

Kid's Korner

Spring-Like Day Cures Wintertime Blues

LOU ANN GOOD
Lancaster Farming Staff
 EPHRATA (Lancaster Co.) — On Tuesday and Wednesday, outside temperatures climbed into the 60s. Children discarded winter coats; some grabbed a sweater and others thought it was warm enough without them.

Like many other children, two brothers from Lititz, took advan-

tage of the warm weather to play in their sandbox and tree house.

"I like warm weather better than snow," said eight-year-old Raymond Martin as he guided his truck through the sandpile in his backyard.

His four-year-old brother Ryan agreed.

Warm weather makes them think of swimming, riding bike

and playing in their tree house.

But warm weather isn't predicted to last. The brothers aren't so disappointed.

Raymond explained, "I like snowball battles and ice skating. When it gets dark and cold, I like to go inside and drink chocolate milk."

The boys are the children of Raymond and Debbie Martin.

Unlike Ryan and Raymond, some children are not happy in the winter.

According to an article by National Geographic News Service, one in five Americans suffer winter-time blues.

When winter comes, some children oversleep, gorge on cookies, don't want to play with friends and can't concentrate on school work.

But when the sun shines, these children change personalities. They suddenly have lots of energy and feel happy.

Doctors call this disorder SAD, it's medical terminology for seasonal affective disorder.

Studies show that few who live in Florida or other southern states are affected by the weather. The farther north people live, the more likely they are to experience winter depression.

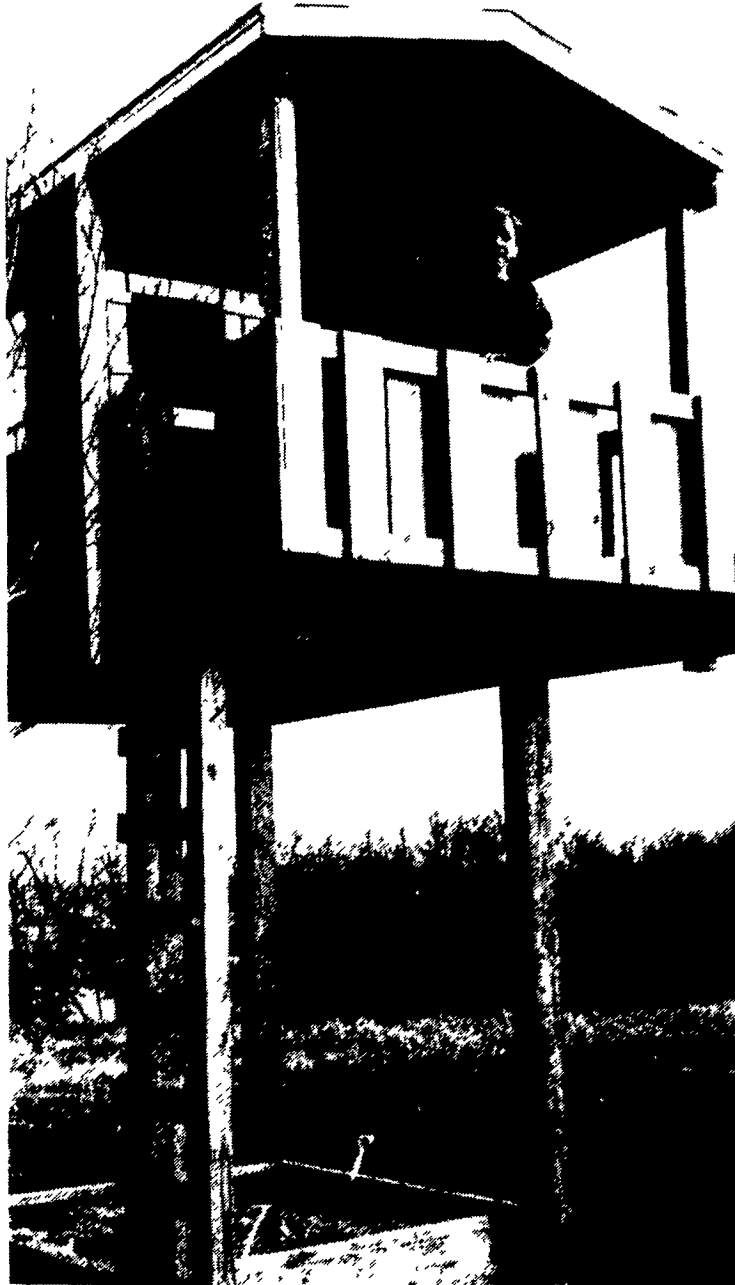
Medical researchers believe that in the absence of sunlight, some people develop abnormalities in brain chemicals.

To help cure winter depressions, researchers made a light box that costs \$400. Fluorescent tubes emit a full spectrum of light. Patients sit in front of it for 30 minutes to several hours each day. After this treatment, as many as eight out of 10 people who suffered from SAD pulled out of their depression.

Doctors said no light treatment should be tried without a physician's guidance. There is still a lot to be learned on this disorder.

This week's bright sunny weather was just what many people needed to chase the wintertime blues away.

Playing in the sunshine is much more fun than sitting under lights.



Raymond Martin found the tree house he had helped his dad build was ideal for playing in during the warm days of winter.



Ryan Martin enjoyed the spring-like breezes while swinging on Tuesday.



Sand offers endless ideas for creating farms, roads and villages. Raymond Martin of Lititz was glad for warm weather to play in the sand.



Children in Barrow, Alaska, chat in the half-light of evening. Alaska's long, dark winters produce many people who suffer from seasonal depression, an ailment linked to light deprivation.

Readers Write

Hello, Readers,

My name is Stevie. I like to help my dad. My chores are feeding the calves, the sheep, the horses and the cows. And I also help milk the cows. Sometimes in the morning, my mom helps so I can sleep longer.

My favorite collection is small tractor equipment. I also have a key chain collection. I also like to read books.

We have two dogs named Lassie and Daisy. Daisy is a little white dog. Mornings when I come out, she comes to meet me and wants me to pick her up. We can hold her like a baby. She likes to have wagon rides, too.

I have four sisters and two brothers.

I am in seventh grade at Country Side School along S. Groffdale Rd. On December 27, 28, we were skating at recess. I like reading letters in Kid's Korner.

Stevi King, age 12
 Gordonville

Dear Readers,

My name is Bobbie Butler (I am a girl). I am 8 years old. I have three sisters and me: Jennifer, 15; Melanie, 14; Dian, 9. I have three brothers, Richard, 11; Billy, 6; Michael, 3; and my mom and dad.

We live on a farm. We have eight horses. Katie and her colt; J.R., Jill, Pearl, Lucy, Lucky, Whisker; seven cows, three heifers, 1 bull and two bull calves.

We also have four dogs, Ben, Tiffany, Sadie, and Bambi. We also have cats, kittens, chickens, rabbits and ducks.

My hobbies are collecting teddy bears.

I would like a pen pal from anywhere. My address is Bruce Scudder Rd., Fleischmanns, NY 12430.

Bobbie Butler
 New York