

Coping With the Winter Blahs

The days are short, it's academic focus week, there's a forum assembly, and it seems as if you're eating the same food for every meal. Spring Break is no where in sight. Sound familiar? If so, you have a classic case of the winter blahs.

So, what can a girl do to raise her spirits on a dreary winter's day? It may not be quite as hard as you think! Here are a few suggestions:

* Try something completely different. Take up skiing, try out a

new restaurant, or take a different way home.

* Grab a friend and take a trip to the coast for a stark, but beautiful winter weekend.

* Buy an outrageous outfit and wear it out next weekend. You may be surprised at who notices!

* Call an old friend when you have plenty of time to catch up on all their news.

* Do some volunteer work. It really makes a big difference, and you'll really enjoy it.

* Put together a photo album with all of your favorite memories.

* Pick up a good book.

The best way to overcome the winter blahs is to vary your routine a bit, and most of all to keep yourself busy and happy. It's especially important to spend a little time outside everyday, too.

Also, start making plans for Spring Break. It's really not as far away as it seems. Plus, it helps to have something fun lined up that you can look forward to.

Try to have a good attitude about all of the work that seems to keep piling up. It can really make a difference if you can get interested

in what you're learning. Another important thing to keep in mind with schoolwork is to just take everything in stride. Try to stay on top of your studies, and get extra help before you fall too far behind.

School activities can provide an outlet for fun, too. Check your calendar regularly to see what's planned. Sometimes the silliest things are the most fun!

Keep these tips in mind as you get through the winter. It will be over before too long, and beautiful Spring Break will be upon us!

HOROSCOPES

AQUARIUS (JAN 20-FEB 18) VALENTINE'S DAY WAS MADE TO ORDER FOR YOU THIS YEAR! FEBRUARY 14 FINDS YOU IN LOVE...AND HE IS DEFINITELY NOT A LOSER! ENJOY THE COLD WEATHER, IT'S A GREAT EXCUSE TO CUDDLE BY THE FIRE.

PISCES (FEB 19-MARCH 20) YOU'VE SETTLED DOWN OVER THE HOLIDAYS, AND NOW YOU'RE READY TO GIVE YOUR FULL ATTENTION TO YOUR SCHOOL WORK. BUT DON'T WORRY- YOU STILL MANAGE TO FIND TIME TO BE THE LIFE OF THE PARTY EVERY SO OFTEN!

ARIES (MARCH 21-APRIL 19) LUCKY YOU! EVERYTHING YOU TOUCH SEEMS TO TURN INTO GOLD...AND IS THAT A NEW JOB AROUND THE CORNER? ENJOY YOUR GOOD FORTUNE, BUT REMEMBER TO SAVE SOME FOR A RAINY DAY.

TAURUS (APRIL 20-MAY 20) THIS WINTER SEEMS TO BE EXTRA FRIGID FOR YOU, TAURUS. IT SEEMS LIKE YOU'VE BEEN IN ONE CONFLICT AFTER ANOTHER. BUT CHEER UP, SPRING BREAK HAS GREAT THINGS IN STORE FOR YOU!

GEMINI (MAY 21-JUNE 20) SEEMS LIKE YOU DON'T HAVE ENOUGH TIME IN YOUR DAY FOR ALL OF THE WORK THAT YOUR TEACHERS ARE PILING ON. WELL, THROW CAUTION TO THE WIND, THAT MIDWEEK BLIND DATE MAY LEAD TO SOMETHING SUPER!

CANCER (JUNE 21-JULY 22) PROTECT YOURSELF FROM FALSE FRIENDS THESE NEXT FEW WEEKS. AN OLD FRIEND WILL TURN UP TO HAUNT YOU. DON'T WORRY, THINGS WORK OUT IN YOUR FAVOR.

AQUARIUS FIGURES PROMINENTLY.

LEO (JULY 23-AUG 22) YOUR CREATIVE JUICES ARE FLOWING, LEO! TAKE ADVANTAGE OFF THEM IN A NEW WAY. THIS MAY BE YOUR LAST CHANCE TO FULFILL A CHILDHOOD DREAM.

VIRGO (AUG 23-SEPT 22) STAND YOUR GROUND, THAT AUTHORITY FIGURE THAT YOU'VE BEEN IN CONFLICT WITH IS BACKING DOWN. CAREFUL PLANNING IS A MUST; YOUR FUTURE IS IN YOUR HANDS. IS THERE A NEW LOVE INTEREST ON THE HORIZON FOR YOU?

LIBRA (SEPT 23-OCT 22) STYLE IS IMPORTANT FOR DEFINING THE NEW YOU! YOU SEE YOURSELF THROUGH THE VALENTINE'S DAY BLUES WITH A NEW SPRING WARDROBE. BE PREPARED TO ECONOMIZE FOR AWHILE, THOUGH. CANCER HAS A MESSAGE FOR YOU.

SCORPIO (OCT 23-NOV 21) FOLLOW YOUR INTUITIVE INTELLECT, BUT EXPRESS YOURSELF IN CREATIVE TERMS. TAKE THE TIME TO LISTEN TO THAT ELUSIVE STRANGER, BUT BEWARE OF THE NEWS HE'LL BRING.

SAGITTARIUS (NOV 22-DEC 21) YOUR SERIOUS SIDE HAS GONE ON VACATION. PLAY UP YOUR HUMOROUS SIDE, IT MAY ATTRACT A SPECIAL SOMEONE ON VALENTINE'S DAY!

CAPRICORN (DEC 22-JAN 19) DON'T BELIEVE EVERYTHING YOU HEAR, CAPRICORN. CHECK SOURCES CAREFULLY. DETAILS ARE NECESSITIES DURING THE COMING MONTHS. LIBRA ASKS FOR A BIG FAVOR.

