

Instant 'BLAH' Quiz.



This quiz is not designed to give you instant blahs, but help you learn whether or not you are suffering from this mid-winter malady.

1. Do you crawl back under the covers when the alarm goes off at 7 a.m. because you could swear it's only a bit after 4 in the morning? Do you swear when you discover that it's really 7 a.m.?
2. Is your back stiff from shoveling the walk? Or is your shovel (A) broken (B) in the neighbor's locked garage, or (C) buried under that pile of snow by the back door?
3. Are you bored with television? with movies? with books? with scrabble? with your rubber duck? with people? with yourself?
4. Have you put on extra pounds that make you resemble a hibernating bear? Do you wish you could take off those extra-bare pounds with exercise usually done under sunny skies and "fair and warmer" weather?
5. Do you have a craving for sweet corn, fresh tomatoes, and/or watermelon?
6. Do you get a bit testy when you discover it is pitch dark at 6 p.m.?

If your answer to any one of these questions is "Yes" you are on the verge of a bad case of the blahs. Now that you know that you are afflicted, we want you to take heart -- a remedy is on the way. Watch your hometown newspaper for

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Therein will be complete instructions for putting the blossoms back in your cheeks and a little interest in your life. We hope the results will last until the first robin builds its nest in your hair.