

Nahant News

SUMMER 2020 Volume 14, Issue 3



4220 Wapello Ave. • Davenport, IA 52802
www.nahantmarsh.org • 563.336.3370

Photo by Amperage



NAHANT MARSH
EDUCATION CENTER

ABOUT NAHANT MARSH

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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 are part of the Nahant Marsh preserve as well. The 305-acre preserve is owned by the City of Davenport and the Nahant Marsh Board, a 501(c)(3) nonprofit organization. Conservation and restoration efforts on the preserve are directed by the Nahant Board. The educational programming is overseen by Eastern Iowa Community Colleges (EICC). EICC's Advanced Technology Environmental Education Center (ATEEC) is also a critical part of Nahant Marsh.



CORONAVIRUS IMPACTS AT NAHANT MARSH

by Brian Ritter, *Executive Director*

Out of precaution, Nahant Marsh's education center has been closed to public access since March 13. Hiking trails have remained open during this time. And the Nahant Marsh staff has continued to work towards meeting our education, research, and conservation mission during this challenging time.

Our education team has been finding creative ways to still offer programming. Whether through webinars, videos, or take-home science kits, they have continued to provide environmental programming for our community. This month (June), we began to offer some guided hikes with limited group sizes. Starting in July, we will offer some small, short-term day camp experiences for kids.

The natural resources team continues to work on improving trails, removing invasive species, and planting additional wildflowers in our prairies. This summer, they are working with contractors to construct additional wetlands and prairies to expand our trail system.

And finally, the summer research team has begun various research projects at the marsh. This includes water quality monitoring, turtle population studies, and bat and insect research, to name a few. The data they collect allows us to better protect the marsh.

We continue to closely monitor the pandemic situation and will make changes to our operations based on recommendations from the state and federal government, our partners at Eastern Iowa Community Colleges, and the City of Davenport.



A Blanding's Turtle immersing himself in nature. Photo by J. Malake

Nature: A Great Natural Remedy

To say that 2020 has been a challenge is an understatement. During a time when we should be focusing on keeping ourselves healthy, people around the world-and the institutions that our society depends on- are facing stressors that we have never experienced in recent history. What can you do about it? Aside from washing your hands, wearing a face mask, and social distancing, one way to deal with the social stressors and the threat of disease (Covid-19 or others) is to improve your personal health by spending time outdoors. Whether you call it "nature immersion," "forest bathing," or some other buzzword, a variety of research has shown that spending time in nature has positive health impacts. So what does the science say about spending time in nature?

Stress and Anxiety Reduction. Spending time in nature has been shown to reduce stress hormones, blood pressure, and heart rate. Aside from causing emotional strain, high levels of stress hormones have been shown to suppress the immune system over time.

Vitamin D. Vitamin D is the only vitamin that humans can make on their own. It is essential for not only healthy bones, but is important for a balanced mood and immune system function. Just 10-15 minutes of sun a few times per week is enough.

Sleep. Studies have found that spending time outdoors helps to regulate your internal clock and sleep cycles.

Improved Focus and Creativity. Studies have shown that people were able to focus on a task better after just a short walk through a park. Other studies indicate that time spent in nature can boost your creative problem-solving abilities.

Immune System Function. Not only does outdoor activity help to reduce stress and increase vitamin D, some studies indicate that sunlight may actually help activate certain immune system cells that help fight infection.

Nahant Marsh's trails are open and the prairies are in bloom. Take a hike here or at your favorite natural area and improve your health!

ENVIRONMENTAL EDUCATION GOES VIRTUAL

by EmiLee Novak, *AmeriCorps Educator*



Nahant Marsh's education team has been working hard to keep the community connected to the Center during these strange times. They have been making an assortment of environmental education videos, which have been published on our Facebook and YouTube pages. The video topics range from activities such as nature crafts to educational facts about animals.

The team also implemented environmental education webinars in place of our face-to-face programs. The webinars were provided at a low price and attendees receive a copy of the webinar so they are able to review at a later time. The webinars covered multiple topics, including Warbler Migration and Woodland Flowers. Our Facebook page was also a resource for any additional animal or natural phenomena occurring during the pandemic. The team plans to bring back face-to-face programming for the public as conditions permit.



Photo by J. Malake



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nahantmarsh



nahant_marsh



nahant_marsh

PLEASE JOIN US

Wednesday, August 5, 2020

from 5-7 p.m.



for a PUBLIC POSTER SESSION & RECEPTION

Our 2020 LSAMP IINSPIRE Program student researchers will share what they've been working on this summer at Nahant Marsh. The Iowa Illinois Nebraska STEM Partnership for Innovation in Research and Education (IINSPIRE) is a National Science Foundation (LSAMP) alliance among 16 two-year and four-year colleges and universities. The institutions work together to broaden the participation of underrepresented minorities in science, technology, engineering, and mathematics education in the Midwest.

GREAT MULLEIN

by Allison Nodurft, *AmeriCorps Educator*



Verbascum thapsus, or Great Mullein, is a plant that grows in many habitats, such as rocky slopes, pastures, roadside ditches, and disturbed areas. This plant is native to Eurasia and believed to be introduced to the United States as an ornamental or herbal plant. In its first year, it will grow close to the ground and have a rosette of leaves 1-2 feet across at the butt of the plant. During the second year, it becomes 3-7 feet tall and is unbranched, extending straight up with leaves becoming smaller towards the top. The stems and leaves are covered in downy white hairs, making this plant angel-soft to touch. The central stem becomes a dense spike about 1.5-2 feet tall, with quarter-inch, sweet-smelling yellow flowers. Blooming usually occurs in the summer and lasts about 1.5 months.

This invasive plant may be of value during pandemics, as suggested by its common name: Nature's Toilet Paper (yes, you read that correctly, and that colon was appropriately placed). When in a pinch, it can be used to clean your rear, but be aware that it can cause skin irritation to sensitive skin. The best way to wipe this invasive from your landscape is to pull it out of the ground, as it has a short taproot. If you are mulling over whether to remove it or not, don't wait too long. Mullein can produce millions of seeds that will continue to germinate in surrounding soil.

Resource: Great Mullein *Verbascum thapsus*. (n.d.). Retrieved May 28, 2020, from https://www.illinoiswildflowers.info/weeds/plants/great_mullein.htm



Photo by Illinois
Wildflowers

THRUSHES OF IOWA

by Jimmy Wiebler, *AmeriCorps Educator*



Thrushes are small- to medium-sized birds in the family Turdidae (*Turdus*—Latin for thrush). There are seven species commonly seen in Iowa. Gray-cheeked, Swainson's, and Hermit thrushes migrate through Iowa, and the Wood Thrush, Veery, Eastern Bluebird, and American Robin breed within the state. Although most thrushes are brown or gray with spotted breasts, some can have brilliant blue and orange coloration, such as bluebirds and robins. Thrushes spend most of their time in wooded habitat squatting on the ground foraging. They often feed on invertebrates such as insects, worms, and snails but can also eat berries and other fruits. Compared to a mammal of similar size, the Wood Thrush requires up to 15-fold more calcium to lay its eggs. To obtain such high levels of calcium, snails are an important component of their diet because this nutrient is abundant in the snail's posterior shell. A lack of these slimy snacks in soils impacted by acid rain could be to blame for the decline in populations of the Wood Thrush.

Perhaps most interesting about thrushes is the ability of some of the species to harmonize with themselves while singing their beautiful—sometimes haunting—songs. The Wood Thrush, for example, has a y-shaped voicebox in which it can simultaneously produce a duet of notes in each branch of the "y" while it sings one of its 50 flute-like, charmin' songs. (Listen by clicking [here](#).) Listen for them singing early in the morning near woodlands such as Sunderbruch Park in Davenport or the bottomland forest near the bird blind at Nahant Marsh; however, be careful not to get too close to this secretive bird, as they will flush from their cover.



Wood thrush. Photo from
allaboutbirds.org

References about the Wood Thrush: allaboutbirds.org; Hames, R. S., Rosenberg, K. V., Lowe, J. D., Barker, S. E., & Dhondt, A. A. (2002). Adverse effects of acid rain on the distribution of the Wood Thrush *Hylocichla mustelina* in North America. *Proceedings of the National Academy of Sciences*, 99 (17), 11235-11240.

NATURAL RESOURCE SPRING UPDATE

by Kinsey Nielsen, *Natural Resource Manager*

So far, 2020 has proven to be a busy year for the natural resource crew! Both the invasive species and native plants are growing quickly and the work is never-ending. One of our largest projects currently at the main marsh is restoring the forested area along the east trail. If you have walked the trail recently, you may have noticed the absence of many invasive White Mulberry trees. We are clearing the area, planting oak trees, and will be seeding the ground with prairie seed this fall. The long-term goal is to turn the 1.5-acre area in between the trail and the railroad tracks into an oak savannah.



Zach Strong removing a tree near the east trail-
4-7-2020. Photo by K. Nielsen



Native plant seedlings to be planted at Nahant in June-
5-15-2020. Photo by K. Nielsen



Compass Plant- look at those roots! 5-15-2020. Photo by K. Nielsen

Much of our recent work has consisted of removing invasive species from the front prairies and along the trails. We have been pulling or digging up Curly Dock, Garlic Mustard, Black Mustard, and Maple Tree saplings. In their place we are transplanting native plants such as Compass Plant, Prairie Blazing Star, and New Jersey Tea. In addition, I started several hundred native plant seedlings at my house to transplant into Nahant's prairies in June. The roots on the Compass Plants are incredible! The end goal with all of our projects is to increase plant biodiversity at the marsh. Come see the beauty of Nahant for yourself this summer!

2020 SUMMER CAMPS



Children's summer camps are first come, first served. Each camp is limited to 10 campers. Online payment is required in order to reserve your child's spot in camp. At this time, all campers will remain at the Nahant Marsh preserve; there are no off-site field trips scheduled at this time. Register at <https://nahantmarsh.org/camp/>.

Scholarships are available . Contact Amy at 563.336.3373 for info.

Wilderness Skills Camp (Grades 5-7): In this camp, youth will explore the outdoors while learning practical survival skills. Activities will include fire building, shelter building, and navigation skills.

July 8-9. 9 a.m. - 3 p.m.

Cost: \$90

Marsh Explorer Camp (Grades K-2): Campers will be running amuck while exploring the marsh and the creatures that live in and around the water. Be sure to bring your rubber boots!

July 16. 9 a.m. - 3 p.m.

Cost: \$45

Prairies and Fairies Camp (Grades 3-5):

Discover enchanting wild things and wildflowers as we immerse ourselves in the prairie. Campers will create fairy houses, learn about wildflowers, and collect beautiful, winged creatures.

July 23. 9 a.m. - 3 p.m.

Cost: \$45



Critter Camp (Grades K-2): Connect your child with nature as they learn about insects, reptiles, and other critters. Children will be fully engaged with activities such as live animal encounters and outdoor explorations.

July 28. 1 - 4 p.m.

Cost: \$20

Taste the Wild Camp (Grades 3-5): Getting back to the basics, kids will learn about local wild foods and how to safely identify them. We will also be creating dishes to flavor and savor.

July 30. 9 a.m. - 3 p.m.

Cost: \$45

Getting Buggy With It Camp (Grades 3-5):

This summer day camp focuses on butterflies, dragonflies, native bees, aquatic insects, and more. Through a variety of hands-on, interactive field activities, camp will teach kids how amazing insects are. Campers will gain skills in the field and lab settings and will learn about insect conservation and the vital relationship between humans and insects.

August 5-6. 9 a.m. - 3 p.m.

Cost: \$90

THE
Community's
College



Photos by Amperage

UPCOMING PROGRAMS

Families in Nature

WILD ABOUT WILDFLOWERS

Summer is a beautiful time in the prairie. Explore the prairie and learn about flower parts and their role in the ecosystem.

July 11 from 10-11 a.m.

Cost: \$5 Members / \$10 Guests. No fee for adults accompanying children.

PRAIRIE INSECTS

Insects are the most numerous animal group on the planet, and this time of the year we find them all over the prairies. Learn more about these fascinating insects while catching (and releasing) as many as you can.

August 8 from 10-11 a.m.

Cost: \$5 Members / \$10 Guests. No fee for adults accompanying children.

Youth Programs

TODDLER TALES*

Explore the wonders of the natural world with your early learner! Each month, we will learn about the outdoors through a story, craft, and snack. Ages 3-5. *Limit of 10 children, 1 adult per child. Please register in advance.

July 14 from 10-11 a.m.

August 11 from 10-11 a.m.

September 8 from 10-11 a.m.

Cost: \$4 Members / \$8 Guests. No fee for adults accompanying children.

Programs for All Ages

SATURDAY GUIDED HIKES

Join a naturalist for a guided hike along the trails at the marsh. Hikes are offered on the first Saturday of the month and give visitors an opportunity to experience the environmental changes as the plants and wildlife adapt to the seasons. Whether you are a regular visitor or first-timer, there is always something to learn and experience at the marsh.

August 1, September 5 from 9-10 a.m.

Cost: \$5 suggested donation

Due to COVID-19 regulations, registration is limited for each program. Pre-registration for programs is strongly recommended, either online at www.nahantmarsh.org or by phone at 563.336.3370.

Adult Programs

BREAKFAST NATURE CLUB

Learn the secrets of Iowa's wildlife during this monthly class at Nahant Marsh. A continental breakfast is included in the fee. Feel free to bring your own coffee mug or travel container. Programs are held on the first Friday of the month from 8-9 a.m.

July 10: Bumble Bees

Cost: \$5 Members / \$10 Guests

August 7: Marsh Update

Cost: \$5 Members / \$10 Guests

September 4: Wreath Making

Cost: \$5 Members / \$10 Guests

BIRDING WITH JIMMY

Experienced and beginner birders will enjoy this series of exploring bird populations at Nahant Marsh lead by Jimmy Wiebler, AmeriCorps Environmental Educator. Each season brings in new visitors to the Marsh, and the hikes will allow you to learn more about bird identification and behavior. Hikes will take place on the fourth Saturday of each month beginning in May and ending in November.

June 27, August 22, September 26, October 24, November 28 from 8-10 a.m.

Cost: \$5 Members / \$10 Guests



WITH APPRECIATION

2020 DONATIONS

Anonymous	Steven & Lora Kull
Lynne Allison	Amy Loving
BITCO	Curtis Lundy
Ellen Bluth	John & Joan Maxwell
Denise Bulat	Modern Woodmen of America
Fred & Martha Burnham	Norm & Janet Moline
Carousel Charitable Trust	Thomas Nagle
Mark & Lisa Cleve	Mary Lou Petersen
Phil Crandall	Quad City Audubon Society
Susan Daley	Lori Ralfs
Nicholas De La Cruz	HyVee Red Bag Program
Cassie Druhl	Stan Reeg
Michael Duffy	Gail Rinkenberger
Ann Duffy	Roy J. Carver Charitable Trust
Friends of Nahant Marsh	Nathan & Elizabeth Schramm
Bill Gluba	Waste Commission of Scott County
Linda Goff	Janice Welch
Steve Gustafson	
Rose Hernandez	
Joshua & Kate Hoffman	
Amy & Kevin Kay	
Terrance & Carol Kilburg	

2020 ANIMAL "ADOPTIONS"

Nicolina's Turtle Company "adopted" Picasso, Captain, and Micheline
 Cathy White "adopted" Captain and Squirtle
 Marsha and Bill Loving "adopted" Sunny
 Elizabeth Van Camp "adopted" Squirtle
 Elizabeth Schramm "adopted" Rocky in memory of Shirley Horstmann
 Cassie Druhl "adopted" Buddy
 The Rakus & Wille families "adopted" Picasso
 Mark & Lisa Cleve "adopted" Captain

2020 BIRDIES FOR CHARITY DONATIONS

Jerome Bald	William McFarland
Mark Bawden	Joel Mohr
Barbara Biggs	Kathy Morris
John Bowman	Brian Ritter
Jolinda Burr	Mark Slater
Anne Colville	Thomas & Mary Ann Stoffel
Naomi DeWinter	Pat Tandy
Kelly Drumm-Janoski	Cal Werner
Candace Egger	Spin & Mindy Williams
Julie Farmer	
Kim Freyermuth	
Jim Hoepner	
John & Robin Jurich	
Kathleen Leneghan	
Curtis Lundy	
John McEvoy, Jr.	

2020 HONORS & MEMORIALS

Mary Figel in honor of Curtis Lundy
 Susan Tate in honor of Curtis Lundy
 Wolfe Family Foundation in memory of Robert A. Wolfe
 Barbara Maplethorpe in memory of Shirley Horstmann



Photo by M. Kull

WITH APPRECIATION (continued)

2020 MEMBERSHIPS

Catherine Alexander	Candace Egger	Steve & Julia Klecker	Leo Schubert & Susan Sharer
Lynne Allison	Nancy Flaherty	Anne Landaverde	Julie Schumann
John & Liz Arter	Tom Fritz	Kathleen & Andy Lenaghan	Susan Schwartz
Marilynn Bartles	Ann Gaydosch	Robert Loch	Victoria Sisco
Anne & Ken Basken	Linda Goff	Mark & Marilyn Marmorine	Jerry & Julie Skalak
Kristen Bergren	Lynne Groskurth	Mac McDonald	Mark & Cindy Slater
Barbara Biggs	Judith Guenther	Cathy Meehan	Eileen Smith
Sharon Blott	Patricia Halverson	Kendra Mercer	Carey Smysor
Casey Bowden	Beth Harris	Barbara & Carvel Morgan	Sam & Amanda Smysor
Bernadene Bowles	Kelly Harrouff	Pam Ohnemus	Austin Swanson
John & Kathy Bowman	Judy Hartley	Paige Owings	Julie Swanson
Heather Brady & Bella Balunis	Ralph & Gail Heninger	Gail Paarmann-Nikulski	Britt Vickstrom
Kathy & Paul Brown	Faith Henricks	Barbara Palen	Patrick Wendt
Denise & Carl Bulat	Randy & Connie Hervey	Kim & Michael Pepping	Rich Wilker
Carla Chapman	Betsy Huston	Heather & Eric Perry	Lee Ann & Wayne Wille
Anne Colville	Dave & Peg Iglehart	Sherif & Teri Ragheb	Cathy White
Blake Connolly & Vered Holl	Art & Jan Jackson	Gail Rinkenberger	JoAnn Whitmore
Linda Cook	Mary Johannsen & Tom McBride	Bill Robbins	Betty Wood
Les & Jane Cox	Mary & Shirley Johnson	Rene Robinson	Lisa Woolridge
Rich Craddick	Pam Kaufman	Damion & Amy Sadd	
Paul Crosser	Amy, Kevin, & George Kay	Mary & Greg Schermer	
Marilyn Davis	Karen Kelly	Tony & Helen Schiltz	
Pete Devlin		David Schramm	

CORPORATE SPONSORS AND PARTNERS



SUMMER NATURE NOOK

by Kelsi DeNoyer, *AmeriCorps Educator*



Welcome to the Nature Nook! This is a place where you can find tips to be more sustainable, interesting nature facts, new places to check out to get out in nature, and more; the only rule here is to be all about nature!

As the sun shines brighter and the plants grow faster, we begin to mow our lawns more. Poking through the green grass, most of us will find a beautiful, bright yellow flower known as the Dandelion, or *Taraxacum officinale*. Many people see dandelions as weeds and nuisances to remove, but this couldn't be farther from the truth!

Not only are dandelions one of the first pollination sources for bees, but they also provide many medicinal and edible parts to humans! From root to tip, all parts of a dandelion are edible and beneficial. Check out the uses and benefits for each part of the plant below, and try out a recipe to see for yourself!

Root:

Uses

- Caffeine-free tea and coffee
- Soothing paste for irritated skin
- Vinegar salad dressing

Benefits

- Commonly used as a diuretic, tincture, appetite stimulant, and remedy for upset stomach

Leaves:

Uses

- Salad greens
- Pesto
- Sautéed or braised for sides

Benefits

- A cup of greens has roughly 100% of Vitamin A and over 500% of Vitamin K daily needs!

Flower:

Uses

- Anti-inflammatory oil and salve
- Infusion (Try it in honey, tea, or syrup.)
- Pickled buds
- Dandelion jelly
- Fried into pancakes or donuts

- Mixed into play-dough
- Ice cream
- Soda
- Wine and mead
- Bath bombs and soap

Benefits

- Full of antioxidants and vitamins!

Dandelion Fritters Recipe

Ingredients:

- 1.5 cup dandelion flowers
- 1/2 cup flour
- 1/4 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 cup milk
- 1 tablespoon melted butter
- 1 egg
- lard, tallow, or other fat for frying

Directions:

1. Heat the lard in a heavy frying pan on medium heat.
2. Mix together the flour, baking powder, and salt.
3. Stir in the milk, melted butter, and egg.
4. One at a time, coat the flowers with the batter.
5. Fry in the hot fat until brown, turning once.
6. Place on a paper towel lined dish to soak up the extra fat.
7. Serve warm with honey or syrup.



From Susan Vinskofski on Learningandyearning.com

MAP YOUR ADVENTURE



EDUCATION CENTER HOURS

Monday–Friday from 8:30 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to noon (extended to 3 p.m. April–October)
There is no fee to visit the Education Center, but donations are always appreciated.

PRESERVE HOURS

Open Daily from Sunrise to Sunset

If the main gate is locked, trails are accessible from the front parking lot. Look for the opening in the fence near the kiosk.



GETTING TO NAHANT MARSH

Nahant Marsh
4220 Wapello Ave.
Davenport, IA 52802

From Davenport, Iowa—Take Highway 22 south (Rockingham Road), turning left on Wapello Avenue (the last turn before the I-280 overpass).

From Rock Island, Illinois—Take I-280 into Iowa to the Highway 22/Rockingham Road exit. Turn right onto Highway 22, and then right onto Wapello Avenue.

Follow Wapello Avenue toward the river.
Nahant Marsh will be on the left just before the railroad crossing.