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Step by step

from the editor

The re-opening of Lincoln City's trails and Open Spaces comes as welcome news to a populace that is starting to exhibit the symptoms of cabin fever.

Whether you choose to stroll on a city-maintained trail, rough it through timber lands or breathe in a lungful of ocean air by hitting the beach — the benefits of putting one foot in front of the other are not to be underestimated.

Walking is the best cure in the world for a host of lockdown-related afflictions — from boredom and anxiety to cobwebs, crankiness and the dreaded onset of pandemic poundage.

Walk on your own to find clarity of mind; stroll with a loved one to chat about something other than what's for dinner; or set forth with an app to enliven your outing by searching for hidden geocaches, collecting photos for citizen-science projects, or letting your mind wander with a podcast.

Let's all take this one step at a time.

Assistant editor Quinn