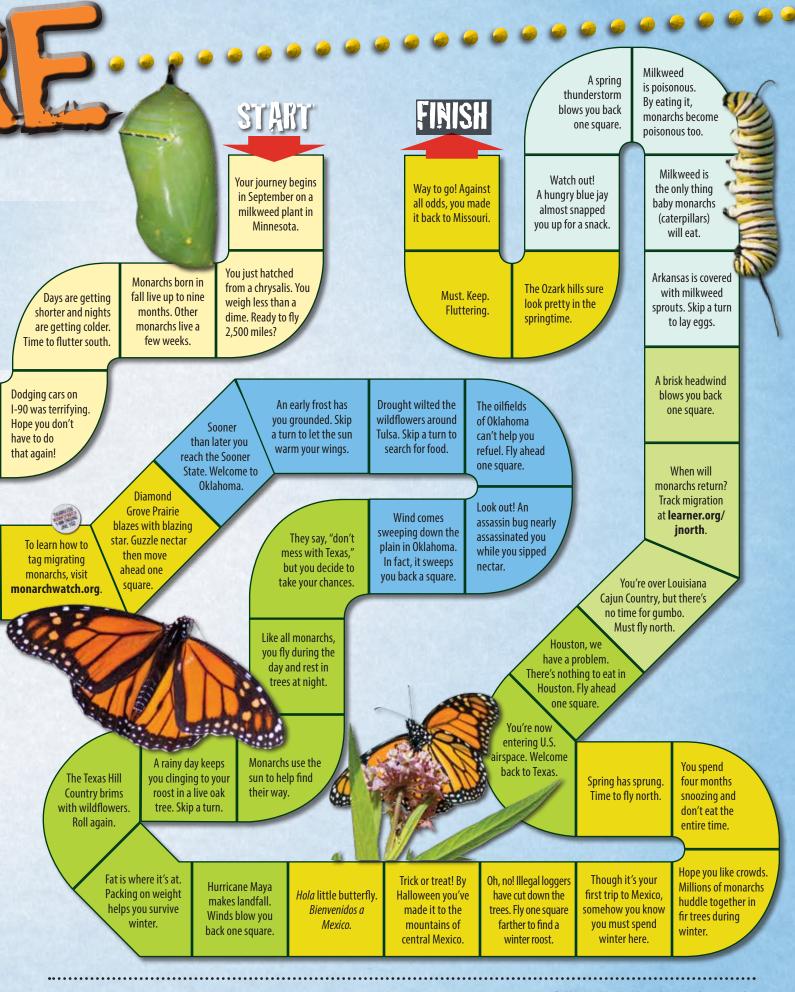
sides. They eat frogs, tadpoles, toads, salamanders, and earthworms. You may see gartersnakes anytime from March through November. In winter, they take shelter in animal burrows or gather in deep cracks in bluffs or rocky hillsides. Learn more about Missouri's snakes at mdc.mo.gov/field-guide.

Fall migration

Spring migration

Overwintering area





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mdc.mo.gov/xplor

FREE TO MISSOURI HOUSEHOLDS



This stocky, hairy creature is the Show-Me State's largest spider. Despite what you might see in horror movies, tarantulas don't spin webs to catch their prey. They walk on the ground and grab insects. Like other spiders, they

have fangs and venom that subdues their prey and that helps digest it, but tarantulas are not aggressive to

humans. In Missouri, tarantulas live in dry, rocky areas called glades. Learn more at mdc.mo.gov/field-guide.