

# La Voz del Refugio

September 2014 | Vol. 12 | No. 3



Friends of Las Vegas  
National Wildlife Refuge

## Drought and the Ecology of Shortgrass Prairie

by Mollie Walton, Ph.D., Restoration Ecologist, Land and Water Program Director for Quivira Coalition, Santa Fe, NM.

*Mollie took Friends members for a prairie walk and gave this talk at the refuge on June 6, 2014.*

Shortgrass prairies are tough. They have evolved over time to survive extreme conditions, including drought, fire, grazing and freezing temperatures, which are all part of the disturbance regimes that forged these beautiful landscapes. The prairie evolved under many different kinds of disturbance, which is one of the means by which the biodiversity of prairie is maintained. During any one year, the disturbance regime will favor certain species over others. This phenomenon was observed this spring with the incredible expanses of purple verbena across the northern New Mexico landscape. The verbena found this year's conditions to be "just right."

Buffalo grass and blue grama are the dominant species of the shortgrass prairie and have a long history with the American Bison. Over time, both grasses have adapted by evolving meristematic tissue (growth buds), which grow very close to the soil surface and thus are able to withstand heavy grazing and frequent fire.

Even though the shortgrass prairie is a resilient system, only about 18 percent of the original expanse is intact. Of this remainder, a large amount is heavily impacted by domestic livestock. Though the prairie

evolved under grazing pressure, that pressure was not the same year after year and the land often had one or more growing seasons to recover from drought, fire, grazing and extreme freezing temperatures.

The difference today is that we ask these systems to withstand all of these disturbances concurrently and do not allow for recovery. We are able to see the impact of this at the prairie surface, though much more of the degradation is occurring under the soil surface. Taking care of the shortgrass prairie and allowing for recovery phases between the necessary disturbances is important to maintaining the heterogeneity, biodiversity and ecosystem services that it provides. 🌱



*Top: Hikers on the new shortgrass prairie trail at Las Vegas NWR.*

*Bottom: Bison on the shortgrass prairie, Rio Mora National Wildlife Refuge*

# News from “your” national wildlife refuge: *Wildlife Management or People Management?*

by Rob Larrañaga, LVNWR Manager

In my world as a Wildlife Refuge Manager wildlife management and people management are one and the same; we cannot effectively accomplish one without the other. The people aspect was not really covered in textbooks when I earned my Wildlife and Fisheries Sciences degree at Eastern NM University, yet the refuge is dependent upon the relationships and partnerships that move both participants forward.

Some of the groups we recently collaborated with are:

» Youth Conservation Corps. (YCC): 14 to 18 year old youth from our community employed for the summer.

» American Conservation Experience (ACE Crew): an international crew of young adults treated invasive weeds.

» Student Conservation Association (SCA): Adult project, archived management documents.

» Numerous summer biological interns employed at Rio Mora, Maxwell and Las Vegas NWRs.

» Pueblo of Pojoaque tribal council personnel regarding the bison management program at Rio Mora National Wildlife Refuge.

» NM State Historic Preservation Officer and mural conservator addressing historic preservation needs for the proposed donation of the Pritzlaff Ranch as a unit of the NWR System at San Ignacio, NM.

» Twenty-two New Mexico pueblos, tribes, and the Navajo Nation in consultation about the murals at Pritzlaff Ranch.

» Ft. Union National Monument maintenance crew, construction of a rock sign base at Rio Mora NWR.

Amongst all the various collaborative programs and meetings, I had the privilege to guide a tour of Las Vegas NWR for local coordinator, Max Trujillo, with several youth from the newly established HECHO Organization (Hispanics Enjoying Camping Hunting and Outdoors). HECHO’s mission is to reconnect our race with the great outdoors. It is sad that it takes a new organization to do so. Maybe it is because our culture embraces the “los hacemos mañana” (we will do it tomorrow) philosophy; however, you have also heard it said, “tomorrow may never come.” Nuestra Raza y la Gente de Las Vegas, por favor do not put off what can be great mental and physical therapy for tomorrow. The time is now for you to embrace your natural heritage and spend some quality time outdoors. The fresh air of northern New Mexico is awaiting you.

I appreciate the continual excellent radio coverage by our friends on the hill, JP Baca and his family at KFUN, building optimism about the future of this great little city we

call home: Las Vegas del Norte.

As I embark on a mini-vacation for a few days of quality time with my family (outdoors) prior to their return to school, I am optimistic about their future. The work that my awesome staff and partners do, day in and day out, to make their small corner of the world better for future generations continues to charge my batteries. A HUGE thanks to all the people involved with the human side of wildlife management that allow us to shine as we serve the public and our four-legged and winged constituents. Have a blessed fall in our Land of Enchantment. We look forward to sharing our annual Concert for the Birds (Sept. 28) with you, your friends and your family. And come see the birds at our Annual Fall Flight Festival in November.

Muchas gracias and please visit “Your” National Wildlife Refuges. 🌿

*Max Trujillo, Deputy Director for HECHO, with a group of children enjoying the shortgrass prairies of LVNWR.*



# The Maxwell Corner: A Reflection

by Leann Wilkens

As summer comes to a close, I reflect back on this season's bounty and productivity. The skies graciously opened to deliver the life blood of the refuge with 8.55" of rain these past few months and the prairie responded splendidly. Visitors to the refuge were welcomed by busily chatting kingbirds, a chorale of Woodhouse's toads and pronghorns frolicking in the blue grama. Not only has the landscape been refreshed but so have some of our facilities.

We've gone solar! This is the first summer the refuge is using the newly installed solar array to power our entire visitor and office buildings. With the help of the Las Vegas National Wildlife Refuge (NWR) Youth Conservation Corps, new educational signs now line the Cottonwood Trail informing visitors of often seen wildlife. At headquarters, maintenance worker, Justin Reagan, has been diligently working on a new bunkhouse facility. As Maxwell NWR is 30 minutes from the nearest hotel, this is going to expand our opportunity to host researchers, interns, volunteers and visiting staff. In fact, it's been in use already by two summer staff members, Cameron Dunford and Emily Reagan.

A semester away from completing his degree in Wildlife Management, Cameron is a student at

Oklahoma State University. Emily completed her degree at Southern Methodist University last year. Both have brought a thoughtful sense of curiosity and enthusiasm with their work. Tasked with assisting our biological program, they've surveyed the black-tailed prairie dog colonies, participated in the biweekly bird surveys, monitored the trail cameras and especially worked to control the noxious weeds at Maxwell NWR.

The refuge actively manages Russian knapweed, Canada thistle, musk thistle, bull thistle and hoary cress, along with others, in the summer months. Yearly, we strive to detect and respond to any new infestations while reducing the overall presence of these non-native plants. To supple-

ment our efforts, we've hosted the US Fish and Wildlife Service's New Mexico Invasive Species Strike Team a few times throughout the summer. This is a roving Fish and Wildlife crew of five that tackle non-native plants at all the National Wildlife Refuges in the state. But, as summer turns to autumn, our attention turns from the weeds to preparing for the upcoming migrations. We complete this productive season and look forward to autumn, as the Woodhouse's toad chorale quiets for the trumpets of the sandhill cranes. 🦉

*Scenes at Maxwell NWR:*

*Top: A wheat field.*

*Lower left: Trail camera captures an adult feeding six Western Burrowing Owl chicks.*

*Lower right: Emily Reagan treating musk thistle.*



Dear Refuge Diary,

What an exciting summer! Las Vegas National Wildlife Refuge hired five local students as the Youth Conservation Corps (YCC) crew for the Northern New Mexico National Wildlife Refuge Complex. For eight weeks, these energetic students constructed fence, pulled weeds in the pollinator garden, maintained the Meadowlark Trail, installed interpretive signs, and much more. Each student was certified for three years in CPR and First Aid training.

In restoration projects at Las Vegas NWR, they fenced in over 100 newly sprouted cottonwood trees along the Gallinas River to save them from the beaver. They were taught the importance of restoring riverbanks with this native species and how these trees help prevent riverbank erosion and moderate temperatures along this section of the river. They continued the ongoing project of invasive species control on the refuge by tackling the persistent thistle, bindweed, and tumbleweed. In the process they absorbed first hand the ethic of working as a team.

With their Americorps crew leader, they traveled to each of the three refuges to experience and support a wide variety of conservation projects and to learn about the part these three refuges play in the National Wildlife Refuge System.

The students also assisted at our Fish Hatchery in Mora. They spent the day learning about this important division in USFWS. They tagged and collected data on the endangered Main Diamond Gila Trout. They were very excited to handle an endangered species and assist with the recovery of this important native trout.

Working one day at Fort Union in a different type of restoration, they helped shore up "mud" walls of the old barracks at the fort. They learned about the importance of restoration on a national monument.

The students worked with a YCC crew from an urban refuge; Valle de Oro YCC came from Albuquerque for a day spent in the La Milpa Community Garden. Both crews discovered that their work was unique to their individual refuges but that they were able to work as one large 13-member crew during this community service day. Together, they built above-ground planter boxes and completed the USFWS pollinator demonstration area by planting native wildflowers.

After eight weeks of hard work the crew celebrated their experiences. The Friends and staff hosted a luncheon at Las Vegas NWR. Parents of the students were invited to enjoy a hamburger/hotdog barbeque and discuss what their kids had accomplished over the summer. Staff members participated in the farewell, viewing pictures and reminiscing on highlights and funny moments shared with the crew. The students received certificates, a nice gift bag from the staff and the Friends, and well wishes for their adventures in the new school year.

Debb



Valle de Oro YCC and Las Vegas NWR YCC worked at La Milpa Community Garden.

# Seeds of Thought: *What the birds have to say...*

by *Richard Bodner*

Bird languages may be more varied even than ours. Whether announcing a territory, finding a food source, issuing an invitation, keeping in touch with others, sounding an alarm, improvising arias for the joy of it or just reporting on the state of the world from that branch-tip, voices are as recognizable to their flock-mates as human voices are to us. Composed of individuals with sometimes conflicting interests (as may be expressed in expletives of screech and squabble), a flock can also function as a single-minded entity with many neurons, eyes, ears, mouths and throats, connected partly by threads of sound.

Attentive listeners, birds vocalize across an amazing range—from heart-stopping meadowlark and operatic hermit thrush to the sheer brain power and mind-boggling imitations of magpie, mynah and macaw; from soft owl hoot to piercing hawk, reverberating kookaburra to echo-skipping loon; from cheerful chickadee, liquid warbler and amiably clear-toned grosbeak to the geese’s gift-of-gab and the deep-throated conversations of cranes—to cite a small sample, each in turn changing with context and circumstances.

Bird language is not just oral, but also gestural and mimetic, conveyed by movement, as well as by sight and airflow-feel in flocks. Cues and inflections are directly expressive (as well as impressive) without distinctions between feeling, meaning, message, medium, or massage. Sight and sound circuits work seamlessly for us, too, even without actual sounds, as when “hearing” thoughts inwardly while reading. Both birds and humans share a wide variety of communications using whatever voices and sense(s) we have at hand.

With more distance folded up between intent and content, end and means, humans have more room for tactical deception, but birds have some ability to misdirect also, as when drawing attention away from a nest or sounding as if somewhere else to those without the right shift key. (A domestic macaw I knew could call and scold the dog, bark back, and punctuate its performance with choice commentary, more of an artistic rendition of its sound-world than a deception—except to the dog.) Birds aren’t above misleading, teasing and playing tricks, but these aren’t the norm, which usually involves vocalizing what’s felt and feeling just what’s said.

That doesn’t necessarily mean sweetness and light. Birds can let us know in no uncertain terms what they think of poor manners, some even as nestlings. In the wild, we adjust our distance and speed according to the range particular birds consider respectful for that situation, since the avian flight response is so easily triggered by sudden movements from large, animated forms like ours—perhaps part of how “flight” got off the ground, taking to the air, in the first place. If they hadn’t had water and mud, frogs might have developed wings, too. The leap is so direct, sudden and compressed—not waiting around for translation.

Despite the human capacity to speak tactically (and consequent reputation for having forked tongues), our language use is more often honest and direct, connecting individuals in a web of shared vibrations. Like the birds, we use it to exchange information and perspective, find and serve a common purpose, make music, and have fun. Being such a noisy species, however, exposure



to the natural soundscape becomes especially valuable to us, re-tuning our instruments to what land and earth have to say—not just the birds, but the whole “children’s chorus” of creation, though with special respect and admiration for the avian jazz all-stars!

Our own arts benefit in the exchange, including decision-making and management, where listening to each voice informs the guidance for all. Musicians learn this principle in practice by playing together, at once listening and expressing, making and responding, giving and receiving. Friends find similar inspiration, reconnection and renewal enjoying land, birds, music and each other, gathering good will for each and all. 🐦

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*For more thoughts on “Music, noise and meaning,” “Living in a flock,” and “What birds have to say,” check the new Aldo’s Eco Zone page at [www.bodlibrary.com](http://www.bodlibrary.com).*



# Host Some Black Swallowtail Larvae—It's Easy!

by Yvonne Bond

Have you found some bright yellow, black, and white caterpillars on your parsley and dill? No, don't pick them off and squish them. They're the larvae of the Black (Eastern) Swallowtail, *Papilio polyxenes*, which uses plants in the carrot family as hosts.

It's not too late to put out some parsley and dill this year as host plants. You may see a dark blue-gray swallowtail checking out the plants in your garden, and then briefly getting in the egg-laying posture and quickly depositing a tiny light yellow egg. Keep an eye on these eggs, and soon you'll see very small larvae that resemble bird droppings. They're rough-textured, mostly black, with a white stripe around the middle.

As they grow, they go through several stages of development, each of which has a different color. This culminates in the smooth, brightly colored final stage before pupation,

which is a black, white, and yellow adult, though colors may vary, a feast for the eyes (below).



I asked Steve Cary, at Randall Davey Audubon Center in Santa Fe, to aid in identification and answer some questions. I wondered why the largest larvae stayed at the very top of the plants in plain view. Cary said it is because at this stage they need more protein, which is found in the flowers and developing seeds of the plant. Cary's beautiful book, *Butterfly Landscapes of New Mexico*,

is organized around habitats and the butterflies found there.

The Black Swallowtail is sexually dimorphic; the males and females are different colors. The female, which is larger than the male, is a blue-black-gray with whitish spots on the bottom edges of top-side of the wing. Males are black with yellowish spots. These colors may vary. There are at least seven subspecies of this butterfly.



For more information, see the Wikipedia article on the Black (Eastern) Swallowtail, at [http://en.wikipedia.org/wiki/Papilio\\_polyxenes](http://en.wikipedia.org/wiki/Papilio_polyxenes)

If you are already growing plants for these butterflies and have some experiences to share, contact me at [yvonnebond10@email.com](mailto:yvonnebond10@email.com)

Happy hosting! 🌱

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## Routing Out Weeds in the Pollinator Garden



Out with the bindweed, the tumbleweeds, out with all the weeds that don't attract butterflies and hummingbirds. Friends made weeding into a party on July 10 and did a phenomenal amount of work. The next party featured weeding music.

In the photo on the left: Adam Berg, Sonya Berg, Percyne Gardner, Jean Ganaway, Rachel Garcia, and Ted Winston pulling weeds out by the roots. Right: Steve Reichert does the same.

# Adopt a Monarch and Come Fly with Us

Have you ever wanted to sponsor a butterfly that will grow slowly into a glorious monarch butterfly, then fly away, tagged with a tiny number to help research on the life and migration of those amazing insects? Well, maybe you haven't, but wouldn't it be fun? Now's your chance

First, there's *Monarch Watch*, a ten-day program under way in Northern NM middle schools (Memorial in East Las Vegas, West Las Vegas, Anton Chico, Cimarron and Maxwell). Designed and led by Debbie Pike, students tend to monarch butterfly chrysalises and learn skills such as predictive math, language, map/geography, and science in the 7th grade classroom. They develop a sense of ownership of the chrysalis

and become better stewards in their own back yards and schoolyards. They are encouraged to plant pollinator/nectar native wildflowers and milkweed to provide habitat for Monarchs and other pollinator species.

When the butterflies emerge, each student tags individual butterflies for use in studying and monitoring monarch populations and the fall migration. Tagging helps answer questions about the geographic origins of monarchs that reach Mexico, the timing and pace of the migration, mortality during migration, and changes in geographic distribution. After students tag and release the butterfly at their nearby refuges, they can monitor its migration through *Monarch Watch*.

Here's where you come in. The Northern New Mexico Complex of wildlife refuges is working with area schools and the Friends of Las Vegas NWR on a fund raising program to support the educational effort and the raising, growing, and release of the butterflies: *Come Fly With Us*. The students tend to the chrysalises and tag and release the butterflies. Nonstudents can underwrite one or more chrysalises for \$7.00 apiece to ensure that every student in the 7th grade can experience this miracle of nature. See the QRs below for more information and how to adopt online.



*Come Fly with Us activities:*

*Clockwise from left, The official Monarch T shirt, Students receiving tags from Adam Berg in 2013, a butterfly is set free.*

*Adopt a Monarch and  
Come Fly with Us!  
Learn more at:*



<http://www.flvnwr.org/Monarch>

*and adopt online at:*



<http://www.flvnwr.org/Adopt>

*"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."*

*Rachel Carson*

# In Recognition and Thanks

## It Takes a Flock



**Newsletter:** Jo Rita Jordan, layout and design; Jan Arrott, content coordinator; Lou Myers, proofreading; Debbie Pike, Visitor Services Manager (VSM), printing; Fred Burrell, Jan Arrott, folding and mailing.

**Electronic Mailing, Newsletter and Announcements:** Jo Rita Jordan

**Continuing general staff support:** Rob Larrañaga, Refuge Manager; Debbie Pike, VSM; Philip Garcia, Refuge Biologist

**Friends Photographer:** Jo Rita Jordan

**Publicity flyers design and production:** Debbie Pike, VSM

**Website Administrator:** Jo Rita Jordan

**Facebook Page Administrators:** Sonya Berg, Ted Winston, Joe Zebrowski and Debbie Pike

**Weed smashers: Staff:** Debbie Pike, VSM; Bill Schlinger, Refuge Maintenance Worker; YCC members; **Volunteers:** Sonya Berg, Percyne Gardner, Adam Berg, Steve Reichert, Jean Ganaway, Rachel Garcia, Ted Winston, Ellen Drew, Carol Macomber, Deb Kern, Jenny Davis, Jo Rita Jordan, Linda Gegick, Linda Kelly, Mary Oviatt, Irene Kronenberg, Lou Myers, Carol Winkel and her grandchildren, Aman and CoCo Winkel

**Shortgrass Prairie Walk and Talk: Staff:** Debbie Pike, VSM; **Volunteers:** Rachel Garcia, Jan Arrott, Johanna Keenan, Adam Berg, Steve Reichert, Alan and Elizabeth Wicks, Jean Ganaway, Ted Winston.

**Business and Foundation Donors:**

Outdoor Nation and The Recreational Boating and Fishing Foundation:

Take Me Fishing Award for Maxwell NWR

Lannan Foundation Matching General Support Grant

Rotary Club of Las Vegas Donation

Anonymous Donation: Supply of Color Cartridges for printing of newsletter, "It deserves that special treatment."

## Fall Flight Festival at Las Vegas National Wildlife Refuge

### Four November Sundays

The visitor center will be open each Sunday in November from 9 AM to 4 PM for the Annual **Fall Flight Festival** featuring a 4 ½ mile self-guided auto tour that allows visitors to enjoy the migrating waterfowl and spaciousness of the shortgrass prairie in areas of the refuge that are not open for general public use the rest of the year. Friends of LVNWR volunteers will be inside the Visitor Center to meet and greet visitors. Special events each Sunday:

**For kids: Special Wildlife Crafts, 1 to 3 PM each Sunday for Kids of all ages!**

**Seasonal Crafts may include making raptor claw necklaces, owls, angels and turkeys.**

**Children will also enjoy the live raptor presentation the first Sunday and Animal Sounds on the last Sunday.**

### Interpretive talks @ 12 noon and repeated @ 1:30 PM each Sunday

**Sunday, November 2, Santa Fe Raptor Center Live Raptor Presentation.** *Volunteers care for injured birds in order to release them back into their natural habitat. Those raptors, which cannot be released due to extensive injuries, are given a loving home and used in educational programs such as this. Bring the Kids!*

**Sunday, November 9, The New Mexico "Plants for Pollinators" Project.** *Dr Tess Grasswitz, Urban/Small Farm Entomologist with New Mexico State University will present an overview of the best pollinator plants for use in New Mexico, as well as an introduction to the fascinating diversity of wild bees endemic to our state.*

**Sunday, November 16, Birds, bears, and berries; The Ecology of One-seed Juniper Dispersal.** *Will Jaremko-Wright (photo at right), recent Graduate in the NMHU Masters Program, Environmental Science, will discuss how the one seed juniper has spread dramatically in New Mexico by using native wildlife to spread its seeds.*

**Sunday, November 23, Animal Sounds.** *Sarah Wood, Park Manager, Cerrillos Hills State Park. This ear-opening interactive presentation will explore the voices of the critters around us, from insects to birds, toads, bears, and the linguistically complicated prairie dog. Audience members will be encouraged to croak and grunt along with the animals. Bring the Kids!*



Check details on our website: [www.flvnwr.org/Calendar](http://www.flvnwr.org/Calendar).

# Concert for the Birds and Kids Fun in Nature Day 2014

*Sunday, September 28*

*Concert at 2:30 PM*

*Other Events scheduled from 12 noon to 5 PM*

## **10th Annual Concert for the Birds and Kids Fun in Nature Day 2014**

**Spend a fun filled day at the refuge** —join the Friends and Staff of LVNWR for a Happy 10th. **Especially for kids (and the old folks) Fun starts at noon with hayrides, archery, geocaching, nature hikes for adults and children, kids' crafts and games, a silent auction with items for all ages.** And don't forget your camera; the **Blue Goose will pose for pictures** with you. Light refreshments including hotdogs, fruit, cookies, and beverages served until the end of the Concert. **Bring a lawn chair to relax and listen to the music.**

### **Performers: Children's Choir of Las Vegas and Smooth Riders Jazz Quartet**

Children's Choir of Las Vegas managed under the direction of Kevin Zoernig and directed by students from United World College will open the show. Smooth Riders include Ralph Marques on drums; Bruce Holmes, alto sax; Edward Harrington, bass; and Kevin Zoernig on keyboard.



## Friends of Las Vegas National Wildlife Refuge Membership Form

Date: \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Please send the newsletter via \_\_\_\_\_ e-mail (full color) or \_\_\_\_\_ regular mail (black and white)

### **\*Membership Categories:**

\_\_\_\_\_ Senior \$10

\_\_\_\_\_ Student \$10

\_\_\_\_\_ Individual \$15

\_\_\_\_\_ Family \$20

*Please add other names and their emails for family memberships.*

\* All memberships are due for renewal in November. New members are welcome anytime!

I have added a donation of \_\_\_\_\_ to my check.

FLVNWR is a 501(c)3 organization; all donations are tax deductible.

Please make checks payable to:

FLVNWR  
Rte. 1, Box 399  
Las Vegas, NM 87701



**You may also become a Friends member via our website at [www.flvnwr.org](http://www.flvnwr.org)**

# Mission Statement

Friends of Las Vegas National Wildlife Refuge (FLVNWR) is a non-profit organization committed to preserving and enhancing refuge resources, promoting conservation, science and education. The organization aims to foster public appreciation and awareness to support refuge goals and opportunities for ongoing generations.

## 2013-14 Board of the Friends of LVNWR

<b>President:</b>	Ted Winston	505-425-7717
<b>Vice Presidents:</b>	Joe Zebrowski and Steve Reichert	505-425-6008 (JZ) 505-652-0892 (SR)
<b>Treasurer:</b>	Johanna Keenan	505-425-2924
<b>Secretary:</b>	Rachel Garcia	505-425-7061
<b>Members:</b>	Jan Arrott	505-454-6115
	Sonya Berg	505-425-6680
	Juan Jauregui	505-429-2652
	Will Jaremko-Wright	972-800-3950
	Sarah J. Corey-Rivas	614-561-4925
<b>Public School Consulting Member:</b>	Lisa Montoya	505-454-1327

*Keep up with events at the Refuge on our web site. Find photo albums of happenings and a calendar of events:*



*And find us on Facebook, for a completely different experience:*



**Friends of Las Vegas  
National Wildlife Refuge**  
Route 1, Box 399  
Las Vegas, New Mexico 87701

**Refuge Visitor Center Hours: Monday through Friday 8:00 AM to 4:00 PM**  
The auto loop drive around McAllister Lake is open to the public from dawn to dusk, seven days a week.

Friends website: [www.flvnwr.org](http://www.flvnwr.org)



[www.facebook.com/FLVNWR](https://www.facebook.com/FLVNWR)