

## Put Down the Cell Phone and Enjoy the View

By Christa LeProhon

The phrase “stop and smell the roses” has become outdated. It may



have been fine for the better part of the 20<sup>th</sup> century, but not anymore. I think “put down the cell phone and enjoy the view” is much more appropriate in the 21<sup>st</sup> century, and I’ll tell you why.

What North Carolina lacks (desperately) is save, side walked roadways, the y make up for in beautiful trails and greenways. One of my favorite running spots is a place call Lake Lynn. This is a 2

mile paved loop around a small lake. The path leads you through

cool, shaded areas and onto sunny, wooden bridges over several sections of the lake. There are houses and condos not far from the lake, so I can run alone with-

out any safety concerns.

One crisp 65 degree , late October afternoon (yes, it’s at least 65 degrees in late Oc-

tober down her) I was thoroughly enjoying my 5 mile run. Unfortunately I passed a women who was staring at the ground 6 inches in front of each step and chatting on her cell phone. At Lake Lynn! In the middle of nowhere!

This was not Michael Jordan’s agent negotiating his next Nike contract. This was not Ted Turner buying a small country. This was an average housewife out for a stroll. I couldn’t help but think “Why do you think you’re so important that you need to be doing something else at the same time?” “Does this bore you so much that you need to be doing something else at the same time?”, and “If you can’t appreciate



what’s around you, maybe you should’ve stayed home for that call.

At that moment I could feel Mother Nature looking down in shame. She had given us an absolutely perfect day and it was being completely ignored by this women. That’s when I wanted to slap the phone from her hand and say “Put down the cell phone and enjoy the view.” Then I decided she wasn’t worth ruining my perfect day, and I kept on running. •

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