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## How do you crush winter doldrums?

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By Carlee Mayo

The fresh scent of a new year still hangs faintly in the air. The after-holiday gloom is setting in. Our fervor for those resolutions we made at the beginning of the month may be fading a little bit, and those winter blues are slowly but surely kicking in.

Now that the holidays are over and we're back at school, it's up to us to think of ways to break out of the monotony and plow right through January.

Teens from around Berks County can always find interesting ways to occupy the time.

"We attempt to make resolutions," says Jessica Alderman, a junior at Seton Home Study, who adds, "I still go sledding. I don't think you're ever too old for sledding. It's a good way to get rid of the winter doldrums and hang out with friends."

**Ayomiro Aderin, who is a sophomore at Agora Cyber Charter School,** finds great things to do indoors. "In January, I love to write," he says. "Since it is winter, there is a lot of beauty that is waiting to be written about.

"When I'm not doing schoolwork, I dedicate my time to either poetry or playing Xbox," Ayomiro says.

January is not a favorite month.

"January is really slow, and there are no holidays to break it up," says Audrey Hill, a senior at Gov. Mifflin. "I like to do different indoor activities, such as watching shows," she says, adding, "I also enjoy going outside in the snow, because it does snow a lot in January."

Although January is viewed as a time for fresh starts and beginnings, it can also bring us down after the festivities and excitement of the holidays. For some, the snow and cold bring a new time of outdoor fun with sledding and snowball fights, and for others, it's the time to hunker down and get pumped up for spring!

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