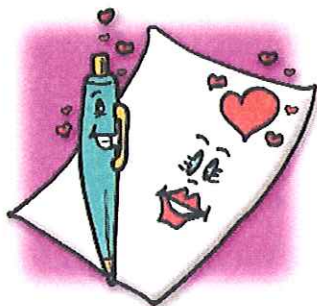


Pen a Love Letter to Your Sweetheart

If you're considering writing a love letter to your sweetheart this Valentine's Day (or any day of the year), you might want to take a look at some of the most famous love letters of all times from celebrities of their time.



The most important thing to know about love letters is that the best love letters come from the heart. You might not be able to write a poetic love letter like these, but let them inspire you to write a love letter that will also be cherished forever by the one you love. Go to <http://www.theromantic.com/LoveLetters/main.htm> to read several examples of love letters written over time by presidents, poets, and other people in history. Here is one example:

To Robert Browning:

And now listen to me in turn. You have touched me more profoundly than I thought even you could have touched me – my heart was full when you came here today. Henceforward I am yours for everything....

– Elizabeth Barrett Browning
(1806-1861)

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Learn to Laugh More Often

Laughing more often is one of the easiest ways to live healthier. It's a built-in medicine the body uses to stay healthy. When you laugh, it relaxes muscles, lowers blood pressure, and releases endorphins in the body to make you feel good. Do you need to add humor to your life? Ask yourself these questions: • Do you often go all day without laughing? • Do you find it difficult to let go of stressful thoughts? • Do you get angry often? • Do you take things too seriously? • Do you deny or block out embarrassing moments? • Do you get offended or irritated easily? If you answered "Yes" to these questions, you may need to lighten up. Expecting yourself and others to be perfect and for everything to be ideal is not only unrealistic, but it's also unhealthy. Be the first to laugh at yourself, and look for positive things that are happening in your life and the lives of others. Read the comics each day for a chuckle.

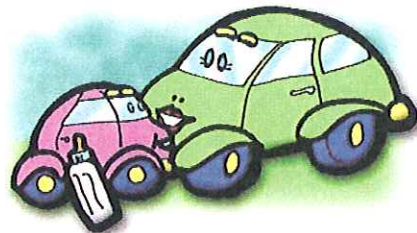
Take Interest in Your Teen

Even at a stage in life when they're determined to assert their independence, teenagers still want their parents to be involved in their lives. Spending time with your teenager is a must, but time itself isn't enough. Teenagers need parents who are "emotionally available" to listen to them and really care about them. This sense of connectedness to family is crucial for them at this stressful time in their lives. **Here are some tips:** • Realize that closeness with your teen isn't a given, but something you must earn. • Accept your teen's rapidly growing mind and body. • Increase the responsibility your teen is given. • Work to keep communication lines open.

Buckle Up Your Child

Here are safety tips from the National Safety Council on protecting your child while riding in a vehicle:

- ◆ Place children in the back seat. The back seat is generally the safest place in a crash. If your vehicle has a passenger air bag, it's essential for children 12 and under to ride in the back seat.
- ◆ Face children the right direction. Infants should ride in rear facing restraints (in the back seat) until age one and at least 20-22 lbs. Infants who weigh 20 lbs. before 1 year of age should ride in a restraint approved for higher rear facing weights. Always read your child restraint manual for instructions on properly using the restraint. Children over age one and at least 20 pounds may ride facing forward.
- ◆ Put the belt through the correct slots. If your safety seat can be used facing either way, use the correct belt path for each direction. Check the vehicle owner's manual and safety seat instruction book for guidance.
- ◆ Place harness straps snugly over the child's shoulders. Place the chest clip at armpit level.
- ◆ Keep your child in a safety seat with a full harness as long as possible, or at least until 40 pounds. Then use a belt-positioning booster seat which helps the adult lap and shoulder belt fit better. A belt-positioning booster seat is preferred for children between 40-80 pounds. It's used with the adult lap and shoulder belt.
- ◆ Never put the shoulder belt under the arm or behind the child's back. The adult lap and shoulder belt system alone won't fit most children until they're at least 4'9" tall and weigh about 80 pounds.



Source: National Safety Council, <http://www.nsc.org/traf/sbc.htm>