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Weeds Gone Wild - by Shelli Alden

Alliaria petiolata: Garlic mustard was first recorded in the United States about 1868, from Long Island, New York. It was likely introduced by settlers for food or medicinal purposes (<http://www.nps.gov/plants/alien/fact/alpe1.htm>). This noxious weed produces large numbers of seeds that can be transported by humans through their shoes, clothing, hair, by mowing, car and train. Birds, rodents and whitetail deer are likely seed dispersers in woodland habitats.

Garlic mustard is one of the few non-native herbs capable of invading and dominating forest understory communities. Its tolerance of low light levels, coupled with its high seed production and ability to spread rapidly, make garlic mustard a strong competitor. It diverts resources from native spring woodland ephemeral plants.

Have you seen this outlaw? Garlic mustard has a two-year life cycle. First Year: Basal rosette leaves, dark green and kidney-shaped, 2 to 4 inches in diameter with scalloped edges

that remain green throughout the winter. Young leaves produce a garlic smell when crushed. As leaves mature, this odor fades. They develop into mature flowering plants the following spring. Second year: Stemmed plants 1 to 3 feet tall, leaves 1 to 3 inches wide, smaller toward top, small white 4-petaled flowers. Once it has reached this stage, it is much more difficult to control.

Garlic Mustard is becoming more of a threat at Nahant.

Garlic mustard poses a severe threat to native plants and animals at the marsh. Many native wildflowers that complete their life cycles in the springtime occur in the same habitat as garlic mustard. Because it begins growing very early in the spring, garlic mustard has a head start on other flowering plants and tree seedlings. Once introduced to an area, garlic mustard outcompetes native plants by aggressively monopolizing light, moisture, nutrients, soil and space. Wildlife species that depend on these early plants for their foliage, pollen, nectar, fruits, seeds and roots, are deprived of these es-

sential food sources when garlic mustard replaces them. It alters habitat suitability for native insects and thereby birds and mammals, and threatens native butterfly species by outcompeting their native host plants. The harvest of forest plants or fungi such as morel mushrooms may also be affected.

Uncontrolled, invaded sites will undergo a decline on native herbaceous cover within ten years.

Management:

Once established, garlic mustard is very difficult to control. Annual monitoring and rapid removal of plants are the most effective measures in preventing the establishment of garlic mustard. It invades wet to dry-mesic deciduous forest and in the partial shade of oak savanna, forest edges, hedgerows, shaded roadsides, and urban areas.

Nahant's Least Wanted

"It is considered to be one of the most potentially harmful and difficult to control invasive (continued on page 2)

Visit us at our new Nahant Marsh website:
www.nahantmarsh.org

Nahant Marsh Website:

- Educational information
- Photos
- Marshy Facts
- Marsh Blog
- Calendar of Events
- This Newsletter
- Sign-up sheets for events
- And much more!!!

Thinking Like a Mountain - by Aldo Leopold

A deep chesty bawl echoes from rimrock to rimrock, rolls down the mountain, and fades into the far blackness of the night. It is an outburst of wild defiant sorrow, and of contempt for all the adversities of the world. Every living thing

(and perhaps many a dead one as well) pays heed to that call. To the deer it is a reminder of the way of all flesh, to the pine a forecast of midnight scuffles and of blood upon the snow, to the coyote a promise of gleanings to come, to the cow-

man a threat of red ink at the bank, to the hunter a challenge of fang against bullet. Yet behind these obvious and immediate hopes and fears there lies a deeper meaning, known only to the mountain itself. Only the mountain has lived long

Thinking Like A Mountain (continued from page 1)



enough to listen objectively to the howl of a wolf. Those unable to decipher the hidden meaning know nevertheless that it is there, for it is felt in all wolf country, and distinguishes that country from all other land. It tingles in the spine of all who hear wolves by night, or who scan their tracks by day. Even without sight or sound of wolf, it is implicit in a hundred small events: the midnight whinny of a pack horse, the rattle of rolling rocks, the bound of a fleeing deer, the way shadows lie under the spruces. Only the ineducable tyro can fail to sense the presence or absence of wolves, or the fact that mountains have a secret opinion about them.

My own conviction on this score dates from the day I saw a wolf die. We were eating lunch on a high rimrock, at the foot of which a turbulent river elbowed its way. We saw what we thought was a doe fording the torrent, her breast awash in white water. When she climbed the bank toward us and shook out her tail, we realized our error: it was a wolf. A half-dozen others, evidently grown pups, sprang from the willows and all joined in a welcoming melee of wagging tails and playful maulings. What was literally a pile of wolves writhed and tumbled in the center of an open flat at the foot of our rimrock.

In those days we had never

heard of passing up a chance to kill a wolf. In a second we were pumping lead into the pack, but with more excitement than accuracy: how to aim a steep downhill shot is always confusing. When our rifles were empty, the old wolf was down, and a pup was dragging a leg into impassable slide-rocks. We reached the old wolf in time to watch a fierce green fire dying in her eyes. I realized then, and have known ever since, that there was something new to me in those eyes - something known only to her and to the mountain. I was young then, and full of trigger-itch; I thought that because fewer wolves meant more deer, that no wolves would mean hunters' paradise. But after seeing the green fire die, I sensed that neither the wolf nor the mountain agreed with such a view. Since then I have lived to see state after state extirpate its wolves. I have watched the face of many a newly wolfless mountain, and seen the south-facing slopes wrinkle with a maze of new deer trails. I have seen every edible bush and seedling browsed, first to anaemic desuetude, and then to death. I have seen every edible tree defoliated to the height of a saddlehorn. Such a mountain looks as if someone had given God a new pruning shears, and forbidden Him all other exercise. In the end the starved bones of the hoped-for deer

herd, dead of its own too-much, bleach with the bones of the dead sage, or molder under the high-lined junipers. I now suspect that just as a deer herd lives in mortal fear of its wolves, so does a mountain live in mortal fear of its deer. And perhaps with better cause, for while a buck pulled down by wolves can be replaced in two or three years, a range pulled down by too many deer may fail of replacement in as many decades. So also with cows. The cowman who cleans his range of wolves does not realize that he is taking over the wolf's job of trimming the herd to fit the range. He has not learned to think like a mountain. Hence we have dustbowls, and rivers washing the future into the sea. We all strive for safety, prosperity, comfort, long life, and dullness. The deer strives with his supple legs, the cowman with trap and poison, the statesman with pen, the most of us with machines, votes, and dollars, but it all comes to the same thing: peace in our time. A measure of success in this is all well enough, and perhaps is a requisite to objective thinking, but too much safety seems to yield only danger in the long run. Perhaps this is behind Thoreau's dictum: In wildness is the salvation of the world. Perhaps this is the hidden meaning in the howl of the wolf, long known among mountains, but seldom perceived among men.



Alliaria petiolata

plants and has become a problem at other area parks and preserves." --Brian Ritter, facilitator at Nahant. Greg Wolf of Davenport Parks and Recreation agrees, "It's everywhere. Duck Creek bike path. Sunderbruch. Wapsi. If there's a wooded area, it's likely there." He also suggests that pulling each spring is the best approach. Once pulled though,

Weeds Gone Wild (continued from page 1)

these plants can still produce mature seeds so removal includes harvesting the entire root and bagging to prevent reseeding. Spraying individual plants with herbicide is just as labor intensive. Large infestations might fare better with fall or early spring burning. The fire destroys the seeds and burns the root crown of existing

plants. Even with this approach, the burns must be done for 3-5 consecutive years to break this fiercely aggressive cycle of invasion. Hopefully, we can keep this invasive under control and retain the area that it is appearing in for the native plants that help make up our vibrant, diverse, communities at the marsh.

Flowers in May - Jody Shimp
Illinois Department of Natural
Resources
Invasive.org.

Indoor Air Pollution: A Major Threat to Our Health - By Brian Ritter

It has been estimated that the average American spends about 90% of their life indoors! Does this mean we are safe and isolated from the toxins that are created from cars, factories, and farms? No. As a matter of fact, most homes and offices today have more chemicals in them than the average chemistry lab of a century ago. Also, with modern heating and air condition-

ing, we don't allow outside air in to flush out these pollutants.

Some Sources of Indoor Air Pollution

Carpet- Many carpets are made of synthetic materials, held down with toxic glues and are padded with toxic materials that eventually break down and release their toxins into the air. Furthermore, carpet is notorious for trapping

dirt, dust, mold, and whole host of other allergens, no matter how much you vacuum.

What can you do? Try to eliminate carpeting from your home. Replace it with wood, wood laminate, ceramic tile, bamboo, or some other hard flooring option. Or, there are also natural carpets on the market as well. If replacing (continued on page 5)



Fall is the perfect season to visit Nahant Marsh and enjoy the scenery.

Nahant Welcomes AmeriCorps National Civilian Community Corps (NCCC)

NCCC Serves with the City of Davenport to Restore Park System

DAVENPORT, Iowa -- AmeriCorps National Civilian Community Corps (NCCC) is working with the City of Davenport and surrounding communities to restore parks to pre-flood conditions. The AmeriCorps NCCC team is assisting on two different sites in Davenport, Iowa: Nahant Marsh and Credit Island. At Credit Island, the NCCC team is in charge of repairs on picnic tables, the golf course, and debris removal. In Nahant Marsh, NCCC members are helping remove the old dock and build a new boardwalk once the new dock is installed. Other duties include restoring the trail system that runs through the marsh, removal of invasive species, building beaver deceives, and much more. The NCCC team is committed to helping restore the use of Nahant Marsh to the public next year. The City of Davenport is a responsible financial steward delivering cost effective services engaging citizens and partnering with other entities in our community. The City provides excellent services

creates a positive climate for business has well designed and maintained infrastructure, facilities and public spaces and plans for future growth. The City of Davenport was organized in 1836 and incorporated in 1839. It is a special character city in the state of Iowa, which came into the union in 1846. They have had a Park and Recreation Board since 1897 and a Levee Improvement Commission since 1911. Credit Island Park is about 420 acres on Nahant marsh is approx 200 acres. The riverfront includes in excess of 900 acres of publicly owned property. Indian Springs Park contains 2 acres and Prospect and Terrace Park contains 3 acres. Carp Lake is about 100 acres. "Helping to restore the city parks of Davenport is proving to be a very exciting and worthwhile challenge for our team. We are performing many tasks that are new to several of us, which makes for an excellent learning experience," said NCCC member Mike Allen. AmeriCorps NCCC is part of AmeriCorps, a network of national service programs created to improve the environment, enhance education, increase public safety, and assist with disaster relief and other

unmet human needs. The North Central Region campus, located in Vinton, Iowa serves Indiana, Illinois, Iowa, Michigan, Minnesota, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. The North Central Region campus is one of four campuses in the United States; the others are located in Perry Point, Md.; Sacramento, Calif.; and Denver, Colo. NCCC members, 18-24, must complete at least 1,700 hours of service during the 10-month program. In exchange for their service, they receive \$4,725 to help pay for college or to pay school loans. Other benefits include leadership development, team building skills, increased self-confidence and the satisfaction of knowing that they have made a real difference in communities across the country. AmeriCorps is administered by the Corporation for National and Community Service. For information about applying to AmeriCorps NCCC, call 1-800-942-2677 (1-800-94-ACORP) or visit the website at www.americorps.gov/nccc. If interested in applying for an AmeriCorps NCCC team, please call 319-472-9660 or e-mail jburns@cns.gov.



Corporation for
NATIONAL & COMMUNITY SERVICE

Mark Boerkrem Memorial Interns at Nahant Marsh



Caitlyn as a bumble bee at Nahant's Family Fun Days.

Hey everyone! My name is Caitlyn Berryhill, and I am one of the three new Mark Boerkrem Memorial interns here at Nahant Marsh Educational Center. I grew up in Carbon Cliff, Illinois and I graduated from United Township High School in 2005. I am currently a junior at Western Illinois University here at the Quad Cities campus. My major is Elementary Education, and I absolutely love it! As of the moment, I would love to teach either Jr. High Math or Social Studies; however I am also getting my endorsements in Language Arts and Science. I am also

part of the Centennial Honors College at WIU, as well as the Society of Educators. Otherwise besides school and the internship, I work for a before/after school program, and I am also a weight loss counselor. As for my spare time, you can find me either hanging out with my boyfriend and our two dogs, working on various projects around our house, reading, or spending time with friends! I love being creative with things, and I also enjoy spending time outside. So far, while I have been here at Nahant, I have spent a lot of

time outdoors, and I have acquired an enormous amount of knowledge about the environment that surrounds me every day! Let me just say - nature is FASCINATING!! From this experience, I hope to gain skills and knowledge that will help me later as a future professional educator. To end, I want to say thank you to Brian, the Nahant Board, and to everyone else who I have met along the way so far. I'm very thankful for this amazing opportunity, and I'm looking forward to the rest of the year!



Tomi as a Blanding's turtle at Nahant's Family Fun Days.

Hey everyone! My name is Tomi Jo Nauman and I am one of the three new Mark Boerkrem Memorial interns here at Nahant Marsh. I grew up in the Illinois River valley area in central Illinois, in a tiny town called Magnolia. I graduated in 2005 from Putnam County High School; back then I kept busy with cheerleading, volleyball, and acting (I love musicals!). Now I spend my time studying biology and environmental science as a senior at Augustana College. My favorite

classes so far have been Zoology, Entomology and Traditional Chinese Medicine, and I enjoy learning about fungi as well. Last summer I worked for The Wetlands Initiative at the Sue and Wes Dixon Waterfowl Refuge in Hennepin, IL, and I'm also looking forward to skipping our long, cold winter and jumping straight into the Australian summer in January and February- I'll be completing an environmental internship in Sydney! For now, I am thor-

oughly enjoying my time at Nahant. I especially like hanging out with the turtles and feeding our new fox snake, and I am eagerly anticipating our Fall Family Fun Nights! It is so exciting to have all the information and concepts I'm learning about in school come together in the "real world" - and be able to pass that knowledge onto others! Many thanks to Bob and Brian for giving me this awesome opportunity to experience conservation education in action.



Shelli as a pelican at Nahant's Family Fun Days.

I am Shelli Alden. I live in Waccott, Iowa and one of the fall interns at Nahant. I grew up in north-eastern Oklahoma and spent much of that time hiking my great-grandmother's Cherokee allotment. I moved to this region from Montana and have had to go out of my way to find the peaceful restoration that only nature can provide. This was foreign to me but I have found some wonderful parks and other treasures like Nahant to escape within. I attend Scott Community College where I am doing my undergraduate studies and serve as president of SCC

Environmental Club. Upon graduating, I intend to pursue a B.A. in Environmental Studies at either Oregon or Montana State. I found this to be my calling during Mark Aronson's very popular Environmental Science class. The combination of these events leads me towards the desire to be involved in the preservation/conservation field. I have thoroughly enjoyed the opportunity to work with Brian Ritter, and other interns, Caitlyn Berryhill and Tomi Nauman. I have learned so much from them as well as the

the groups that pass through and 'Friends' that stop in. Nahant is a life support system for a very diverse community. It has been a pleasure for me to come here after classes to "work". I plan to pay this experience forward by sharing what I have learned from it in all future endeavors. Finally, I'd like to share my most heartfelt thanks to the Nahant Board and Mark Boerkrem Memorial Fund for the support in making this wonderful opportunity possible.

your carpets is not an option, at least vacuum regularly.

Radon- The silent killer. Radon is a heavy gas that naturally occurs in the soil. Iowa and Illinois are in the heart of radon belt. Radon tends to concentrate in our basements and long-term exposure can lead to lung cancer.

What can you do? Get a radon test for your basement. If you have unsafe levels, contact the local health department for advice and try to limit the amount of time that you spend in your basement.

Combustion- Burning of tobacco, natural gas in our stoves and furnaces, wood, synthetic candles, etc. can release a whole host of toxins including carbon

monoxide, particulates, and sulfur dioxide.

What can you do? Make sure that there is good ventilation for any combustion source, try to limit burning and smoking in the house, burn only natural candles, and get a Carbon Monoxide detector.

Mold- Grows in wet, dark places. This can cause severe lung, throat, and eye irritation, and even death.

What can you do? Fix leaks promptly. If your basement is damp, use a de-humidifier.

Cleaners and Fresheners- Many “air fresheners”, cleaners, and anti-germ cleaners probably do more harm than good. Many name brand air fresheners are loaded with

toxic chemicals that can irritate the lungs. And, the wide-scale use of anti-bacterial cleaners has simply caused germs to evolve into super-resistant strains.

What can you do? Use safe alternatives such as vinegar, borax, lemon, and baking soda. Educate yourself about what is in your household chemicals. <http://www.scorecard.org/chemical-profiles/> is a good place to start. Also, the Environmental Protection Agency has a wealth of information about air pollution at <http://www.epa.gov/cbtpages/air.html>. Finally, get a few house plants. Not only do plants produce oxygen, they also have the ability to remove toxins from our air.

Meet The Turtles Who Call Nahant Marsh Their Home

With the closing of Fejervary Zoo last month, the Nahant Marsh Education Center has acquired a few more friends. In an effort to welcome our recent additions to their new home, I'd like to introduce you our 5 new turtles!

Fat Albert is our new male snapping turtle. The scientific name of the snapping turtle is *Chelydra serpentina*, and it is Iowa's largest turtle species. Unlike most other turtle species, snappers rarely bask in the sun; more commonly they lie at rest by burying themselves under mud and they stretch their long necks towards the surface of shallow waters. Indicative of their name, snappers can be grumpy and aggressive- but don't let that scare you out of the water! When confronted in an aquatic environment, snappers tend to retract into their shell or swim/crawl away from whatever has bothered them. When confronted on land, however, beware of their powerful jaws!

Fat Albert's carapace (the top part of the shell) is approximately 9 inches long, which indicates that he may not be done growing. Average adult male snapping turtles can grow to have a 14 inch carapace; that means he will need a larger tank very soon!

Merman and Ethel are our new adult red-eared sliders. The scientific name of red-eared sliders is *Trachemys scripta*, and it is a protected species in Iowa. Merman, the male, has a carapace 8 1/2 inches long. Ethel is a female, so she is larger than Merman at 11 inches. We also have two new juvenile red-eared sliders who have not been named- yet! Ethel and Merman are dark green, almost black on their carapace and are yellow in color on their plastron, or under side of the shell, with large black rings on each section, or scute. They have wide yellow bands on their soft tissues, and a distinctive red stripe behind each eye. The

two juvenile turtles are much brighter in coloration than the adults with dark green bands and a prominent ridge on their carapace. Adults and juveniles alike love spending time basking in the sun.

Next week, Bob, our ornate box turtle, will finally be getting some companions as well. With all of these new additions to our education center, habitat space is very limited. The next big project in the works is creating a new turtle sanctuary. Fat Albert and our juvenile snapper will have to remain in habitats of their own, but Bob, the box turtles, Ethel, Merman, the juvenile red-eared sliders, and our painted turtle will be moved into a large habitat with ample swimming room, basking areas, and plenty of dry, “land-like” space in which to hang out and live a laid-back turtle life. Stop by the Education Center and help us welcome our new friends!



Bob - box turtle



Painted turtle



Red-eared slider turtle

EICCD/ATEEC/Nahant Marsh

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Visit us on the web at:

www.nahantmarsh.org

Nahant Marsh Education Center



Nahant Marsh preserve is one of the largest urban wetlands on the Upper Mississippi River. It is comprised of marshy areas, mesic, wet, and sand prairie, and bottomland forest. A spring-fed quarry, known as Carp Lake, and the surrounding grounds, is part of the Nahant Marsh Preserve as well. Nahant Marsh was used for skeet and trap shooting from the 1960's to the 1990's. Because of the lead left behind, the marsh was declared an EPA Superfund site and was cleaned up in 1999. After that time, the site was declared a preserve and educational center. The building and 78 acres of land is owned and managed by the City of Davenport. The remaining land is held by the Nahant Board, a 501c3. The Educational programming is overseen by the Eastern Iowa Community College District. River Action, Inc. is also critical part of Nahant Marsh.

Getting to Nahant Marsh...

From Davenport, Iowa:

Take Highway 22 South and turn left on Wapello Avenue (last left turn before the I-280 overpass). Follow Wapello Avenue and you will see Nahant Marsh to your left, just before the railroad crossing.

From Illinois:

Take I-280 to Iowa and take the Highway 22/Rockingham Road Exit. Turn right onto highway 22 and right onto Wapello Avenue. Nahant Marsh is on the left, just before the railroad crossing

Fall/Winter Happenings at Nahant



2009 Show Dates for Bald Eagle Days at the Quad Cities Expo Center:

Friday January 9th from
4pm-8pm (Open to schools
and organizations only.)
Saturday January 10th from
10am-7pm
Sunday January 11th from
10am-5pm
Call 309-788-5912 for more
details

Friends of Nahant Marsh (FNM)

Friends of Nahant Marsh meet on the last Wednesday of each month at the Nahant Marsh Education Center.

November 26th @ 7pm

December 31st @ 7pm

&

Friends of Nahant Marsh also have a work day from 9am-Noon every Saturday of each month. Volunteers are much needed and help for just an hour is valued!

Protecting Your Indoor Environment: Tips on indoor air quality

-Examines causes of indoor air pollution and relationship to disease.

-Discusses ways to limit the risk and make your home a healthier place.

Tuesday January 20th
@ Nahant Marsh Education
Center
6:30pm-8pm
Cost: \$3 per person

