

The holidays are over so what is there to look forward to but cold weather, ice and snow for the months ahead?

Well, there's actually a lot to look forward to.

Winter is a great time to gain weight. Hide yourself under layer after layer of fabric until you have to emerge from your cotton cocoon and blossom into a butterfly of Spring once again. If you're more into sports then packing on the pounds, it's great looking forward to the Super Bowl, one of the most watched events on television. If you prefer the Arts wait another month and you have the Oscars, a celebration of the best films of the year. And as always, there's the Stonefield Ski trip in Vermont coming this February.

When you're hunkered down at home awaiting the brighter days that lie ahead, wondering what the purpose of this icy season is, remember this is a time for rest. It's a time for the Earth to sleep and prepare for renewal. Soon enough Spring will be here and with it, new life. But now is a time for conservation and contentment.; warming by the fire with a nice hot cup of cocoa. And maybe a slice of pie on the side.