

## Sniffler Love

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When Winter begins to fade away we know the joys (and perils) of Spring will soon be here. Fortunately, I do not suffer from allergies but I know hundreds of people who do. They are plagued with swollen eyes, red-tipped noses and frequent sneezes.

If your sweetheart is battling the sniffles, whether it be from a cold or pollen, it is an opportune time to give a little extra love.

Athena has her own tissue box on her side of the bed. It didn't take me long to disassemble the box and remove a handful of tissues. I wrote encouraging, uplifting and somewhat silly messages on several of them and returned them to the box. I glued the box back together in no time. Within a week Athena had discovered what I had done. When she pulled out that first message, instantly she forgot whatever pain she was feeling &ndash; and simply felt loved.

Laughter might be good medicine but if you combine humor with love, you have an even more potent cure.