

We all know the importance of regular exercise. With my running days behind me I had to switch to new ways to keep myself fit. When I began daily walks, the slower pace allowed me the luxury of enjoying nature. Everyone is busy raising families and working. When was the last time you stopped to enjoy the beauty of a flower or a bird wading through your backyard pond?

BECKY'S LENS



Honestly, I didn't take the time until I got a camera and daily exercise became an adventure instead of a chore. I was amazed at what's out there if you take the time to look. People ask how I managed to get a particular shot or where I go to find a specific animal. There's no secret, just a whole lot of walking and even more patience. Here's my take on the three photos following this page...



I know, everyone hates the Canada Goose! Well, everyone except me. Yes they make a mess but they're here to stay and it's a mess your water hose can quickly resolve. And no, I'm not suggesting you spray the goose. You do have to admit a photo of a fluffy juvenile behind and the detail of that foot is pretty cute. Don't hate me! Embrace the goose and hose the poop!



Sometimes I just notice a blue hat, which draws my eye to those cute little dogs saying hello. While I personally don't recommend wading in the spring this moment made for a beautiful photo. It's always fun to capture the moment, even though we've never met that lady and two dogs made my day. I wish I'd gotten her contact information in order to share with her.



Have you ever had a bad hair day? This snowy egret had just bathed in the pond and came up with quite a style. That side eye says it all. "Seriously," she thinks, "a picture now?" Yes, a picture and I think she looks fabulous!

You don't need to log in miles, like me, or spend countless hours waiting for that bird to fly. Just get outside even if you're only able to walk around your yard. Enjoy what our little town has to offer. If you get a good photo, I'd love to see it!

Continued









BECKY HINSON