



and the trees



I just have to take a few preventative measures first. (Flonase spray and chlortrimeton antihistamine)

Usually that's enough, but benedryl and decongestant are always on hand if needed.

Fortunately, the inhaler is rarely needed. Cigarette smoke is the main trigger there. Can't blame nature for that.

No, nature makes the effort worthwhile



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Gelf DANHY	MARYJEANSL Lovely pictures! I miss living in your part of the country. 2618 days ago	v
	ONESPOTLEFT love the pictures thank you 2621 days ago	V
	SUNSET09 It's simply mauvelous and for sharing! You can appreciate the wonder of it all.	V
*	GARDENCHRIS Love the picts 2621 days ago	v
0.555 Inner-collectule	DOVESEYES Beautiful thanks for posting 2621 days ago	v
The second se	PHOENIX1949 Looks like my counter top minus my Epi-Pen and medical mask. Love the plant photos. Have a row of Iris blooming along front curb line of our house. So far, just the yellow ones have opene up white, lavender, and purple 'in progress.' 2621 days ago	v ed
	ALICIA363 The grass is just starting to green around here thanks for the images of hope (and survival)! 2621 days ago	V
	TERI-RIFIC Beautiful. Loved seeing the pics. Nothing has bloomed here, yet I can't wait to see the blooms in real life. I'm glad you don't need the inhaler too much. 2621 days ago	V
	KANSASROSE67 We are just beginning to see a few daffodils and forsythia blooms. I can't wait! Spring is my favorite season. Image: Ima	V
	STRIVERONE Jealous! Those scenes are about a month off for us. I don't know what Judith would say since she is dependent on everything in your first picture and then some. 2622 days ago	V
THERE ARE SEVEN DAYS IN THE WEEK AND SOMEDAY ISN'T ONE OF THEM.	TATERCAT I love the scenes - really pretty. Spring hasn't sprung yet over here and I cannot wait for blooming flowers, shrubs, mosquitoes and flies 2622 days ago	V
	CD13758606 I am jealous. Spring had not sprung here yet 2622 days ago	v
	CD8126238 Nice blog and pictures! Rooting for you!	v

	DR1939 Beautiful photos. Can't wait until we get similar landscapes here. 2622 days ago	V
	ALIHIKES Beautiful photos! And I am feeling the allergies too 2622 days ago	V
	LEWILL1982 Beautiful pics, hope all the preventive measures work for you! 2622 days ago	V
	SLIMMERJESSE Lovely photos. 2622 days ago	V
	LINDAKAY228 Nature means so much to me too and I love to be out in the spring and the fall especially! 2622 days ago	V
	WUMPASTAR Ocooh these pictures are BEAUTIFUL! I envy you for not having snow anymore (like the normal rest of the world) I can't even jog outside yet because there's still a lot of snow. Ah we 2622 days ago	v !!
	LINDA I can't wait for spring!! Lovely photos! My worst time is now with snow mold and dust blowing in the air. Finally get days warm enough to melt everything and the wind blows up a dust storr it is too nice to stay indoors. I hear you on the smoke, every time I go home to my smoke filled apartment to shower or do I get sick -its been a relief staying at my Mom's! Enjoy your spring days (ever consider wearing a mask? I am seriously considering it) 2622 days ago	
0	ONEKIDSMOM Totally identify. The cold lasting so long here has been a blessing for my sinus passages bu when it finally springs forth with the buds? I'm right there with you! 2622 days ago	v
2	MISCHAKEO I love your pictures! I have been seeing the same blooms on my walks. It is so beautiful. I hope you are far away from smokers in your runs. Thanks for making me smile this am. 2622 days ago	V
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