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It's in this green and quiet place that I sometimes get a chance to hear my heartbeat. I hope others take the time to listen with their hearts and hear the peace that this space brings.

— **JOURNAL ENTRY** FROM THE TKF BENCH
AT THE KIDS ON THE HILL

 **THE TKF FOUNDATION IN MARYLAND** funds small oases of greenery in Baltimore, Ann Arundel County, Maryland, and Washington, D.C. (tkffd.org). The 130 sites vary from gardens in corrections facilities and hospitals to an outdoor sculpture gallery constructed by inner-city youth. Many have a weather-proof journal in which visitors can write. The journals speak volumes about the restorative nature of these places.