

**Mines of Spain State Recreation Area  
E.B. Lyons Interpretive Center**

8991 Bellevue Hts.  
Dubuque, Iowa 52003-9214

**NEWS RELEASE**

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**When:** June 4, 2013 at 12:30 – 2:30 pm

**Where:** E. B. Lyons Interpretive Center at Mines of Spain State Recreation Area

**What:** Kids Nature Programs

**Who:** Kids ages 2-4 and ages 5-10

**Cost:** Free

**Sponsored by:** Iowa DNR, and the Friends of the Mines of Spain

Is your child watching TV, playing indoors, on a cell phone, or playing games on the computer? Do you remember running outside, collecting leaves, tag, catching butterflies, and jumping over creeks? Is this a memory of your childhood and not your child's? The weather is getting nice! Now is a great time for your kids to start playing outside and continue through the summer and fall. Whether your child is 2 or 12, it is a good idea to have them outdoors often. The Mines of Spain Recreation Area will be holding programs for kids this summer for ages 2 to 4 and ages 5 to 10. These programs will be led by a park naturalist to provide your child experiences in the outdoors. Programs will be held outdoors at the E. B. Lyons Interpretive Center at 8991 Bellevue Heights just south of Dubuque. Researchers have found that children who are outside more are in better shape, more creative, less aggressive and show better concentration. Crafts, hikes, and other activities will be used to engage your child into a fun and informative program. Parents will be required to stay with their children that are ages 2-4. All parents are encouraged to attend and participate along with their children. Of course, one of the keys to getting kids to appreciate nature is for parents to lead by example by getting off the couch and into the outdoors themselves.

Programs for children ages 2 to 4 will be held June 4 and 18 and July 2, 16 and 29. Programs for children ages 5 to 10 will be held June 11 and 25 and July 9 and 23. Programs are on Tuesdays, 12:30-2:30 p.m.

After the program continue exploring the E. B. Lyons Interpretive Center or the trails that wind thru the Mines of Spain Recreation Area. For more information about these programs, other programs, or the Mines of Spain Recreation Area call the E. B. Lyons Interpretive Center at 563-556-.0620 Additional program schedules can be found at the parks website at [www.minesofspain.org](http://www.minesofspain.org) .

For more information on this press release please contact the park office at 556-0620.  
Wayne Buchholtz/Park Ranger