

## Walking On A Lovely Autumn Day

*By Marilyn Reeves*

Sometimes I get so tied up in knots over all the terrible things that have been happening this year: devastating fires, hurricanes and floods, people fighting in the streets, people arguing over politics – not to mention the Pandemic that has devastated everybody's lives – I'd like to rip the calendar for 2020 off the wall and toss it in the trash can!

Often what I need is just to go outside for a while. Get away from my own negativity, and hopefully walk off some of my angst and frustration. So I put on my mask, go downstairs and step outside the door.

The first thing I notice is the sky. The wind has apparently shifted, as the hazy gray skies we've been experiencing from all those terrible wildfires to our north and out west have given way to a lovely shade of blue. Such a welcome sight! As a Colorado girl, I've been spoiled to blue skies most of the days of my life and I have missed them.

I see the leaves changing color. So many different kinds of trees here at Windsor Gardens. So many different colors in the leaves. There's a sort of sweet melancholy in the fall. Letting go of the lush green of hot summer days is a bit sad, but we are compensated by the mild weather and radiant colors of autumn. It is often the most beautiful time of the year.

I'm delighted to see that the flowerbeds managed to survive that early winter storm that came out of nowhere back in September. I had feared they might all be devastated by the sudden freeze, but most of the flowers have survived. My building was blessed this year with an especially pretty arrangement of colors in the garden on our front lawn – a mix of different shades of purple contrasting with bright yellow marigolds, and patches of some lacy-looking, silver-leafed border plant. I don't know what it's called, but it added the perfect touch to an already perfect garden.

Some woman walks by with a little black puppy, scampering helter-skelter and tugging at its leash. So cute! I see many small dogs in our neighborhood, but rarely see a young puppy. I'd love to crouch down and pet it, but due to Covid, I merely tell the lady from a distance how cute her puppy is. Seeing it has really made my day!

I find the exercise of walking helps give me a boost as well. I don't get out and walk nearly as often as I should, but when I do it always helps me feel better. By the time I get back home I'm a bit winded, but somehow my mood has changed. I've forgotten all the troubles of the world for a while. There is a healing power in the beauty of nature, and a new sense of hope that despite all the problems we are currently facing, I believe this old world will keep on turning and we'll get through it all somehow.