

# Before the Fall



Photo by Emma Shupper. (She's the one on the right.)

by Reg Green

Three years ago (before I fell and broke a femur) I hiked an exhilarating three miles in the Angeles National Forest at six o'clock every morning.

Although at the edge of greater Los Angeles, where twenty million or more people live, I saw only one or two of them out there, sometimes nobody.

Those I did meet were all independent-minded, like Emma, shown above with me, who was tutoring engineering and had her own fitness business too.

So, when I got home for breakfast it was no problem if my wife asked if I'd seen anyone on the hike to say, "only the engineer."

Why bore her with details?