

Hiking: There’s always magic on forest trails

Continued from Page 1C

Rewards for tired legs

Walking — if not hiking — has always been a part of my life, even back when I didn’t venture out to explore all these wonderful trails. I have spent many a day walking the fields with dogs. Even in my sedentary desk-job days, when I would spend 60 hours a week on the internet, I made time most days to walk the riverbank near my home, rain or shine, to clear my head before writing.

This last decade my work has been more active — nursing is hours of walking. Amy and I have taken up running, which has improved our stamina and opened our horizons to what we are capable of achieving. True Northwest-ers, the weather doesn’t

discourage us, but we stick to lower elevations when the trails get slick and muddy. Hell is to walk with me.

As my wife and daughters can attest, my short legs still somehow stride long and quickly, trudging aggressively when there is a hill to climb. I like hiking, I like climbing a trail that curves through a forest, or under a waterfall. My favorite hikes are those that climb above tree lines at their climax, rewarding tired legs with an endless view.

Whenever we go on vacation, we find ourselves hiking.

Whether it is a Bray Cliff Walk on the coast of Ireland, or the Wasserfallstieg in the Black Forest of Germany, or the Stone Mountain trail of North Carolina, it seems we always find a hike whenever we travel.

We have only begun

Yet Amy and I find we don’t need to travel far to find great hikes. Some of the most amazing trails are right in our backyard. Washington and Oregon parks are filled with paved paths through the dunes and along the coast for those days when we’d rather hike on flat trails with the music of ocean waves crashing in our ears. The paved trails at Fort Stevens are wonderful and take you through all sorts of habitats.

As our legs have grown stronger, we have become more ambitious, climbing to the top of Sleeping Beauty on Mount Adams, where you are so high you can see the wheat fields of Oregon from its rocky top. Just a year ago, we were at Coldwater Lake on Mount St. Helens exploring the fall col-

ors under a bluebird sky. We were unable to hike the whole loop, so that gives us an excuse to go back.

Last spring, Amy and I finally conquered a wildflower-crowned Saddle Mountain, the clouds clearing as we ate a lunch of apples at the top of the world.

We have only begun to hike.

We have a running list of trails that we want to explore and, God willing, have years to explore.

Four decades later, my dad is still hiking miles at a time, still climbing mountains when he can. Sitting in a car is harder on him than putting a half-dozen miles under his 80-year-old feet. More often he takes the dogs for a hike on the trails behind his house.

There is always a bit of



Courtesy Ed Hunt

Hiking in the Black Forest of Germany.

magic on a trail through the forest, whether it is behind your house or halfway around

the world. It is always a good day for a hike.

THE DAILY ASTORIAN TV SCHEDULE														Evening listings FRIDAY—SUNDAY	
FRIDAY EVENING														OCTOBER 5	
A - Charter Astoria/ Seaside - L - Charter Long Beach															
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
2	KATU	(2) KATU News at 6 (N)		Jeopardy! (N)	Wheel Fortune (N)	The Boat (SP) (N)	Speechless (SP) (N)	Child Support (SP) (N)		20/20		News (N)	(35) H.S. Blitz		
5	KOMO	(4) KOMO 4 News (N)		Wheel Fortune (N)	Jeopardy! (N)	The Boat (SP) (N)	Speechless (SP) (N)	Child Support (SP) (N)		20/20		KOMO 4 News (N)	(35) Jimmy Kimmel		
6	KING	(5) NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Manifest "Reentry"		New Amsterdam "Rituals"		Dateline NBC		KING 5 News (N)	(35) Tonight Show		
6	KOIN	(7) KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight (N)	MacGyver (N)		Hawaii Five-0 (N)		Blue Bloods "Meet the New Boss" (N)		News (N)	(35) Colbert		
6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	MacGyver (N)		Hawaii Five-0 (N)		Blue Bloods "Meet the New Boss" (N)		KIRO 7 News (N)	(35) Colbert		
8	KGW	(3) KGW News at 6:00 p.m. (N)		Tonight Cassidy	Inside Edition	Manifest "Reentry"		New Amsterdam "Rituals"		Dateline NBC		News (N)	(35) Tonight Show		
9	KRCW	(3) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Illusion (SF) (N)	Masters of Illusion	Penn&Teller "Let's Hear It for the Kids"	News (N)	Friends	Two and a Half	Two and a Half	Two and a Half		
10	KOPB	(10) Lost L.A.	Business (N)	PBS NewsHour (N)		800 Words		Hinterland 1/2	(45) Hinter "The Tale of Nant Gwrthymr" (35) Silent Witness		Coup de Grace 1/2	(25) Silent Witness			
12	KPTV	(12) News (N)	Timbers in 30	Family Feud	Family Feud	Last Man St. (N)	The Cool Kids (N)	Hell's Kitchen "A Fond Farewell" (N)	News (N)	Fri Night	News (N)	Page Six TV			
13	KPDx	(3) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Prime News (N)		Prime News (N)	Big Bang Theory	Family Guy	American Dad!	The Game			
13	KCPQ	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Last Man St. (N)	The Cool Kids (N)	Hell's Kitchen "A Fond Farewell" (N)	Q13 NEWS AT 10 (N)		Talkin' Huskies!	Most Wanted			
20	TBS	(20) (5:30) MLB Baseball	American League Division Series (L)					Inside MLB	ELeague		Seinfeld	Seinfeld	American Dad!		
2	KZJO	(22) Black-ish	Black-ish	Mom	Modern Family	Mom	Modern Family	Q13 News at 9 (N)	Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half	Two and a Half		
29	ESPN	(29) (4:00) NCAA Football	Ga.T.L.ville (L)	NBA Countdown	NBA Basketball	Pre-season Sacramento Kings vs. Golden State	Warriors Site: KeyArena (L)			SportsCenter (N)		SportsCenter (N)			
29	ESPN2	(30) NCAA Football	Utah State at BYU Site: Lovell Edwards Stadium -- Provo, Utah (L)					SportsCenter (N)		Baseball Tonight (L)		(55) F1 Racing Japanese Grand Prix (L)			
31	NICK	(31) The Loud House	The Loud House	The Loud House	The Loud House	Double Dare	Double Dare	To Be Announced				Friends	(35) Friends		
32	DISN	(32) (55) TBA (7:20) To Be Announced				DuckTales	StarWarsDestiny	To Be Announced		(40) DuckTales		(10) TBA	(35) TBA		
34	FAM	(34) (10) +++ The Addams Family '91 Raul Julia, Christopher Lloyd, Anjelica Huston.				(20) +++ The Goonies (1985, Adventure) Corey Feldman, Josh Brolin, Sean Astin.						The 700 Club			
35	FMC	(35) Movie	(25) Dracula Untold '14, Fantasy Sarah Gadon, Luke Evans.			(15) FXM Presents	Paranormal Activity: The Marked Ones Andrew Jacobs.	(15) FXM Presents	Poltergeist (2015, Horror) Rosemarie DeWitt, Sam Rockwell.						
36	LIFE	(36) The Closer "Time Bomb"		The Closer "Good Faith"		The Closer "Junk in the Trunk"		The Closer "Power of Attorney"	(05) The Closer "Fate Line"		(05) The Closer "Double Blind"				
38	ROOT	(38) The Fantasy Football Hour		FootballWeek (N)	Press Pass	Press Pass	H.S. Football Camas vs. Sumner					UFC UFC 210			
39	FS1	(39) (5:30) CONCACAF Soccer Championship	Canada vs Jamaica (L)	NHRA Drag Racing	Texas FallNationals	CFB: Inside Slant	Weigh-In "229: Khabib vs. McGregor"	Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.							
43	SPIKE	(43) Mom	Mom	+++ Pitch Perfect (2012, Comedy) Brittany Snow, Rebel Wilson, Anna Kendrick.				++ Horrible Bosses (2011, Comedy) Charlie Day, Jason Sudeikis, Jason Bateman.							
44	COM	(44) (15) The Office	(50) The Office	(25) The Office	The Office	To Be Announced						Kevin Hart-Level	Chappelle's Show		
45	HIST	(45) Ancient Aliens "Voices of the Gods"	Ancient Aliens "Russia Declassified"		Ancient Aliens "The Next Humans" (N)	Ancient Aliens: Declassified "The Artificial Human" (N)				(05) Aliens "Alien Devastations" (N)					
46	A&E	(46) (5:00) Live PD				Live PD (05) Live PD "Rewind"	Live PD Live access inside the country's busiest police forces. (L)								
47	TLC	(47) Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	90 Day Fiancé: Before the 90 Days - Extended "The Things We Do For Love" (N)	To Be Announced			(05) 90 Day Fiancé "Love and War"					
48	DISC	(48) Gold Parker "The Jungle Strikes Back"	BattleBots "The Tournament"		BattleBots "Championship Night" (N)	Treasure Quest: Snake Island (N)	Gold Rush "End of an Era" (N)			Gold Rush "Gold Nuggets"					
49	NGEO	(49) Drugs, Inc. "Drug Kings of New York"	Drugs, Inc. "Boston Benzo Buzz"		Life and Death Row "No Appeal"	Life and Death Row "Truth"	Pete's Dragon (2016, Adventure) Oakes Fegley, Wes Bentley, Bryce Dallas Howard.			Life and Death Row "Punishment"					
50	TNT	(50) NCIS: New Orleans "Viral"	NCIS: New Orleans "Acceptable Loss"		The Jungle Book (2016, Family) Bill Murray, Ben Kingsley, Neel Sethi.										
51	AMC	(51) (5:45) Dead	(50) The Walking Dead "Now"	(50) Dead "Always Accountable"	(50) The Walking Dead "Heads Up"	(55) The Walking Dead "Start to Finish"				(55) The Walking Dead "No Way Out"					
52	USA	(52) Law & Order: S.V.U. "Anchor"	Law & Order: S.V.U. "Quickie"		Law & Order: S.V.U. "P.C."	Law & Order: S.V.U. "Savior"	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family		
53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins "Dynamite Desserts"	Diners...Dives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins		
54	HGTV	(54) House Hunters	House Hunters	House Hunters	House Hunters	My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	Renovation (N)	House Hunters (N)	Renovation	House Hunters		
56	FX	(56) (4:00) The Amazing Spider-Man 2	+++ Captain America: The Winter Soldier		+++ Captain America: The Winter Soldier (2014, Action) Scarlett Johansson, Sebastian Stan, Chris Evans.					+++ Captain America: The Winter Soldier '14 Chris Evans.					
57	CNN	(57) Cuomo Prime Time	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	CNN Tonight With Don Lemon	Anderson Cooper 360				Cuomo Prime Time		CNN Tonight With Don Lemon			
58	FNC	(58) Hannity	The Ingraham Angle		Fox News @ Night	The Five				Hannity		The Ingraham Angle			
61	CNBC	(61) Shark Tank	Shark Tank		Shark Tank	Shark Tank				Shark Tank		Paid Program	Paid Program		
63	BRV	(63) (5:00) Shark Tank	+++ Bride Wars (2009, Comedy) Anne Hathaway, Bryan Greenberg, Kate Hudson.		+++ The Lady Vanishes '38 Margaret Lockwood, Paul Lukas, Michael Redgrave.	+++ Jeepers Creepers 3 (2017, Horror) Meg Foster, Jonathan Breck.	Z Nation (N)	C. Reunion "Salute to the Kornfield"	County Reporter	Chasing-Madison	Time Life Library				
64	TCM	(64) (5:00) Night Train to Munich													
65	SYFY	(65) (4:25) Insidious: Chapter 2													
66	RFD	(66) County Reporter	FarmHer												
SATURDAY EVENING														OCTOBER 6	
A - Charter Astoria/ Seaside - L - Charter Long Beach															
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
2	KATU	(2) (5:05) NCAA Football (L)		(20) Ford Wrap-Up	Jeopardy!	Wheel of Fortune	Paid Program	20/20		News (N)		(35) HonorWrestle			
5	KOMO	(4) (5:05) NCAA Football (L)		(20) Ford Wrap-Up	KOMO 4 News (N)	Wheel of Fortune	Jeopardy!	20/20		KOMO 4 News (N)		(35) HonorWrestle			
6	KING	(5) NBC News (N)	KING 5 News	KING Special "US Senate Debate 1" (N)	Evening	Saturday Night Live (L)		Saturday Night Live		Saturday Night Live		KING 5 News (N)	Sat. Night Live		
6	KOIN	(3) KOIN Local 6 (N)	Weekend News (N)	Entertainment Tonight Weekend	Crimestime Saturday	Crimestime Saturday	Crimestime Saturday	Crimestime Saturday		48 Hours		News (N)	(35) Amer.Ninja		
6	KIRO	(7) Weekend News (N)	KIRO 7 News (N)	Steve Raible	Right This Minute	Crimestime Saturday	Crimestime Saturday	Crimestime Saturday		48 Hours		KIRO 7 News (N)	(35) Wipeout		
6	KGW	(3) NBC News (N)	Naturally (SP) (N)	Vets Saving (N)	Champion (SP) (N)	Paid Program	Saturday Night Live (L)	Crimestime Saturday		Saturday Night Live		News (N)	Sat. Night Live		
9	KRCW	(3) Modern Family	Modern Family	Mom	Mom	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Seinfeld	Seinfeld	Impractical Jokers		
10	KOPB	(10) Great British Baking "Cakes"	Travel: ArtWolfe	Stevens' Europe		Doc Martin "The Tameness of a Wolf"	Brown "The Crackpot of the Empire"	Death in Paradise "An Artistic Murder"		Death in Paradise "An Artistic Murder"		Masterpiece Classic "Poldark"			
12	KPTV	(12) (4:30) NCAA Football (L)				Malicious (1995, Suspense) Molly Ringwald, Patrick McGaw, John Vernon.	Prime News	Prime News	10 O'Clock News (N)	10 O'Clock News (N)		Hell's Kitchen "A Fond Farewell"			
13	KPDx	(3) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Prime News		Prime News	NCIS: New Orleans "Watch Over Me"	West Coast Wrestling Connection		West Coast Wrestling Connection			
13	KCPQ	(13) (4:30) NCAA Football (L)				Seahawks	Big Bang Theory	Big Bang Theory	NCIS: New Orleans "Watch Over Me"	West Coast Wrestling Connection		West Coast Wrestling Connection			
20	TBS	(20) (5:30) MLB Baseball	American League Division Series (L)					Inside MLB	The Guest Book	Big Bang Theory	Seahawks	Hell's Kitchen "A Fond Farewell"			
2	KZJO	(22) Pawn Stars	Pawn Stars	Modern Family	Modern Family	Modern Family	Modern Family	Q13 News at 9 (N)	Seahawks	Most Wanted	Bones "The Partners in the Divorce"	Person of Interest			
29	ESPN	(29) (4:00) NCAA Football (L)	Football Score	NCAA Football (L)		SportsCenter (N)		SportsCenter (N)	F1 on the Grid	(05) F1 Auto Racing Japanese Grand Prix (L)					
29	ESPN2	(30) (4:00) NCAA Football (L)				SportsCenter (N)		SportsCenter (N)							
31	NICK	(31) The Loud House	The Loud House	Henry Danger		NickyRickyDicky	NickyRickyDicky	Full House	Full House	Full House	Full House	Friends	(35) Friends		
32	DISN	(32) (15) To Be Announced				DuckTales	To Be Announced			(15) DuckTales	(45) Stuck Middle	(10) Bunk'd	(35) Bunk'd		
34	FAM	(34) (4:55) +++ The Goonies '85, Adv) Corey Feldman, Sean Astin.	(35) +++ Hocus Pocus '93, Com) Sarah Jessica Parker, Kathy Najimy, Bette Midler.	(45) +++ Maleficent (2014, Adventure) Elle Fanning, Sharlto Copley, Angelina Jolie.	(40) +++ Sweeney Todd: The Demon Barber of Fleet Street '07 Helena Bonham Carter, Johnny Depp.										
35	FMC	(35) (5:00) Sisters (2015, Comedy) Tina Fey.	(20) Sisters (2015, Comedy) Amy Poehler, Ike Barinholtz, Tina Fey.												
36	LIFE	(36) The Bad Seed (2018, Drama) McKenna Grace, Patty McCormack, Rob Lowe.	[A Mother's Worst Fear (2018, Drama) Joey Lawrence, Lily Delamere, Katrina Begin.												
38	ROOT	(38) (3:30) Football	MLS Soccer Portland Timbers at Real Salt Lake (L)		Post-game	NCAA Football New Mexico at UNLV Site: Sam Boyd Stadium -- Las Vegas, Nev.									
39	FS1	(39) (5:00) UFC UFC 229 (L)	NCAA Football California at Arizona Site: Arizona Stadium -- Tucson, Ariz. (L)												
43	SPIKE	(43) +++ The Fast and the Furious (2001, Action) Michelle Rodriguez, Paul Walker, Vin Diesel.	+++ Two Fast Two Furious (2003, Action) Tyrese Gibson, Eva Mendes, Paul Walker.												
44	COM	(44) (5:10) To Be Announced	To Be Announced												
45	HIST	(45) Counting Cars	Counting Cars	Counting Cars "Space Racer"	Counting Cars	Counting Cars	Counting Cars "Dream Charger" (N)	(05) Counting Cars "Dad's T-Bird" (N)	(05) Forged In "Forged in Fire All Stars"						
46	A&E	(46) (5:00) Live PD				Live PD (05) Live PD "Rewind"	Live PD Live access inside the country's busiest police forces. (L)								
47	TLC	(47) Hoarding "Losing Half Myself"	Little Couple "Quack! Quack! Quack!"		The Little Couple "I'm Not a Baby!"	The Little Couple "I Love Candy!"	Little Couple "Dear Santa, I Love You"			Little Couple "Let's Go in the Snow!"		Little Couple "Let's Go in the Snow!"			
48	DISC	(48) Alaska/Frontier "Hunting Season"	Alaska/Frontier "Decision Time"		Alaska: The Last Frontier A family tries to maintain its 600-acre land.	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty				
49	NGEO	(49) Inside North Korea: Dangerous Games	Inside North Korea: Then and Now		Inside North Korea: The Kim Dynasty	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty	Michael Palin Michael Palin takes a journey through North Korea.	Inside North Korea: The Kim Dynasty				
50	TNT	(50) (5:45) The Hunger Games: Mockingjay, Part 1 '14 Jennifer Lawrence.	+++ The Hunger Games: Mockingjay, Part 2 (2015, Adventure) Donald Sutherland, Liam Hemsworth, Jennifer Lawrence.		+++ The Hunger Games: Mockingjay, Part 2 (2015, Adventure) Donald Sutherland, Liam Hemsworth, Jennifer Lawrence.										
51	AMC	(51) (5:25) Dead	(40) Walking Dead "New Best Friends"	(45) The Walking Dead "Hostiles and Calamities"	(55) The Walking Dead "Say Yes"					(55) The Walking Dead "Bury Me Here"		(55) The Walking Dead "The Other Side"			
52	USA	(52) (4:30) San Andreas Dwayne Johnson.	NCIS "Dark Secrets"	NCIS "Family Ties"	NCIS "Keep Your Friends Close"	NCIS "Keep Your Enemies Closer"				NCIS "Keep Your Enemies Closer"		G.I. Joe: Retaliation Channing Tatum.			
53	FOOD	(53) Halloween Baking "Monster Mashups"	Halloween Baking "Field of Screams"	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars	Halloween Wars		
54	HGTV	(54) Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Beachfront Hunt	Love It or List It "Kitchen Catastrophe"	Love It or List It "Second Time Selling"	BeachReno "Wowing In Wildwood" (N)	Restored (N)						
56	FX	(56) +++ X-Men: Apocalypse (2016, Action) Michael Fassbender, James McAvoy, Jennifer Lawrence.	UnitedShadesAmerica "The Border"	Watters World	UnitedShadesAmerica "The Border"	Watters World	UnitedShadesAmerica "The Border"	Watters World	UnitedShadesAmerica "The Border"	Watters World	UnitedShadesAmerica "The Border"	Watters World	UnitedShadesAmerica "The Border"		
57	CNN	(57) Anthony Bourdain "Asturias"	The Greg Gutfeld Show	Undercover Boss "True Value"	Undercover Boss "Utah Jazz"	+++ School of Rock (2003, Comedy) Joan Cusack, Mike White, Jack Black.	+++ Odds Against Tomorrow '59 Robert Ryan, Shelley Winters, Harry Belafonte.	California Split '74, Com) George Segal.							
58	FNC	(58) Justice With Judge Jeanine	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"	Undercover Celeb "Ashley Graham"		
61	CNBC	(61) Undercover Celeb "Ashley Graham"	Undercover Boss "True Value"	Undercover Boss "Utah Jazz"	Undercover Boss "Utah Jazz"	+++ School of Rock (2003, Comedy) Joan Cusack, Mike White, Jack Black.	+++ Odds Against Tomorrow '59 Robert Ryan, Shelley Winters, Harry Belafonte.	California Split '74, Com) George Segal.							
63	BRV	(63) (5:30) +++ No Strings Attached '11 Ashton Kutcher, Kevin Kline, Natalie Portman.	+++ School of Rock (2003, Comedy) Joan Cusack, Mike White, Jack Black.												
64	TCM	(64) Movie	(45) +++ Blume in Love (1973, Comedy) Susan Anspach, Kris Kristofferson, George Segal.												
65	SYFY	(65) (5:00) The Cabin in the Woods	You Might Be the Killer (2018, Horror) Keith David.												
66	RFD	(66) Opry Encore	Dailey and Vincent	Mollie B Polka Party (N)	Larry's "Darlin and Brooke Aldridge"										
SUNDAY EVENING														OCTOBER 7	
A - Charter Astoria/ Seaside - L - Charter Long Beach															
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
2	KATU	(2) KATU News at 6 (N)		America's Funniest Home Videos (											