

# Simple Pleasures

My husband and I made a very quick overnight trip to Bella Terra North, our cabin in the White Mountains of Arizona. We have never been **that** couple who gaze into each others eyes, sit face-to-face and have lengthy conversations. We are both very busy, but when we do talk, we are more of what I would call “side-by-side” communicators. You know what I mean, right? So long car trips provide the necessary space for us to catch up with each other.

We arrived after dark and the chilly cabin called for a roaring fire. Curled up under a blanket, watching the flames and settling into the stillness of the night, I could feel the tension from the week melting away.

The next morning I woke up slightly after sunrise and got my first glimpse of the beautiful fall foliage. There is an aspen tree right outside our master bedroom and the way the sun highlighted the brilliant yellow against the cobalt blue sky was stunning. Even my old iPhone with its cracked screen was able to capture nature’s beauty.



Since this was a one night trip we had no food in the refrigerator and went out to breakfast at [La Vie Marketplace and Cafe](#). It was a stunning morning and for some reason, I feel different up here. The mountain air seems to be much cleaner and sweeter to me. I felt very happy and then, being at this stylish, well-designed restaurant, elevated my spirits



even more. I wanted to order nearly everything on the menu.

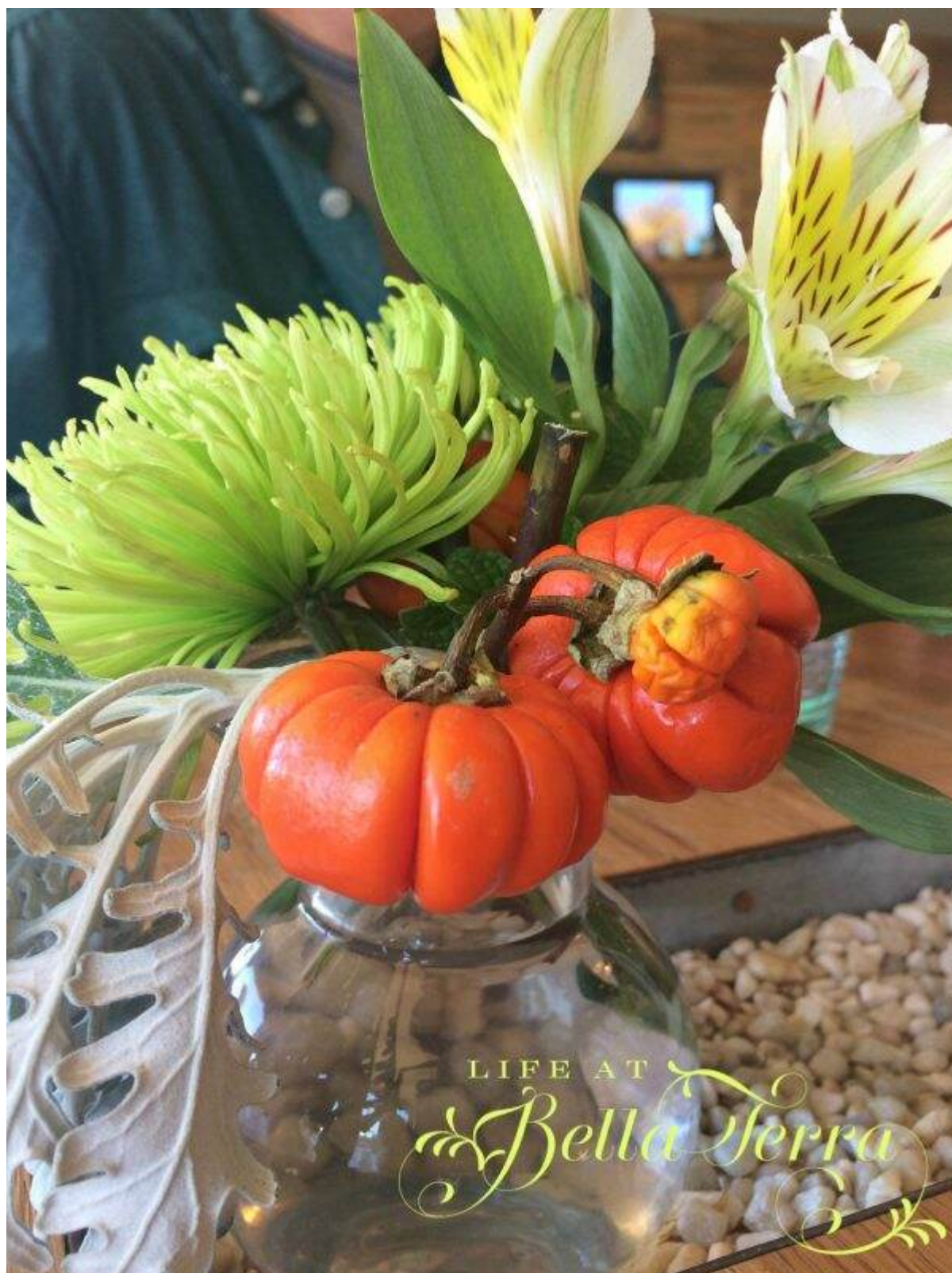


Look at those quiches! I selected the Greek quiche which was filled with creamy goat cheese, Roma tomatoes, spinach and artichoke hearts. My husband ordered the spinach and turkey one, plus we ordered their muesli which was chock full of shredded coconut, almonds and fresh berries. Thank goodness for To-Go boxes.



Even the flower arrangement on the table was adorable. Since this is also a marketplace, I was able to shop around as we waited for our food.





Look at this sinful coffee-it's a Mayan Mocha that my husband ordered which I just lusted over (it would take me a month to work off the calories).



This lovely place to gather and eat was filled with items that make my heart sing. Best of all, they carry my FAVORITE scented candle [Capri Blue Volcano.](#)

After a very civilized breakfast, we returned to the cabin to do the tasks at hand-loading up the numerous planters of geraniums to return them to the Valley before the frost set in. These are my "snowbird" geraniums-they spend the summer in the mountains and the winters in Phoenix.





Getting a change of scenery, just for one day was so restorative. The mountain air, quiet time with my husband, the beautiful fall foliage, enjoying fabulous food seemed to feed my soul. I was reminded that simple pleasures are all that we need. Slow down, be deliberate, and be thankful. At La Vie, they have this hanging on the wall. It was written by



Maya Angelou, an American poet and I believe it captures what we all may need right now.

Maya Angelou

She said, "I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have alot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

May your day be filled with simple pleasures.

*Mary*