



WHEN A CITY GIRL *goes country*

By Annette Bridges

The Grand Canyon

I never want to believe it's too late to do something I've always wanted to do.

So what if I have aches and pains? I've always said I can hurt anywhere, so why not enjoy a beautiful view while I hurt? Somehow, my pain always seems to fade when breath-taking scenery captures my full attention.

You've probably heard the old adage: Don't worry about what you can't change—focus on what you can.

I may not be able to stop every pain, but I can keep going in spite of it. I refuse to let pain keep me from living fully. Who's with me?

Thoughts and memories of my dear mamma inspire and encourage me as I walk through this season of life.

She used to say, "Gotta keep going, doing, moving"—whatever action word fit best for what she needed to tell herself.

I still giggle thinking about all the conversations my husband and I had about my mam-ma and her hubby going somewhere every single day, right up until their health finally slowed them down.

He would ask me why they did it, and my answer was always the same: "Because they can!"

I knew my mamma would keep going, doing, and moving as long as she could—and she did!

I visited the Grand Canyon as a young child with my mom, but my husband had never been. It remained high on his bucket list.

As we considered how to celebrate a pretty big milestone—our



(Photo courtesy of Annette Bridges)

43rd wedding anniversary—it only seemed right that a big anniversary needed a grand celebration.

And what could be bigger or grander than the Grand Canyon? At some point, "someday" has to become "today." No more waiting to check off a bucket list dream!

The Grand Canyon did not disappoint.

When I first caught sight of it, "breathtaking" was no exaggeration. Quite literally! My eyes filled with tears as I placed my hand over my heart and exclaimed, "Oh my good-ness!"

We both completely, totally, absolutely believe everyone should experience the Grand Canyon!

It's a view not to be missed, no matter your age or stage in life. Many stunning sights can be seen along the Rim Trail, whether you're walking or even in a wheelchair.

We also took the Grand Canyon tour buses to all the points not accessible on foot, and we drove the east side of the canyon as well—something else we believe should not be missed. Absolutely stunning!

For our anniversary dinner,

we enjoyed an incredible meal at the El Tovar Hotel, perched right on the canyon's rim. It was extra special to me because my grandmother stayed there in its early years.

El Tovar first opened its doors in 1905, and I couldn't help but imagine her walking and dining in the same place all those years ago.

If you haven't been to the Grand Canyon yet—go, go, GO!

Move whatever is on your "someday" list to your "do now" list. It's not too late to chase your dreams, even if you have to move a little slower while doing it.