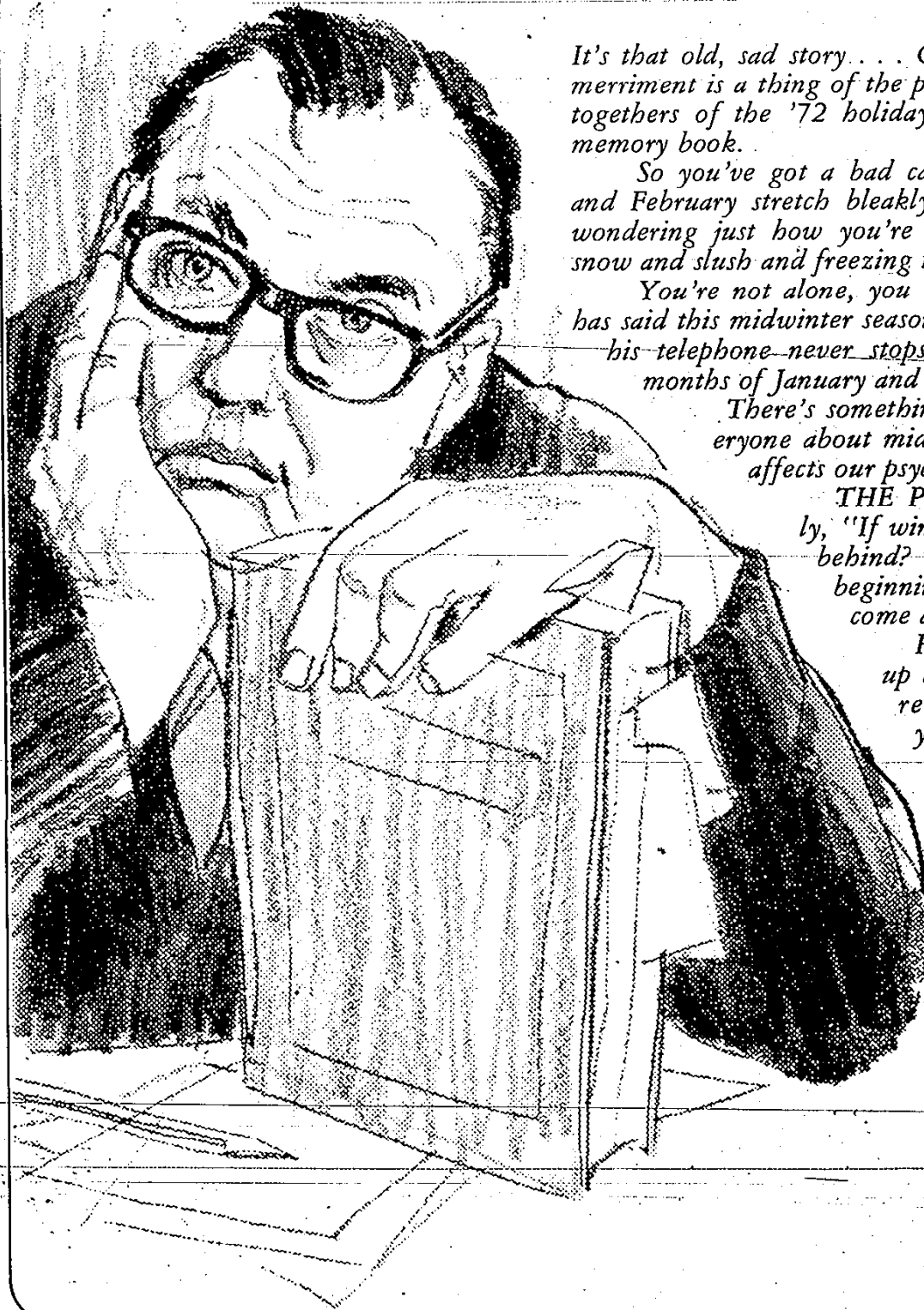


FOCUS: *Suburbia*

Beat the Blahs

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It's that old, sad story . . . Christmas with its color and merriment is a thing of the past, and the parties and get-togethers of the '72 holiday season are events in your memory book.

So you've got a bad case of "the blahs." January and February stretch bleakly ahead of you, and you're wondering just how you're going to survive still more snow and slush and freezing temperatures.

You're not alone, you know. One area psychiatrist has said this midwinter season is his busiest time and that his telephone never stops ringing during the dreary months of January and February.

There's something sad and depressing to everyone about midwinter and the grey climate affects our psyches more than we realize.

THE POET Shelley asked hopefully, "If winter comes, can spring be far behind?" But by late January, you're beginning to doubt that it will ever come at all.

How to beat the blahs? Put up a good fight and use all the resources you have to make your midwinter life as fun and interesting and colorful as you'd like it to be.

Come along with "Focus" and let us guide you through a winter that is jam-packed with a myriad of things to do and see.

Are you ready? Bid farewell to the blahs — put a smile on your face — and let's begin!