

Ten copies of this Application are required

ZONING BOARD OF APPEALS APPLICATION

REFERRED TO TP&Z

Applicant Crystal Kelley
Street 237 Mountain Rd Town Glastonbury
Telephone 860.281.9446
Legal Representative (if any)
Address

Date Filed & Fee Paid
Date Hearing Scheduled 6/7/21
Sign Deposit Paid On
Will Post Own
Sign Taken On
Sign Inspected on Site

Exact Location of Property Involved 237 Mountain Rd
Assessor's Key #
Legal Property Owner Robert Spiller

Under the provisions of Section 8-7, Connecticut General Statutes, the undersigned hereby appeals:

- 1. For relief (a variance) from the restrictions imposed in Section(s) of the Glastonbury Zoning Regulations.
2. For a special exception as provided in Section of the Glastonbury Zoning Regulations.
3. From an adverse ruling by the Building Official, Glastonbury.
4. For the approval required by the State of Connecticut agency named below.

Describe in detail (in space provided on page 2 or on a separate sheet) what it is you want to do. State why this violates the Section(s) of the Glastonbury Zoning Regulations cited above.

We/I hereby depose and say that all the above statements contained in any papers submitted herewith are true to the best of my knowledge and belief.

Crystal Kelley
Applicant

Robert Spiller
Owner, If Not Applicant (Required)

10/12/2020
Date

10/13/2020
Date

SEE PERTINENT INFORMATION ON NEXT PAGE



5/19/2021

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on cardiovascular and metabolic parameters. *European Journal of Applied Physiology*, 111(11), 2845-2853.

Kotera, Y., Richardson, M., & Sheffield, D. (2020). Effects of shinrin-yoku (forest bathing) and nature therapy on mental health: A systematic review and meta-analysis. *International Journal of Mental Health and Addiction*, 1-25.

Chen, H. T., Yu, C. P., & Lee, H. Y. (2018). The effects of forest bathing on stress recovery: Evidence from middle-aged females of Taiwan. *Forests*, 9(7), 403.

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Li, Q. (2020). Introduction of forest medicine: Effects of forest bathing shinrin-yoku on human health. In *Forests for Public Health* (p. 2-30), edited by Gallis, C. & Shin, W.S. Cambridge Scholars Publishing.

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ADVERTISEMENT

In consideration for the application for variance from Glastonbury Zoning Regulations Sections 7.1.b.22.a and 7.1.b.2.i:

My name is Crystal M. Kelley. I am a resident at 237 Mountain Rd. Glastonbury, CT 06033. I am writing to apply for a variance from the town regulations concerning the home office occupation for the residence. This document is in reference to the criteria stated in the Glastonbury Zoning Regulations Section 7.1.b.2.a and Section 7.1.b.2.i. I will list each section with its compliance information or the variance that I am requesting.

Firstly, Akina Naturale LLC is a support-based service provider for people in the local area, as well as the online environment. I am a life coach, a doula, and a mentor and teacher for environmentally conscious people. I intend to hold personal coaching sessions, small support groups and educational presentations at this location. Most of my doula work is entirely online. I plan to have a maximum of 10 participants at any indoor group activity and 16 at any outdoor events.

Section 7.1.b.2.a.1. states that the business will utilize only the enclosed portions of the structure for business purposes. I wish to request a variance to this condition. My business is nature-based, meaning that its mission is to connect people to themselves and others through interaction with nature and connection with others who have similarly earth-based interests. As a life-coach, my personal method of coaching is heavily focused on connecting with nature. I plan to use nature as a way to encourage compassion in the next generation; as a way to encourage stressed out parents to release their tension through digging up plants and meditating in the sunlight as well as holding support groups focused on connecting with others in the gorgeous environment that the Mountain Rd area provides. In the time of Covid-19 it seems to be critical to have outdoor access. We will not be using all of the grounds, and have many indoor activities as well. I am intending to only hold outside activities during regular daytime hours, or between 8am-8pm, whichever is first. As stated above, I intend to have a maximum of 16 participants in any outdoor activity groups, and reduce that number to 10 when indoors to accommodate the available space.

7.1.b.2.a.2. & 7.1.b.2.a.3: I, Crystal Kelley, am a lessee of the property. My lease allows full access of the property for residence and business purposes. This is my primary residence with my three children. We have lived on this property for 1 year, and intend to stay here for a minimum of 2 more years. It has been my dream for many years to own animals and teach my children about the wonders of nature and how to treat the earth and others with gentleness and compassion. This place has brought me so much peace, and my wish is to share that with the community to promote peace and compassion in a very intense and sometimes scary time. I am the teacher and the facilitator for these groups, as I am trained by Postpartum Support International and soon to be certified by Journey of Young Women. I am also training as a yoga teacher and life coach.

I do wish to request a variance from section 7.1.b.2.a.2 to allow an additional outside person (for a total of 2) to be allowed to assist on the property with business matters. For reasons of safety and security I feel it may be necessary at some time to have assistance from more than one outside resource, and will allow me to include a mentor while I am learning and practicing some new techniques and skills with participants. These individuals will only be working in conjunction with myself or another permitted individual living on the property and not holding their own classes or events.

7.1.b.2.a.4: I plan to keep my group sizes small, to ensure that the feel of the neighborhood remains that of a residential environment. The property allows for a great deal of privacy, and I am confident that our activities would not be any louder than the afternoon barbeques held by my neighbors. We will only operate during daylight hours, or as late as 8pm, whichever is earlier to reduce any disruption to the neighborhood. I hope that this can be allowed and thank you for the consideration.

There is ample parking for regular business, and plans to expand parking options in 2021. Participants will not be allowed to park on the road that encircles the property and all efforts will be made to keep all vehicles on the property and not the street.

7.1.b.2.a.5: This condition states that the maximum total space for the home office must be 25% or less of the total square footage of the home. According to the documentation received from the homeowner, the square footage of this house is 3670. In measuring the square footage of the space that I intend to use, I came to a total square footage of 846 for two rooms on the first floor and a storage space in the concrete breezeway. That comes to a total of 23% of my total available square footage.

7.1.b.2.a.6: I would request a variance from this condition, allowing the opportunity to utilize a small roadside stand for farming products that result as a byproduct of having egg-laying animals and natural resources on the property. I will follow the guidelines stated in Glastonbury Zoning Regulations Section 7.1.b.2.g concerning roadside stands.

7.1.b.2.a.7: I would request a variance from this condition if the committee feels it is appropriate. The fencing and animals that have been installed at the location are my personal pets and meat animals. To some, they are considered products, to some they are not. To me they are members of our flock, and some serve the purpose of providing eggs, while others will go to personal meat stores of myself and community members. I do not sell bulk quantities, nor do I wish to. With the struggles of the Covid-19 pandemic, there has arisen awareness of a need for locally raised meat. People are looking for locally raised animals to provide a source of food and stability for their family. As an organization that is committed to increasing the connection between people and nature, we also care a great deal about the relationship between people and the food they consume. Potential clients have expressed a desire to be able to purchase meat that is grown in local backyards. With the expenses of a small business, I am hopeful that raising animals for meat for our community will be allowed. Below I am requesting a variance from the regulation that determines the number of poultry and livestock on the property. Please reference the paragraphs below for more information about my desired meat bird sales.

My love for these birds is immense and I would desire to raise a number of birds greater than the currently allowed number regardless of their use as meat birds, simply because there are so many amazing variations of poultry. Honestly the majority of my meat birds are only here for about 6 weeks while I feed them higher protein feed and wait for a time slot to be available with the butcher. This past year getting a butcher time was fairly difficult as demand has increased with the pandemic. Other than a few more little bodies, the home would not look any different if I am not conducting this business. I believe this qualifies to fit the regulation, however as stated if the committee believes this requires a variance, I would like to request it.

7.1.b.2.a.8: The conducting of business as proposed will not create any objectionable noise, odor, vibrations, or unsightly conditions. I have been collecting and selling animals without complaint for the last year, and gatherings will not be large enough to cause a great disturbance.

7.1.b.2.a.9: We shall not create any health or safety hazard. Part of the purpose of having an additional outside worker allowed is to allow us the proper amount of support in keeping the property up to good health and safety standards.

7.1.b.2.a.10: Operations shall not create interference with radio or television reception

7.2.b.2.a.11: I would like to request a variation from this condition. Due to the layout of the property, I believe that it would be beneficial to have up to two signs allowed, one at the driveway entrance, and another at the door designated as the entrance to the business. I would only erect a sign at the driveway if people express to me that they are having trouble finding it. Given the layout of the house it is possible that people could get confused and end up wandering into the areas of the house that are residential in nature. To avoid this, it is necessary to indicate which outer door belongs to the business. For visibility (and traffic consideration) I would request each sign be able to be a size of 6sqft. I would also request a 2sqft sign on the roadside stand.

In addition to a variance from the Home Office Occupation regulations, I would also like to request a variance from the Glastonbury Residential Regulations Section 7.1.b.2.i.1 which determines the number of poultry and minimum land requirements for livestock.

As outlined in Section 7.1.b.2.i.1, it is accepted that a parcel of less than an acre is able to adequately house up to 10 poultry, excluding roosters. The property here at 237 Mountain Rd. is reported to be 4.52 acres. Using the originally stated limits, it seems reasonable that a property of 4.5 acres is able to adequately house at least 45 poultry. It is my request that the variance be allowed to allow 50 poultry to be kept on the property. While that number seems high, I ask that the committee take into consideration the type and desired outcomes of these birds.

Currently on the property I have geese, ducks, and turkeys. My egg laying poultry I consider pets, and it is only my intention to have birds on the property long-term that produce eggs. In all I hope to have 4-6 geese, 10 ducks, and 6-8 turkeys on the property full time. In 2 years I hope to be able to bring this to a bigger property.

In addition, I hope to house approximately 10-12 quail in cages in one of the fully enclosed shed. These animals are small, weighing 14oz or less each, and are kept in cages. They are not loud, and do not come out of their cages. The intention of raising quail is to provide an alternative protein source for the local community through eggs. In addition, quail are hard to raise from babies, and therefore are lucrative if you can breed and hatch them. Because they are kept in cages and do not inhabit the land, I would request that these birds be exempt from the condition of this regulation.

For the growing season between May-October eggs, ducklings, and meat ducks/turkeys are my main attraction. The process of breeding, hatching, and raising these birds provides so much fun and life learning for both my own family and my clients. My intention is to raise meat ducks as well as incubating and hatching my duck and goose eggs which will have some rare colored and in-demand ducklings. At the end of the season I would like to end up with around 20 ducks for butchering for my meat co-op. I had intended to raise about 8-10 ducklings of my own each year and take in a number of local ducks that are dumped for free by people who need to get rid of their drake ducks (males). Males are quiet and do not have a loud quack. As stated earlier, I also do not expect to have these additional ducks for a period

of time greater than 6 weeks. These meat practices will be under 100 sales, qualifying as person to person sales and being exempt from requiring USDA inspection. All butchering and distribution will happen off the property.

For the consideration of newly hatched quail keets, ducklings, and goslings intended for sale and not for meat I would ask that the committee waive their numbers from the working total. Newly hatched poultry that is not intended for meat or egg laying will not be kept for more than a maximum of 2 weeks and will be contained entirely within the enclosed area of the home.

This section, as well as section 7.1.b.2.i.2 describe the land requirements for livestock. I would like to request the variance to allow 4 hooved animals instead of the 3 currently allowed. I currently have two sheep, and in the case that my ewe becomes pregnant it is fairly likely she will have twins. As I wish to have her kept intact in 2 years it is likely that I will have 2 pregnancies. In order to not have to get rid of a baby before weaning I would like to ask for this as a temporary allowance in the case of twin birth.

I am hopeful for your positive consideration and look forward the acceptance of my application. I have loved Glastonbury for many years and hope to be able to follow my passions here while I prepare to grow my business and farm.

Thank you so much

Crystal Kelley

Akina Naturale LLC

Resources:

How Nature Heals. Psychology Today (2020)

<https://www.psychologytoday.com/us/blog/between-cultures/202011/how-nature-heals>

Kotera, Y., Richardson, M., & Sheffield, D. (2020). Effects of shinrin-yoku (forest bathing) and nature therapy on mental health: A systematic review and meta-analysis. *International Journal of Mental Health and Addiction*, 1-25.

Suburban Qail keeping video: <https://www.youtube.com/watch?v=huwuv9reXOI>

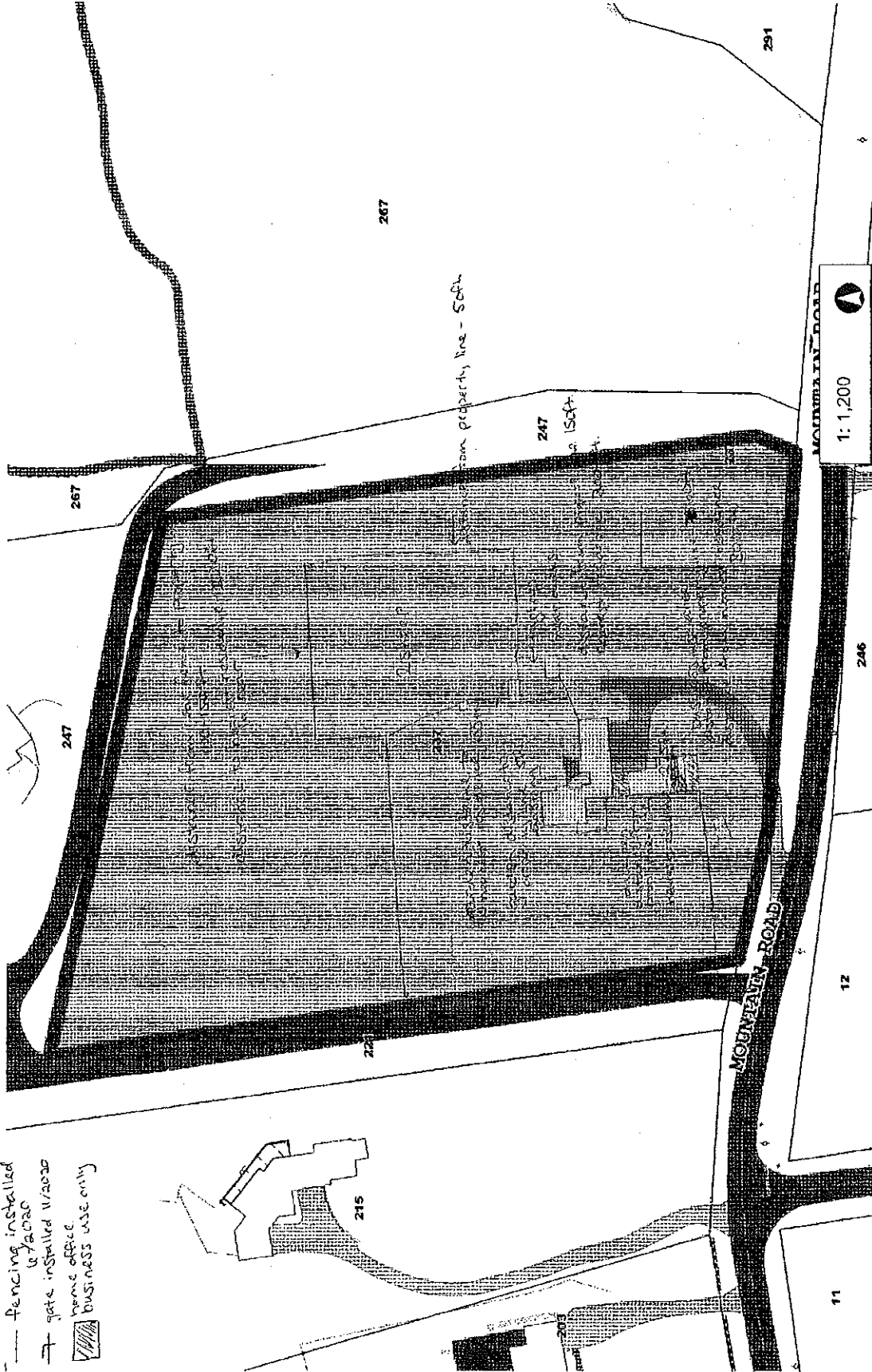
The Happy Chicken Coop. 2021. The Ultimate Guide to Raising Quail.

<https://www.thehappychickencoop.com/the-ultimate-guide-to-raising-quail/>

Town of Glastonbury GIS



- Fencing installed 6/2020
- gate installed 11/2020
- home office BUSINESS USE ONLY



1: 1,200



This map is a user generated static output from an Internet mapping site and is for reference only. Data layers that appear on this map may or may not be accurate, current, or otherwise reliable.

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NAD_1983_StatePlane_Connecticut_FIPS_0600_Feet
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Sample

Young Earth Warriors with Akina Naturale LLC.

Are you the parent of an earth-loving or sensitive child and would like to encourage their love of the world around them?

If the answer is Yes... then Young Earth Warriors may be the place for you!

Young Earth Warriors is a learning experience designed to teach children and families about the Earth around them. We offer multiple age-appropriate learning activities that will give your child a broader understanding of the world around them, as well as helping them to connect with the lessons that tending the earth and supporting her can provide. We are non-religious, nature based, but spiritually aware and focused on the lessons that the Earth teaches about compassion, love, life cycles, and finding meaning in natural connections.

Classes held at- 237 Mountain Rd. Glastonbury CT	Cost	Ages	Parent/Caregiver
Morning Meditation- 8:00am-9:30am- We will join to do a beginner style yoga flow, guided meditation, and journaling activity.	\$10/day \$40/wk	All Max: 6	Must accompany children under 6y (no charge) Welcome but not required over 6y
All Age Young Earth Warriors- 9:30-10:30am- an interactive learning experience focused on connecting with nature through story, art, and experience. Come help us tend to our animals, discover cool things about the world we live in, and learn about all the ways we can be more compassionate in our human experience and help the Earth to prosper while we grow.	\$10/day \$40/wk	All Max: 8	Must accompany children under 6y (no charge) Welcome but not required over 6y
Young Earth Warriors 11:00-12:30- An extension of Earth Warrior class for the older school age population. We will dive further into the science surrounding the topic of the week and involve in projects and activities appropriate for elementary and middle school ages.	\$15/day \$60/wk	7-14 Max: 8	Welcome but not required
Lunch Social 12:30-1:30- Eat. Talk. Play- FREE for that day's students.	\$5/day \$15/week	5-14	Welcome but not required
Afternoon Special Extended Learning- 2:00-6:00pm- Available on select days. Special arrangements to be made in person. Very limited space (* ask to be put on the email list to be informed*)	\$varies	7-14	Welcome but not required

Some of the things your child can expect to participate in are:

Feeding and changing water for the ducklings
Creating a vision board
Creating a personal art piece on canvas
Journaling

Feeding the bunnies
Planting, weeding and harvesting the garden
Creating animal toys/treats
Plant identification

And...

Nature walks
Meditation with animals
Garden preparation
Rock painting

Bracelet or keychain making
Beginner yoga flow
Guided Meditation
Drawing/Relaxation coloring

Sample

We spend a lot of time outdoors doing these activities. Participants should have appropriate clothing as they will get wet and dirty; and wear appropriate gear like rain jackets when it is expected to rain. In the winter we will go from out to inside often, Bring slippers or a spare pair of socks for indoor activities. We have a lunch hour every day from 12:30-1:30pm. This is considered the 'social hour'. Participants must bring their own lunch. Refrigeration is available.

Classes run every day, M-F. There will be no classes on Thanksgiving Day or Christmas Day. Families are welcome to participate in as many or as few days as they wish. Prices are listed for individual days, and also for full week tuition. Classes run concurrently to allow for full or half day participation without unsupervised time. Depending on enrollment class times may change by approximately half hour increments.

Week start	Theme
September 21	Fall on the Farm
September 28	Snakes & Bugs
October 5	Leaves & Trees
October 12	Animals in the Cold
October 19	Owls and other wild birds
October 26	Nighttime Exploration
November 2	Animal homes
November 9	Acorns and other seeds
November 16	Preparing for winter
November 23	The circle of life and mindful eating (no class Thursday November 26)
November 30	Staying healthy and warm
December 7	Art in Nature
December 14	Snow science
December 21	Welcoming Winter(no class Friday Dec 25)

To enroll, please email Crystal at akina.naturale@gmail.com. Payment can be made in cash, check, or Paypal/Venmo.

This is also the best contact for questions! If you need to speak to Crystal personally, please email with your phone number and best time to reach you. Crystal holds business hours from 9am-4pm. Emails will be returned as soon as possible. If texting works for you, please indicate that in your email. Text is the fastest way to reach Crystal.

Please note that we are an inclusive community. We have staff and students that live many truths. Some may not be able or willing to wear a mask. It is not the intent of Akina Naturale to police people in their compliance of state policy (not law). We expect that the farm is a safe place, and that the individuals accept responsibility for their own health. There will be no judgement if you choose to mask or not, or participate in any part of the class activities.

In the event that full-day care is needed, please contact Crystal directly at akina.naturale@gmail.com I am looking to coordinate afternoon care with a few local parents.

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Find a Therapist (City or Zip)



Marianna Pogosyan Ph.D.
Between Cultures

How Nature Heals

The benefits of forest bathing.

Posted November 19, 2020

Reviewed by Kaja Perina



Source: CC0/Unsplash/David-Wirzba

Among all their marvels, trees are good listeners. They stand silently and courteously, holding space for all our thoughts — the happy ones and the sad ones. They've learned mercy, they've earned wisdom, from observing life unfold. They've seen and

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Beetles will poke their curious heads out of cracked bark and damp soil. But the trees, unperturbed and dignified, will keep listening to our stories, even before we put them into words.

For thousands of years, humans have turned to Nature for their ailments. By now, the benefits of pulling away from the grip of our stressful, urban lifestyles and stepping into the arms of Nature are well documented by science. Take, for example, the growing popularity of *shinrin yoku* or forest bathing. In recent years, countless forest-goers around the world have been enjoying the therapeutic effects of this Japanese practice. Whether they come in groups or alone, in Europe or in Asia — the forests reward their visitors. As writer John Muir penned, “In every walk with Nature one receives far more than he seeks.”

As a forest therapy practitioner from Ireland, Shirley Gleeson regularly witnesses some of these well-being effects firsthand. Gleeson sees her role as a facilitator, helping her clients establish a deep connection with Nature. Her biggest lesson, she tells me, is to know when to get out of the way and let Nature do its work. “I may have a whole outdoor session planned and the group just wants to lie in the moss or sit with a tree,” she says.

At first glance, forest bathing might look similar to the leisurely Nature visits you indulge in on sunny weekends. It’s the same walk, along the same trails, with the same hiking shoes strapped on your feet. But there is a twist: The roles between you and the forest are reversed. Now, you are the listener. Now, you are the one offering the woods your dotting presence. It’s usually the treetops that keep an eye over you as you trudge through labyrinths of ancient roots and pass by the rumbling creek that

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Now, you are there, truly there, to hear the trees and to taste the air.

What happens next?

After initial self-consciousness, forest-bathers appear to let go of their everyday roles and just *be*, observes Gleeson. The sights, smells, and sounds of the forest might bring up happy childhood memories of possibilities and imagination. Various emotions might arise — playfulness, joy, creativity, sometimes even sadness from the realization that “they had not laid on the forest floor or felt the rain on their faces since they were children,” notes Gleeson. Overall, as mental chatter subsides and clarity settles, her group leaves the forest “lighter, smiling, and rejuvenated.”



Source: CC0/Unsplash/eleonora-albasi

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splendor of the Japanese forests. In the past 13 years, she has guided over 2000 people to experience the wonders of *shinrin yoku*. "The most important thing is to relax in the forest," she says. That makes it easier to enjoy the forest as a multisensory feast. In the meantime, while our senses are absorbed in smelling, seeing, hearing, touching, tasting the Nature around us, a cascade of health benefits floods through our minds and bodies.

ARTICLE CONTINUES AFTER ADVERTISEMENT

According to **research**, the benefits of forest bathing are far-ranging. For example, forest bathing has been shown to:

1. Increase the activity and number of **immune cells** that are important for fighting viruses, bacteria, and even tumors. Studies show that higher levels of these "natural killer" cell activity is associated with **reduced** cancer risk.
2. Reduce **blood pressure** and heart rate, thus have preventative effects on hypertension
3. Reduce **blood glucose** levels in type 2 diabetes patients

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properties (DHEA-S)

5. Balance the **nervous system**, by increasing the activity of the parasympathetic nervous system, and dampening the activity of the sympathetic nervous system
6. Reduce stress hormones, such as **adrenaline** and **cortisol**
7. Reduce anxiety, depression, anger, mental fatigue
8. Increase **vigor**
9. Improve **creativity**
10. Improve sleep quality
11. One of the mechanisms that facilitate these therapeutic benefits comes directly from the forest air itself. Phytoncides are volatile organic compounds that are exuded from trees and plants and act as protective agents against harmful insects. Inhaling these natural forest fragrances drives some of the **positive effects** of the forest on our physiological functioning.

Then there is the enchanting beauty of Nature.

"Sometimes it is like stepping into another world where time seems to slow down, and endless possibilities emerge," says Gleeson. Entering "forest time" prompts our bodies to get attuned to the rhythms of Nature, Gleeson explains, calming and slowing our minds, refreshing our spirits. Perhaps that's the secret of Nature that poets have urged us to embrace: patience.

If you are thinking of giving forest bathing a try, Gleeson has these practical tips:

- Turn off your phone

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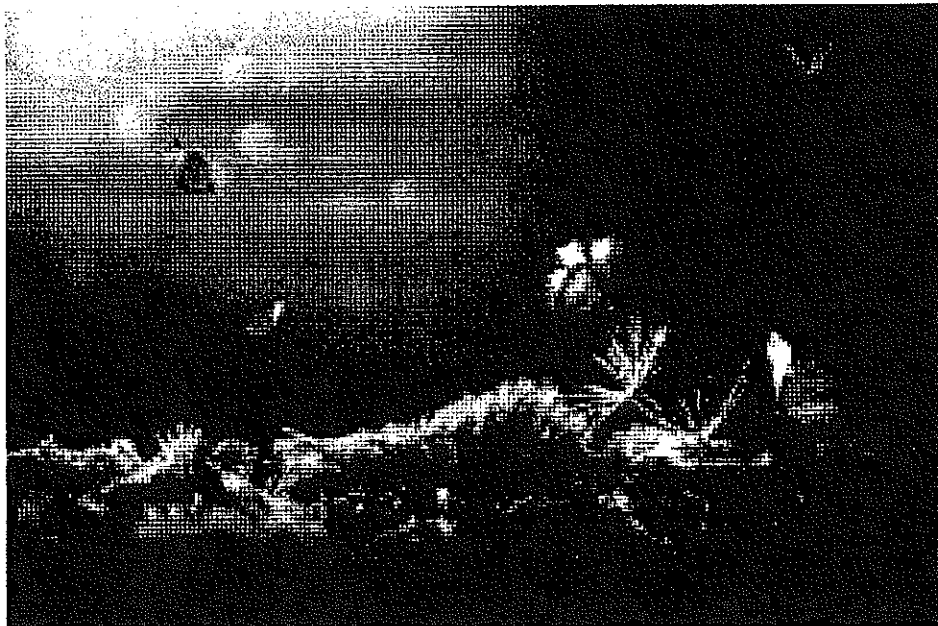
How Nature Heals | Psychology Today

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Go to the forest with an open mind and an open heart.

- Engage all your senses
- Don't get surprised if initially, some frustrations arise, especially if you are a very active person (slowing down can do that)
- Give yourself permission to take time out for yourself, without having to achieve any goals
- Let the forest do the work

Sometimes, the awe that the forest's wilderness can evoke in humans is similar to that of the boundless, star-scattered night sky. There is a mystery in the presence of Nature's majesty, an inkling of something bigger than ourselves, an awareness of not-knowing. But unlike other mysteries, Nature leaves us with profound feelings of belonging. For Ono, *that* — the fact that we are part of Nature — is the biggest lesson from the forest.



Source: CC0/Pixabay/Pete Linforth

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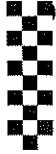
US

homecoming. And if you find yourself enthralled by the forest's welcome, looking for ways to grasp on to the magic around you, keep in mind Ono's gentle advice: "Try not to gain from the forest, but instead, to notice the changes within you." Those changes might just be a sign that the magic has found you.

*Many thanks to Shirley Gleeson and Nagisa Ono for their time and insights. Shirley Gleeson is a Nature & Wellbeing Consultant, the Director of **Ecowellness Consulting Ltd.** and the Co-Founder of the Forest Therapy Institute. Nagisa Ono is a Forest Therapist and the Executive Director of **Future With Forest Association.***

References

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From: Staples Print and Marketing Services

To: ATTN Peter Carey ZONING

Memo: Crystal Kelley application for variance from residential regulation for next public meeting