

**Forest Bathing** Have you ever heard of forest-bathing? Popular in Japan, it is gaining in popularity here. It's the practice of getting out in to nature.

To forest bathe is to be outside and engage your senses. Do you hear any birds? The trickle of water? How many shades of green do you see? What does an acorn look like close up? What do you smell?

Forest bathing is not a lot of woo-woo thinking, a mad dash through the woods, or a physically exhausting hike up a mountain. It's just some time outside (in the forest, a park, or even the beach), a bit of fresh air. It's paying attention to nature. And, it turns out it's good for you.

**Riddle:** to come!

**Don't forget the quizzical!**



20  
18

**We saw two turtles.** Big turtles. Turtles as big as dinner plates. They glided into sight, up from somewhere deep in the pond. Graceful in their slow-motion movements, they moved from left to right and then, all too soon, they were gone. Plunging down into deeper water again, out of sight.

The turtles were at Gisland Farm Audubon Center. We saw them standing on the small dock that extends into the pond. When we're quiet (and patient) we see turtles, birds, butterflies, dragonflies, and tadpoles . . . sometimes.

At Gilsland Farm we sometimes see woodchucks and turkeys—maybe. And that's what makes it fun. The sometimes, maybe part. It's an unspoken game—to be the first to spot something. One day, a fox appeared in front of us on the newly mowed trail we were walking. It stopped, looked at us looking at it, and turned, disappearing into the tall grass.

So cool.

July is National Parks and Recreation Month. It's a good reminder (for me) to get outside. To move away from the computer, the phone, and the television to see what there is to be seen.

But a trip to the nature preserve is a half-day excursion, so that's not always an option. Maybe that's why we have city parks. In Portland, there is Deering Oaks Park and the Eastern Promenade, both designed by landscape architect Frederick Law Olmsted who also designed Central Park in New York and lots of others across the country (Detroit, Chicago, Berkley, and Boston). Places I like to go to with take-out—breakfast, lunch, or dinner—for a picnic.

Where are the best parks in your neck of the woods? Do you have a favorite?

— *Christy*

**P.S.** Visit the BONUS page and read a funny letter Olmsted wrote to his son:  
[www.postmark1206.com/forest](http://www.postmark1206.com/forest)

# QUIZZICAL

**Search for answers across and down and diagonal.**

Hints can be found in the July calendar and letter, and answers are below.

M	W	I	G	P	D	C	H	E	R	R	Y	O	L
O	P	O	S	T	A	L	K	B	P	C	H	T	V
D	U	C	K	F	N	R	J	L	I	U	O	J	M
E	P	S	R	A	C	G	K	U	C	T	R	R	U
L	P	O	C	R	E	S	C	E	N	T	S	D	N
L	E	L	Y	R	S	Y	C	B	I	C	E	F	P
C	T	S	T	I	L	T	S	E	C	M	R	O	O
O	Y	T	B	E	A	N	J	R	G	H	A	A	N
N	O	I	Y	R	V	H	A	R	P	Z	D	L	Y
E	O	C	G	H	O	B	B	Y	O	R	I	G	T
T	R	E	F	L	E	C	T	I	O	N	S	N	E
A	U	G	U	S	T	B	R	A	N	C	H	A	Y
E	W	A	T	E	R	C	O	L	O	R	G	Y	I
I	Y	E	L	L	O	W	S	T	O	N	E	I	L

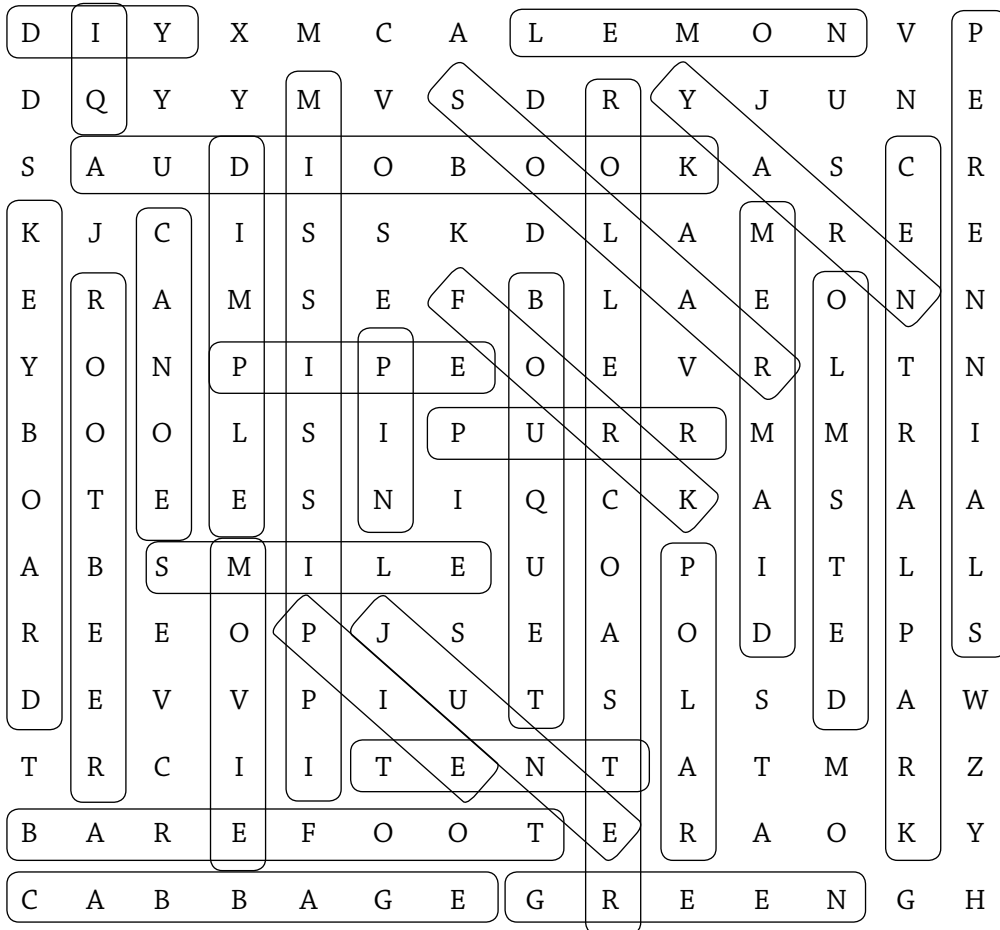
1. makes horse shoes
2. tall walking sticks
3. berry bears like
4. spicy root w/equine name
5. grows on cob
6. ventriloquist partner
7. olive \_\_\_\_, symbol of peace
8. summer \_\_\_\_\_, season change
9. vinegar for fries
10. \_\_\_\_\_ carrier, delivers mail
11. what you see in mirror
12. waltz, tango, swing, are all \_\_\_\_\_
13. moon sliver is a \_\_\_\_ moon
14. large triangular instrument w/strings
15. outdoor dining
16. National Park w/geyers
17. measure twice, \_\_\_\_ once
18. H<sub>2</sub>O paint
19. free-time activity
20. bing, a variety of this fruit
21. bird that swims in ponds
22. small scape replica
23. month following July
24. horse food
25. edible ice cream holder
26. vanilla \_\_\_\_, ice cream flavor
27. young horse
28. inner city green space

**Answers:** 1. farrier, 2. stilts, 3. blueberry, 4. horseradish, 5. corn, 6. puppet, 7. branch, 8. solstice, 9. malt, 10. postal, 11. reflection, 12. dances, 13. crescent, 14. harp, 15. fork, 16. Yellowstone, 17. cut, 18. watercolor, 19. hobby, 20. cherry, 21. duck, 22. model, 23. August, 24. hay, 25. cone, 26. bean, 27. pony, 28. park

-----**The answer to the riddle?**

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- |                                 |   |                                     |
|---------------------------------|---|-------------------------------------|
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| 2. tall walking sticks          | 11. what you see in mirror                | 20. bing, a variety of this fruit   |
| 3. berry bears like             | 12. waltz, tango, swing, are all _____    | 21. bird that swims in ponds        |
| 4. spicy root w/equine name     | 13. moon sliver is a _____ moon           | 22. small scape replica             |
| 5. grows on cob                 | 14. large triangular instrument w/strings | 23. month following July            |
| 6. ventriloquist partner        | 15. outdoor dining                        | 24. horse food                      |
| 7. olive _____, symbol of peace | 16. National Park w/geyers                | 25. edible ice cream holder         |
| 8. summer _____, season change  | 17. measure twice, _____ once             | 26. vanilla _____, ice cream flavor |
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