



Graduation is Almost Here

Support conservation career pathways with a gift your graduate will truly appreciate.

SHOP FRAMES

FEATURED PARK



Photos and facts of your favorite parks, one issue at a time

White Sands National Park New Mexico

FACT 1: The park's dune fields are *neither* truly white *nor* really sand. Unlike silicate sand found on beaches and most other deserts, White Sand's dunes are made of the mineral **gypsum**. And although gypsum itself is clear, the grains constantly scratch against each other, making their exterior opaque.



FACT 2: Despite being a desert habitat, the Tularosa Basin where the park is located hosts a *single* species of fish. The White Sands pupfish is found **nowhere else** on the planet.

Although it is an incredibly adaptive animal, capable of living *both* in the freshwater streams feeding the basin and in its salty springs (more saline than **seawater!**), climate stressors like decreased precipitation, hotter temperatures, and invasive saltcedar all threaten this pupfish by reducing surface water habitat.

Nominate *your* favorite local, state, or national park [here](#) so our subscribers can learn about it.

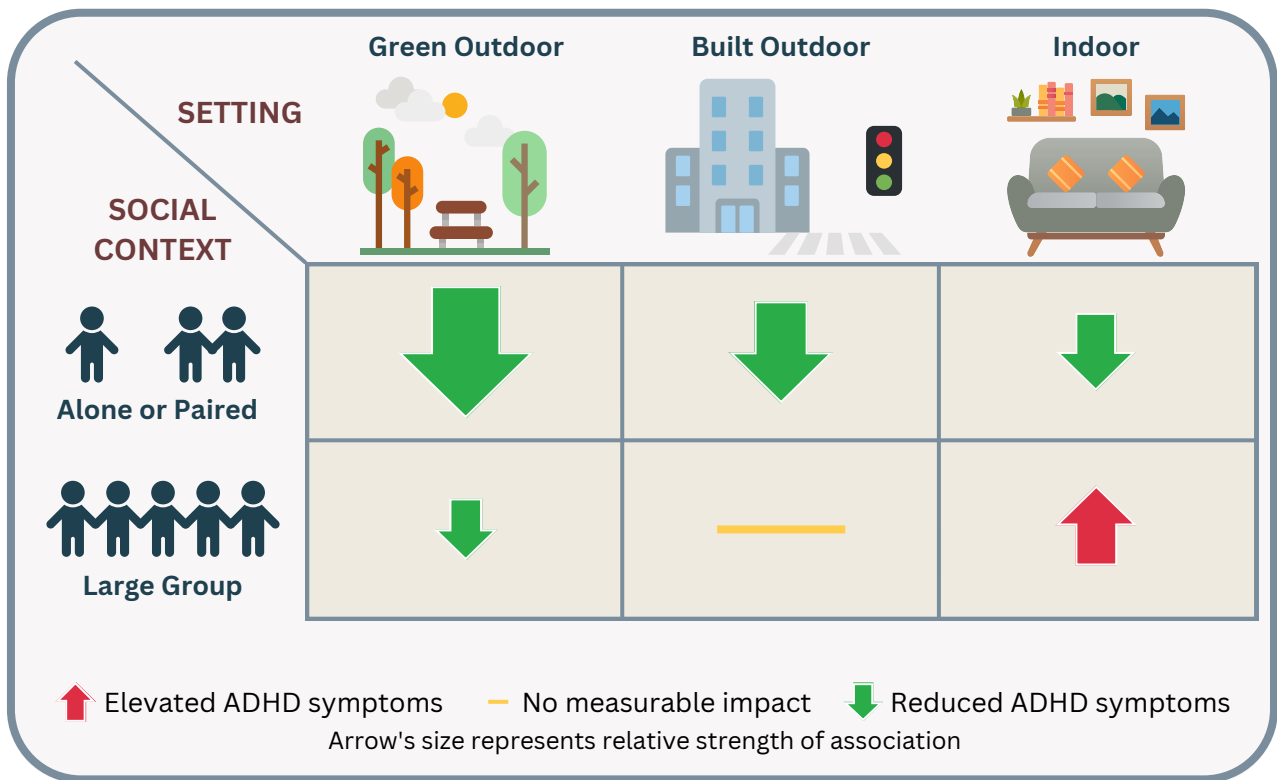
PARK PERKS



Visualizing key research to show why parks matter

In honor of Mental Health Awareness Month, we continue to reflect on parks' role in addressing mental health conditions. A seminal study on this topic was published in 2004 in the *American Journal of Public Health*. Authors Frances Kuo and Andrea Faber Taylor analyzed survey responses from 452 parents of children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). In the study, kids performed afterschool and weekend activities like reading and active play in varied settings (indoor vs. outdoor) and social contexts (private vs. grouped). Parents then documented their child's ADHD symptoms immediately following each session as compared to their usual behavior.

Impact of Setting and Group Size on Youth ADHD



The team found that *not only* did green outdoor activities more reliably reduce ADHD symptoms for single or paired children, a green outdoor environment was the **only setting** that reduced ADHD symptoms for kids performing *group* activities. These results were consistent across gender, age (5-18), household income (\$25k-\$75k+), and geographical setting.

Why would oak trees make good judges?

PLAYGROUND

They're very deciduous.