

Meaningful Living

July/August 2026



Looking back 250 Years with a Missouri Natural and Historic Preservation Focus

What is today Missouri, was Spanish territory in 1776. Previous to that, it was French territory with the first French settlement being near Des Plaines (it only lasted three years), the first permanent settlement was Ste. Genevieve founded in 1750. The first Europeans to step foot into Missouri were Father Jacques Marquette and Louis Joliet in 1673 during their Mississippi Voyage. Previous to French domain it was home to numerous indigenous people including Kickapoo, Shawnee, Ioway, Otoe, Delaware and Osage. The Niuachi "people of the river's mouth" were incorrectly referred to as the Missouria "one who has dugout canoes" then mistranslated to Missouri.

The following is a speech I read at the Uptown Market Garden Faire in April of this year. Through a few Missouri specific quotes, I invite you to take a short trip through our state and nation's past:

June 25th, 1804 William Clark
 "passed a Small Creek on the L. Side at 12 oClock, Called Bennet's Creek (which is now Mill Creek) The Praries Come within a Short distance of the river on each Side which Contains in addition to Plumbs ^[8]. Raspberries & vast quantities of wild <crab> apples, <which is of a [blank]> ^[9] and wild flowers> great numbs. of Deer are seen feeding on the young willows & earbage in the Banks <op> and on the Sand bars in the river." ~ lewisandclarkjournals.unl.edu/item/lc.jrn.1804-06-25
 Lewis and Clark were commissioned by President Jefferson to explore the newly acquired Louisiana Territory. They and their crew, The Corps of Discovery, left in May of 1804 and returned in September of 1806. William Clark led the effort to build Fort Osage in 1808 just a few miles northeast of Independence in what is now the town of Sibley. The Lewis and Clark National Historic Trail was designated in 1978.

Speaking of Fort Osage...

George Sibley to Thomas McKenney October 1, 1820, Writing about the Osage People in the area of Fort Osage

"They raise annually small crops of corn, beans, and pumpkins, these they cultivate entirely with the hoe, in the simplest manner. Their crops are usually planted in April, and receive one dressing before they leave their villages for the summer hunt, in May. About the first week in August they return to their villages to gather their crops, which have been left unhoed and unfenced all the season."

"I ought to have stated that these people derive a portion of their subsistence regularly from the wild fruits their country abounds with. Walnuts, hazlenuts, pacons, acorns, grapes, plums, papaws, parsimmons, hog potatoes, and several other very nutritious roots; all of these they gather and preserve with care, and possess the art of preparing many of them, so that they are really good eating. I have feasted daintily on the preparation of acorns (from the small white oak) and Buffalo grease."~ Sibley, George Champlin, "Letter from George Sibley to Thomas McKenney, October 1, 1820" (1820). George Champlin Sibley Papers. 87.

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250 Years continued...

Fort Osage was abandoned in 1827, however, settlement had grown in the region around the Fort and in that same year Independence was founded. Fort Osage was designated a National Historic Landmark in 1966.

"Nothing is more beautiful than the loveliness of the woods before sunrise." "I love to think of nature as an unlimited broadcasting station, through which God speaks to us every hour, if we will only tune in."

Born here in Missouri, in the town of Daimond in 1864, George Washington Carver studied agriculture with the goal of helping the poor to grow more usable food without depleting the soil of nutrients. Before we were talking about regenerative agriculture, he worked to discover it. One of the foods he successfully grew and used in previously unknown medicinal ways was the peanut- forever placing his name in history books. His childhood home and property were listed on the National Register of Historic Places in 1966. George Washington Carver National Monument was designated in 1943.

"We are the heirs of the ages; but the estate is entailed, as large estates frequently are; so that while we inherit the earth, the great round world which is God's footstool, we have only the use of it while we live and must pass it on to those come after us. We hold the property in trust and have no right to injure it or to lessen its value. To do so is dishonest; stealing from our heirs their inheritance."

The famous author of the "Little House on the Prairie" books, penned her writings in Mansfield, Missouri in the 1930s. She also wrote for the Missouri Ruralist in the 19teens and twenties. The Wilder home in Mansfield was designated as a National Historic Landmark in 1991.

And finally on a personal note: Our first house here was just off Liberty St., south of Kentucky Rd. I commented one day to an elderly neighbor that everything I planted loved the back yard, but not the front. She had lived her entire life in Independence and said there was a reason for how my garden grew. My front yard was fill dirt, but my back yard was once part of a huge orchard owned by Harvey Vaile. That grand unique piece of architecture that acts as one of our tourism magnets here in Independence was once more than just an iconic house. It was acres and acres of apple trees and I added to the story of that rich, loamy soil for a few years with strawberries and roses. The Vaile Mansion was added to the National Register of Historic Places in 1969, the Independence local historic register in 2002.

From the thick woods of walnut trees inhabited for millennium by the indigenous people of this place we call home, to the discovery of springs bringing forth clean safe water putting Independence on the map for the world's dreamers heading west, to the Victory Gardens that saw us through the trials of the great war, to the places today- put aside for posterity. Protected and publicly accessed. The places that tell our story, that give us rest and connect us to the living earth. We are all given a pen and pad to help write the next chapter for the coming generations. Plant a tree! Plant a pollinator garden! Volunteer at one of our many incredible historic sites! The future of the past, both natural and built, is in the stewardship of the present.

Audrey L Elder

Keeping Connected to Nature

Uptown Market- NEW WEDNESDAY HOURS!

Saturdays: 8am - 1pm

Wednesdays: 4pm-8pm (June 3-Aug 12)

George Owens Nature Park

Tuesday-Friday: 8:30 am- 8pm

Saturday 8:30-5, Sunday Noon-5

Wonder Wednesdays Science Experiments

July Wednesdays, 1-2pm

Dragonfly Days- July 24 & 25

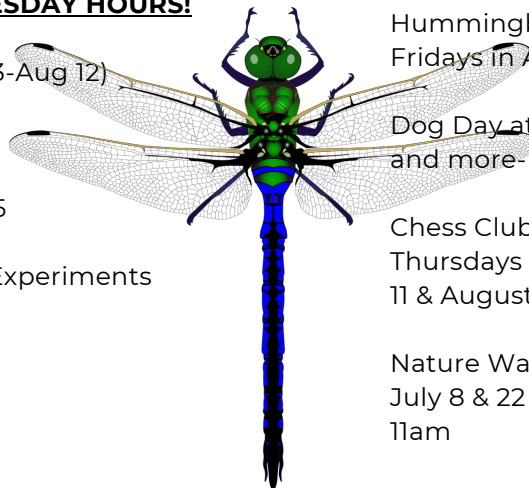
Nature Scavenger Hunt- All day, August 1

Hummingbird Adaptions and Migration-
Fridays in August, 3:30-4:30pm

Dog Day at the Park- Doggy pools, treats
and more- August 29 1-7:30pm

Chess Club- (Register Membership)
Thursdays (Not on July 2) 2:30-4:30pm, July
11 & August 1, 9-12

Nature Walk with a Naturalist
July 8 & 22 August 5 & 19 6:30-7:30 8/15 10-
11am



United States of America's 250th

Some of the following events are annual events that will add a focus on the 250th celebration.

"A Celebration of Independence"

Historic Independence Square

July 4, 10am-4pm

Celebrate America's 250th birthday with a weekend of events on the historic Independence Square. Check out the Sidewalk Chalk Festival surrounding the Truman Jackson County Courthouse highlighting significant people and events in Independence and their contributions to our nation's history. Watch nostalgic movies outdoors, make patriotic kid's crafts, try local foods and Polly's Pop rootbeer floats. Enjoy Americana art made from tiles created by individuals in our community and Square-wide patriotic decorations.

"Antique & Craft Show"

Bingham Waggoner Estate, 313 West Pacific Avenue

Presented by the Bingham Waggoner Estate

July 11, 9am-3pm

Join us as we celebrate America's 250th Anniversary all year long with events at our very own 200 year old venue, where wagons rolled by heading west and Independence history was made. Over 100 vendors will feature original crafts, antiques, and an outstanding selection of all types of collectibles for purchase. Food trucks and The Stable Grill will be on site for food and beverages. Admission and parking is free.



"Show Me Missouri"

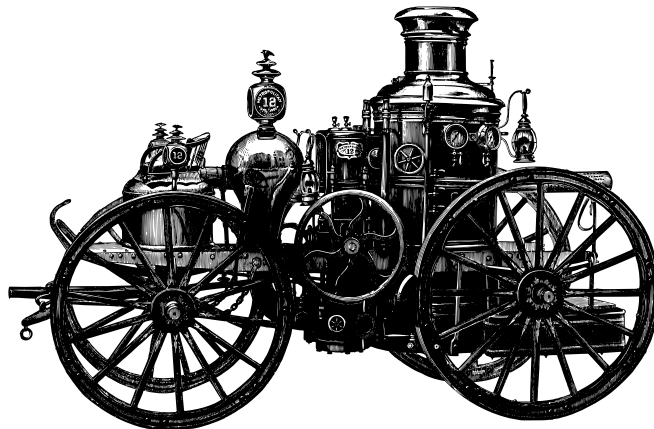
**Puppetry Arts Institute- 11025 East Winner Road
July 11, 7:30pm-8:30pm**

Puppetry Arts Institute presents "Show Me Missouri," performed by Kraig Kensinger & Company. An American 250 Revue Spectacular, celebrating Missouri and the 250th Anniversary of the Declaration of Independence. Admission is \$5 per person (ages 2 and under admitted free). For reservations/ information call 816-833-9777 or email pai@att.net.

"Firefest"

**Cable Dahmer Arena-19100 E. Valley View Pkwy
Presented by the Independence 76 Fire Company
July 18, 9am-3pm**

The Independence Fire Company was incorporated by the state of Missouri in 1843, later becoming the City of Independence Fire Department. Firefest, an annual celebration is an opportunity for the general public to experience American history in action by watching the 1928 American LaFrance truck pumping water, viewing the 1800's era hose reel and chemical cart, as well as modern day emergency fire apparatus in action. Rides are given on the 1960 Seagrave pumper, hamburgers & hot dogs available (for donations), watch an extrication demo, helicopter landing, and water sprayed from the antique trucks for the kids to enjoy. Classic cars, trucks & tractors will also be on display. An action-packed day for families to learn some of the history of firefighting and just good old-fashioned fun.



"America 250 Vaile Picnic"
Vaile Mansion-1500 North Liberty
Vaile Victorian Society
July 26, 1pm-4pm

Join Mr. and Mrs. Vaile for an afternoon of entertainment. This outdoor re-creation of Mr. Vaile's famous Sunday picnics on the lawn evokes the days of yesteryear and community. Bring a picnic lunch and lawn chairs. Soda and water will be available for purchase. Join us to visit with the Vailes and listen to live music.



"Independence Roots Music Fest"
Bingham Waggoner Estate, 313 West Pacific Avenue
Presented by the Bingham Waggoner Estate
August 8, 12pm-9pm

Join us as we celebrate America's 250th Anniversary all year long with events at our very own 200 year old venue, where wagons rolled by heading west and Independence history was made. Bring a chair or blanket, enjoy the music. Food vendors on site. Tickets in code below:



"Historic Fairmount" Lunch 'n Learn
1859 Jail Museum, 217 North Main Street
Presented in partnership with the
Independence Preservation Division &
Jackson County Historical Society
Augusts 12, 12pm-1pm

Join Wendy Shay, Historic Preservation Manager for the City of Independence, on a look back at the development of the Fairmount area. Learn about the history of Mount Washington and discover the many features of Fairmount Park. Discover the fate of this beloved entertainment area and find out why it ultimately disappeared. Bring your brown bag lunch. Drinks and dessert will be provided.

An America 250 prize will be awarded to one lucky participant.

Jackson County Event:

Missouri Town 4th of July Celebration 9-4

Celebrate America's 250th birthday in 19th-century style at Missouri Town's Independence Day event! Our yearly parade through the village, historic craft, historic tradesmen at work, hearth cooking demonstrations, and 19th-century games will keep the whole family entertained. Make Missouri Town Independence Day part of your family's holiday traditions!



HYDE KILLED 3 MEN; INDICTMENTS CHARGE

Attempted to Murder Eight Others in Swope Household,
Grand Jury Decides.

REPORT BY HUNTON

Physician's daughter by
Bleeding of
Throat Swope.

KANSAS
Hyde, of the late Co.
Thomson, today o-
thirty, in the re-
turn, as been in



TRIAL OF THE CENTURY

SWOPE MURDER TRIAL: A RE-ENACTMENT

Sponsored by Jackson County Historical Society and City of Independence Parks & Recreation

6:30 p.m. THURSDAY AUGUST 27, 2026

TRUMAN MEMORIAL BUILDING - 416 W. MAPLE, INDEP., MO

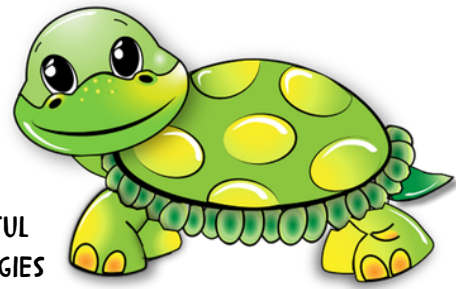
TICKETS \$20 EACH AVAILABLE AT JCHS.ORG OR CALL 816-252-7454



Kid's Pages with C.T.! (Conscious Turtle)

HEY, KIDS!

HOPE YOU'RE HAVING A WONDERFUL SUMMER! SUMMER BRINGS SUCH WONDERFUL THINGS LIKE WARM DAYS FOR SWIMMING, BEAUTIFUL FLOWERS AND FRESH VEGGIES FROM THE GARDEN! SUMMER ALSO BRINGS LOTS OF BUGS. BUGS ARE ACTUALLY REALLY INCREDIBLE CREATURES AND WE HAVE A SPECIAL TREAT TO SHARE WITH YOU. DR. BUG HAS SHARED SOME AMAZING FUN FACTS ABOUT ANTS WITH US. THE FOLLOWING TWO PAGES WILL TEACH YOU MORE ABOUT ANTS THAN YOU EVER COULD IMAGINE! THANK YOU DR. TAMRA REALL (DR. BUG)!



MondayMandala.com

Q- What kind of ant is good at math?

A- An account-ant.

Q- What do you call a 100-year-old ant?

A- An Ant-ique!

Q- Why was the baby ant confused at the family picnic?

A- Because all his uncles were ants.

Q- Why did the ant sit on the computer?

A- She wanted to surf the web.

Kids Ask Dr. Bug

Home to more than plants, kids ask Dr. Tamra Reall about the curious things found in the garden.
June 2026

Kids Ask Dr. Bug: A Closer Look at the Backyard

Step outside on a warm day and you might notice something odd. The yard feels full of life in the morning, quiet at midday, and active again in the evening. Ants may be moving after a storm. Some insects appear all at once, then vanish just as quickly. This month's questions come from noticing those patterns and asking what they mean.

Why do some insects only show up for a few weeks and then disappear?

Many insects spend most of their lives out of sight. What we notice – flying, crawling, or buzzing – is usually the adult stage, focused on reproduction. Some species live for months or even years underground, in water, or inside plant material before emerging. When temperature, moisture, and day length line up, adults begin to appear. For some insects, this happens all at once, like mayflies near water or periodical cicadas. For many others, it happens more gradually. Even then, the adult stage may only last a few weeks.

Timing matters and adults often appear when food is available or when mates are most likely to be found. For example, some ground-nesting native bees emerge in spring, then aren't seen again until the next year. When insects seem to disappear, they usually haven't gone far. The next generation is already in a different life stage, growing out of sight.

Why do insects slow down or disappear when it gets really hot?

Insects breathe through small openings along their bodies called spiracles. Air moves through a network of tubes that delivers oxygen directly to their tissues. As temperatures rise, their bodies speed up, increasing their need for oxygen while also increasing water loss.

Instead of changing how they breathe, many insects change when they are active. You'll often find them in shaded areas, under leaves, or active in the early morning and evening. A quiet yard in the middle of the day doesn't mean insects are gone. It often means they're avoiding heat and drying out.

Why do ants sometimes move their whole nest after a rain?

Ant colonies depend on stable soil conditions. Heavy rain can flood tunnels, fill air spaces, or collapse parts of the nest. When that happens, workers begin moving the colony, often carrying larvae and pupae to higher ground.

As ants dig and move soil, they improve aeration and help redistribute nutrients. Around homes they can be a nuisance, but in most landscapes they contribute to soil structure and water movement.



After heavy rain, ant colonies relocate – carrying their future with them.

Tamra Reall (@MUExtBugNGarden) is a horticulture specialist for MU Extension – Urban West Region. For free, research-based gardening tips, call 816-833TREE (8733), email Mggkc.hotline@gmail.com, or visit extension.missouri.edu. The University of Missouri is an equal opportunity/access/affirmative action/pro-disabled and veteran employer.

Kids Ask Dr. Bug

Home to more than plants, kids ask Dr. Tamra Reall about the curious things found in the garden.
Do insects ever get tired of the same plants?

Insects don't get bored, but they respond to changes in plants. As plants grow, flower, and age, their chemistry shifts. Some insects feed on young leaves, others on flowers, seeds, or decaying material. Over a season, a single plant can support many species.

That's one reason plant diversity matters. A mix of species, especially those adapted to our region, supports more beneficial insects, which in turn supports birds and other wildlife.

Insects are closely tied to what is happening around them. Their activity reflects temperature, moisture, plant growth, and time of day. Noticing those patterns helps us understand what our yard is supporting.

The Bug Lab: Backyard Science Quests for Curious Kids (and Grown-Ups Too!)

Backyard Science Challenge: Where Did the Bugs Go?

Insects aren't equally active all day long. As temperatures rise, many move, rest, or hide to avoid heat and water loss.

This month's Bug Lab turns you into a Time-of-Day Tracker. Your mission is to observe how insect activity changes from morning to midday to evening.

Look for insects:

- Early in the morning
- During the hottest part of the day
- In the evening

Click on the [BUG LAB link](#) for a printable two-page worksheet (or scan the QR code) to record what you see, sketch insect activity, and look for patterns in when and where insects are active.



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Watch the Kids Ask Dr. Bug video series: <https://bit.ly/KADBvideos>

Send your questions: <https://bit.ly/KidsAskDrBug>

Play the firefly-catching game: <https://bit.ly/CatchFireflies>

Share feedback (we'd love to hear from you!): <https://bit.ly/KidsAskDrBugSurvey>

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## Chief Seattle's 1855 Speech

This anonymous version is one of many believed to be based on Chief Seattle's 1855 speech. While there is no official version of the speech, the following is widely referenced and quoted:

*"The President in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?"*

*Every part of the earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect. All are holy in the memory and experience of my people. We know the sap which courses through the trees as we know the blood that courses through our veins. We are part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the dew in the meadow, the body heat of the pony, and man all belong to the same family. The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors. If we sell you our land, you must remember that it is sacred. Each glossy reflection in the clear waters of the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father.*

*The rivers are our brothers. They quench our thirst. They carry our canoes and feed our children. So you must give the rivers the kindness that you would give any brother. If we sell you our land, remember that the air is precious to us, that the air shares its spirit with all the life that it supports. The wind that gave our grandfather his first breath also received his last sigh. The wind also gives our children the spirit of life. So if we sell our land, you must keep it apart and sacred, as a place where man can go to taste the wind that is sweetened by the meadow flowers.*

*Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth.*

*This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.*

*One thing we know: our God is also your God. The earth is precious to him and to harm the earth is to heap contempt on its creator.*

*Your destiny is a mystery to us. What will happen when the buffalo are all slaughtered? The wild horses tamed? What will happen when the secret corners of the forest are heavy with the scent of many men and the view of the ripe hills is blotted with talking wires? Where will the thicket be? Gone! Where will the eagle be? Gone! And what is to say goodbye to the swift pony and then hunt? The end of living and the beginning of survival.*

*When the last red man has vanished with this wilderness, and his memory is only the shadow of a cloud moving across the prairie, will these shores and forests still be here? Will there be any of the spirit of my people left?*

*We love this earth as a newborn loves its mother's heartbeat. So, if we sell you our land, love it as we have loved it. Care for it, as we have cared for it. Hold in your mind the memory of the land as it is when you receive it. Preserve the land for all children, and love it, as God loves us.*

*As we are part of the land, you too are part of the land. This earth is precious to us. It is also precious to you.*

*One thing we know - there is only one God. No man, be he Red man or White man, can be apart. We ARE all brothers after all."*

# **Dump the Dump**

## **Tales of a Missouri Emigrant: Better than Brawndo, It's What Plants Really Crave**

### **By SDW Palma**

Did you know the chicken dinner you just served, or that egg breakfast you fed your kids this morning, both have something in common? Yes, I know they are both from a bird, but beyond that, there are parts of these two meals that are normally thrown out in the garbage, which is like throwing away money.

The bones of the chicken and the shells of the eggs are nutrient dense, adding calcium and phosphorus to the soil for plants like tomatoes, peppers, and carrots, just to name a few. Now, you could go to one of the garden centers at your local home improvement store and buy bone meal to feed your plant babies, or you could save money and make your own. I have done both, and I can tell you that bone meal from the store is not cheap but making it at home kills two birds with one stone. It cuts down on the amount of trash we throw out by repurposing the bones and shells, and it feeds our plants for the cost of a meal that we were making anyway. But how do we accomplish this nifty money-saving skill?

I know people will find their own ways of doing things, but this is how I've handled my new adventure. I collect the bones from meals, storing them in the freezer until I'm ready to process them.

Once I have enough to work with, I strip the bones of any remaining meat by boiling and then scrubbing. Once they have been stripped, I lay them out on a cookie sheet, along with the cleaned egg shells I have collected, and I bake everything at about 300 degrees for about 30 minutes, until the bones can be easily snapped. Remove the bones to cool, and then place them into a blender on a grind setting, grinding everything until it's powdered. I generally store this in a jar to be used in the garden in the coming weeks, and from everything I have read, the bone meal won't go bad in the traditional sense, but it could degrade over time, so it's best to keep it in a cool dark place, away from moisture.

Ultimately, it is up to the individual gardener as to what they place in their garden, but maybe killing two birds with one stone by saving money and reducing waste makes this method worth the time and effort. Give it a try because it may be just what the garden ordered.



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## How to Avoid Tick & Chigger Bites

Bites from either of these bugs can make you miserable and worried. As ticks have recently been headlines, we'll start with this most feared bug in America.

Ticks live in wooded areas and tall grass, constantly on the lookout for a living creature to jump onto and attach. They are also incredibly feared because of some of the diseases they can carry such as Lyme disease which attacks the nervous system and Alpha Gal Syndrome which can cause severe allergic reactions after consuming meat or meat products. If you're looking for a way to avoid tick bites without using harsh chemicals here are a few tips:

1. Check frequently, and thoroughly after time outdoors
2. Avoid walking in tall grass as much as possible. Choose the clearest path
3. Tuck in clothing. Pants into socks, shirt into pants.
4. Repellents containing lemon grass have proven to be most effective

If you find a tick, document the bite with a clear photo. Using clear scotch tape, you can also tape the tick to the date on your wall calendar after removal. When removing ticks, you must be sure to grab the tick as close to the skin as possible. It's best to remove them by grabbing them at the back of their head. Pitching their abdomen increases the risk of breaking the tick making removing the head very difficult. When checking your dog, be sure to focus strongly around the head, neck and armpits.

Ticks can bite anywhere but they prefer areas of thin fur, tight collars, or the easy access to a blood meal through thin skin like the ears.



**Trombicula  
(chigger)  
mite-larva**

Photo: [Alan R Walker](#) 09:27, 28 January 2014 (UTC) CC 3.0

Chiggers are tiny bugs that can't be seen with the human eye. The ones that bite are actually baby chiggers. There are many misconceptions about them and how to handle their bites. One common misconception is that they burrow into your skin, they actually produce a solution that liquifies a tiny spot of your skin, this part is gross- that's what they eat. Putting clear nail polish on the bite won't help, only time will. It's best to just avoid getting them on you in the first place. It is also helpful to know that if you do get into them, you won't notice that insatiable itch for several hours. You're most likely to get into these tiny bugs in tall grass, especially if you're standing in it for a while. To prevent the wrath of the chigger, wear long pants tucked into your socks and tuck your shirt in (some people dust their shoes with sulfur). As soon as possible, before sitting on any indoor furniture, take a shower and wash all your clothes. Again, chiggers don't burrow and as long as they haven't made it to your skin yet, they'll wash right off with no effect. After showering, focus on abrasion with drying off. Removing skin cells by scrubbing with a dry towel not only helps remove any lingering chiggers but is also very helpful with any poison ivy oils as they don't wash off easily.

~JE Heartland DIY

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