

Have you been outdoors today?



Time spent outdoors provides a wealth of health benefits to children, according to recent research compiled by the Children and Nature Network. Increased physical activity helps prevent diabetes and obesity, being able to explore their natural world helps children develop their intellectual curiosity, and many children see a sharp reduction in attention deficit disorder. So ...

Get Out, Sitka!

The Sitka Outdoor Recreation Coalition (Get Out, Sitka!)

<http://getoutsitka.wordpress.com/>