

Eye on Del Norte: New Year's Resolutions: Are we serious yet?

January 11, 2023



Happy New Year wishes for 2023. It's hard to believe, tempus fugit and poof, it's a new year.

It's about this time each of us declares our New Year's resolutions: losing ten pounds, cutting down on sugar intake, being more tolerant of those we don't agree with, doing more exercise, ignoring our emails for just one day, volunteer in the community, the list of changes to embrace our faults is endless.

By Presidents Day, most of us will have broken our resolution promises and reverted to our old lovable and flawed selves. Life goes on.

I do have a resolution and appreciate your allowing me to share it with you.

Please join me in starting a walking club. Former Triplicate editor Richard Wiens shared his passion for hiking. Wiens' noteworthy Triplicate features on area hikes was an absolute pleasure to read. Wiens was a

veritable encyclopedia of cool walks and hikes in Del Norte and Curry counties. Wiens has returned from Hawaii and I hope he'll share his knowledge of area hikes.

Let's organize a walking group. All are welcome...Seniors, teens and in-between are welcome.

My interest in low stress impact walking is long-standing. As a former 5k, 10k and occasional half-marathoner, I've come to the realization after seven and a half decades on this Earth, I need to seek other avenues to vent my energy.

After learning about the newly-dedicated Hiouchi Trail, Angela and I drove out to the .8 mile dog-friendly Trail to experience the walk.

Delightful was the underscored adjective describing the walk from the Hiouchi Café to the Jed Smith State and National Park, and walk-back.

Recognition and appreciation for the Hiouchi Trail goes to State and National Parks, the Tolowa dee-ni nation and the Smith River Alliance.

My Resolution for 2023 is to organize a walking event from the Hiouchi Café to Jed Smith Park, along the Hiouchi Trail. With the help of an engaged public, other walks can be organized in subsequent weeks.

Our first walk will be along the Hiouchi Trail, Saturday, January 21 at 10AM, weather permitting. Meet on the south side of the Hiouchi Café for the 1.6 mile (RT) walk.

Those who wish to join us for coffee or breakfast, please do after our light hike. Hiouchi Trail is dog-friendly. Bring your pooch and leash.

Help me make good on my New Year's resolution. Let's circulate the blood and pump our hearts a bit and consume all the natural beauty which surrounds us.

EYE ON DEL NORTE

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