

## A Good Tonic

A day in the country is a tonic for the soul. Especially in these warm pre-spring days. It's only 13 days until the arrival of this much-anticipated season. A sunny weekend in Southeast Tennessee produced some special moments:

- A sense of excitement as the earth prepared for the birth of spring.
- A gentle breeze brushing its way through green cedar trees.
- A blue sky serving as a canopy under which golden sunlight warmed bones long chilled by winter's breath.
- A brown cow chewing lazily on a cud, strolling from a watering hole to a little green clump of grass.
- The wind creating choreography of ripples on a body of water.
- Crocus, in purple and white robes, making their debut near a doorstep.
- Jonquils, in vibrant yellow, nodding and bowing to each other in a strange and entrancing rhythm.
- Birds fluttering from tree to tree in crazy, zigzag patterns that bespeak their own joy.
- Boys, skipping rocks over the water's surface and testing their marksmanship on a not-too-faraway tree.
- The throaty call of a heifer, unable to contain her own excitement.
- The swish of long limbs on a stately oak, which has long presided over these rituals, giving orchestration to it all.

As we said, a day in the country is a good tonic. One swallow can do wonders.

--Beecher Hunter