

# CURING THE NO-SEASON BLUES BY SUZANNE SPINELLI



Most of the time I love to call family members up north and ask them "How's the weather?" I admit to feeling a little guilty pleasure when hearing about the snow, ice and freezing temperatures they endure every year, while we bask in yet another warm, sunny day. After all, it wasn't too long ago that I used to struggle out to my car on frigid

February mornings, scraping rock-hard chunks of ice off my windshield while wondering "Will this ever end?" Then it happens - spring - the season when every tree, shrub and flower pop into blooms of beautiful and sweet-smelling color.


In New Jersey, where I used to live, driving down country roads on crisp spring days was pure heaven. Puffy cumulus clouds in glowing blue skies shone over rolling, newly green fields. Hedges of brilliant yellow forsythia bloomed below cream and pink magnolia trees. We were also lucky enough to live near a daffodil and tulip bulb farm that was open to the public. Nothing pleased my family and me more than spending a lazy Saturday wandering around "oohing" and "aahing" at the tremendous variety of flowers. I also eagerly awaited the rebirth of my own garden. It was always a challenge to see which new bulbs would bloom and which ones had become rabbit and deer fodder long before spring had sprung.

Now, please believe me when I say I wouldn't trade my many Florida beach days for a return to the northeast, but the sameness of the seasons sometimes gets a little dull. When I begin

to take wearing shorts for granted and feel ho-hum about another sunny day I know I need a cure for the no-season blues. Here are some of my random suggestions for ways to bring a little of that spring-fever back into your life:

- 1) **Go fly a kite.** Pack a picnic, put the kids in the car and head to the park for an afternoon of windy weather fun.
- 2) **Send your husband or significant other a passionate love letter.** After all spring is the season of romance. So get some pretty, floral-scented notepaper and let your imagination run wild. And do give it to him or even send it in the mail - emails do not count!
- 3) **Fill your house with spring flowers.** Publix has bunches of tulips, daffodils, iris and even peonies that can all bring the scent of the season indoors.
- 4) **Cook a spring-inspired feast.** Asparagus, lamb and new potatoes are traditional spring foods and have the benefit of being delicious to boot!
- 5) **Wear flowers.** This spring's fashion magazines are filled with flower power. Whether it's as simple as pinning one to your jacket or in your hair, or adding a floral-print belt or shoes to an outfit, flowers are definitely in!
- 6) **Go for a walk.** Getting outside and enjoying a cool, early morning stroll helps to create a sense of well-being that puts a little "spring" in your step for the rest of the day.

So if like me you're feeling a need for a change in the weather, change up your life a little and celebrate the season in your own unique way!



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