

THE FIREHOUSE SCENE

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Harlem-Roscoe Fire Protection District*

January 2020

Fire Chief Don Shoevlin

Editor Sheryl Drost

Silo Fire *Page 6*

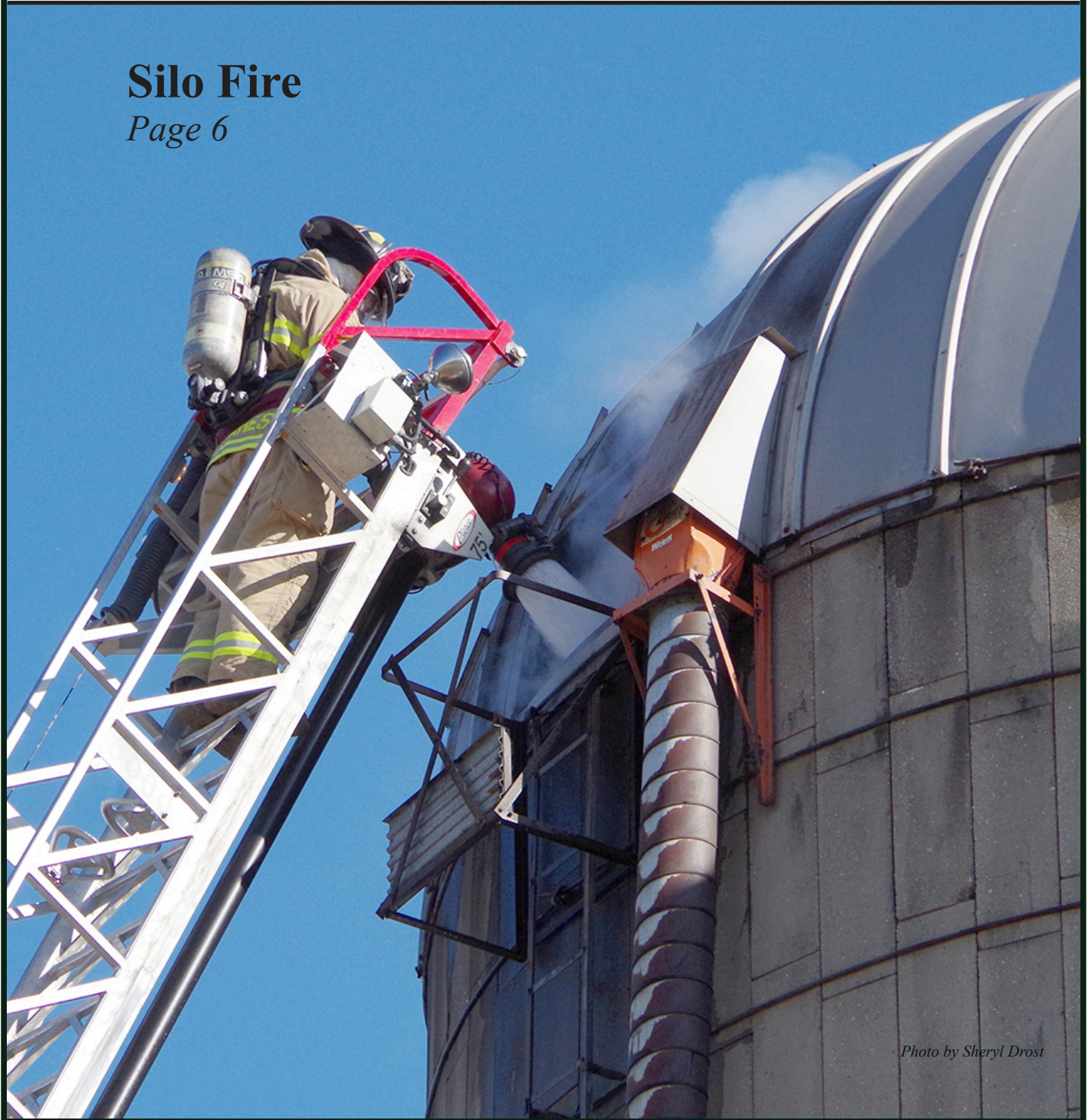


Photo by Sheryl Drost



From The Chief's Desk

By Fire Chief Don Shoevlin

As we wave goodbye to 2019, let's embrace 2020 full of energy, enthusiasm, and more positivity in our lives. I hope everyone had a safe and happy holiday season with the opportunity to spend time amongst family and friends. I also was able to play outside with all the grandkids. It was 59 degrees on Christmas day, who would of think it? Look out for this month.

A recap of our calls for 2019. We responded to 3227 calls which is a 5% increase from 2018. This is the most in our history. The calls broke down as follows; 2386 medical calls, 202 accidents, 54 fires and 585 miscellaneous calls. The miscellaneous calls are CO detectors. Smoke alarms, false fire alarms, gas leaks, wires down, public assists, etc. and mutual aid calls to other agencies.

Firefighters delivered multiple presents to 60 children in 23 families that needed a little help this holiday season in our Holiday Reindeer Family Drive (HRFD). A complete holiday meal, as well as many staples was also included for each family. It is a heart-warming feeling to continue a long tradition of Harlem Roscoe Fire of bringing smiles and tears of joy to families during the Christmas season. Thank you to all of our members for your contributions to seeing this continues, because all that support makes a significant difference to many. To all those who donated - Thank you!

I stated last month that I would share in greater depth some information on a couple of accomplishments we have obtained.

This past year we were visited by Insurance Services Office (ISO) to conduct a survey of the fire department. During the fire department survey, an ISO field representative interviews the fire chief along with visiting fire stations and other facilities, such as training grounds. They review fire station locations, apparatus, equipment carried, engine and hose tests, aerial and ground ladder tests, and training records.

ISO collects information on fire protection efforts in communities throughout the United States. In each of those communities, ISO analyzes the relevant data using their Fire Suppression Rating Schedule (FSRS). They then assign a Public Protection Classification from 1 to 10. By classifying the fire districts ability to suppress fires, ISO helps the district evaluate their fire-protection services. The program provides an objective, countrywide standard that helps fire departments in planning and budgeting for facilities, equipment, and training.

Our goal and objective is to improve on our rating which intern will lower your insurance premiums on your homeowners insurance along with assisting in our future strategic planning. We are very proud to inform you that effective 2/1/2020 we have improved our rating to a protection Classification of 2 in hydrant areas and a 5 in non-hydrant areas. Countrywide there are only 1597 departments who have achieved a Class 2 Classification.

Secondly, is the completion and placing in service of our new engine last month, which will be running out of our Fire Station #3. It is a 2019 Rosenbauer Commander Engine. It has a 1000-gallon water tank and a 1500 GPM pump. It also contains a foam system with a separate high-pressure system with foam. It contains larger compartments to be able to carry extrication and rescue equipment to initiate mitigation prior to our rescue trucks arrival. This is a great addition to our fleet of emergency vehicles and will serve the northern part of our district for many years. I would like to thank not only our communities for their continuous support, but also the firefighters who volunteered to be a part of the work group over the past two years. I can truly say it felt like a decade, but I am extremely proud of what you have accomplished.

So here we come 2020. As with the past years, it will be a year of challenges, growth and opportunity which I have no doubt that the men and women of HRFD will welcome with open arms and hearts. Over these past years, they have shown that they are resilient and adapt to change. I believe we will continue to see growth in our district and adjustments having to be made due to new legislation affecting us. As has been in the past since I became Fire Chief, I promise to remain proactive in our commitment to providing excellence, integrity, and caring in our performance of our emergency fire, medical and rescue services. We remain steadfast to our commitment statement of "A Progressive Fire Department Providing a Professional level of Service"

Lastly, I will end as I started with a challenge to us all to commit to making this a positive year. In a society where we find it so easy to place blame, criticize others, or hold anger, why can't we turn that negative energy into life positivity? So, you say what does that made up word mean? Well here it is. Positivity means thinking in an optimistic way, looking for solutions, expecting good results and success, and focusing and making life happier. It is a happy and worry-free state of mind, which looks at the bright side of life. Would you agree with me, if we all tried to be a little more conscious of this, we just might see a shift in what we are experiencing in our day to day life. We will never know the affects unless we try.

Please contact me if I can be of any service or if you may have any questions either by phone or stopping by. My door is always open. I wish everyone good health, happiness, and success in the coming year.

Stay safe,
Chief Shoevlin



KEEP THE WREATH RED

We are happy to report that all lights on the wreath remained red. There were no fires in December due to Christmas decor!



Holiday Reindeer Family Drive (HRFD)

By Deputy Chief John Bergeron

Welcome to 2020. Harlem-Roscoe Fire would like thank our community once again for your continued support throughout the year. Now that the holidays are over, we have finished up on another successful Holiday Reindeer Family Drive (HRFD).

Every year in October, we gear up and begin collecting non-perishable food at all three of our fire stations. Thank you to all the individuals that dropped off food! This year we also reached out to local churches and businesses and boy did they come through!

We then reached out to see if there were any families in our district that may need assistance during the holiday season. Once we received that information we went into high gear.

We started with a day of shopping in early December to purchase clothes, toys, books, baby items, etc. After everything is purchased or donated, everything was wrapped by a group of volunteers at the fire station.

A week out from delivery, we sorted food bins with whatever items we were able to collect during the food drive. We then make a shopping list of what will be needed for a Christmas Day dinner, and went shopping for those items. With all the donations we received this year, we were able to give each family not only a complete holiday meal, but stock their shelves with much needed staples!

The Saturday before Christmas, we met at the fire station and delivered all the food and gifts to the families on our list. This year we were fortunate enough to be able to assist 23 families that included 60 children and make their Christmas a little brighter.

Thank you to all the volunteers that work behind the scene that make this possible every year. We look forward to the 2020 drive, as it is something all of us love to do; giving back to the community we serve. If you would like to donate, please call us at 815-623-7867 or you can email DC John Bergeron at hrfdjbergeron@gmail.com

2019 Holiday Food Drive Donations

Argyle Pre School- Juice Boxes
Christ Our Savior Church- Mac and Cheese
Church of the Holy Spirit- Breakfast Bars
Crazy Times Bar and Grill- 30 Hams
Fleet Safety- \$100.00
Harlem Township- Toys
Helping Hands Rehab- Pancake Mix/Syrup
Home Depot - Stove
Hononegah Dental- Toothpaste, Brushes, Floss
Joiner Family Dental- Toothpaste, Brushes, Floss
LinXus Credit Union- Noodles and Pasta Sauce
Mercy Health Pediatric Unit-Cereal, Fruit Snacks, Popcorn
North Park Water Department- Toys, Bikes, Cereal, Peanut Butter, Jelly, Stuffing
Rascals/Legends Bar and Grill- Stuffing Mix and Cranberry Sauce
Rockton/Roscoe Rotary- Pop Tarts and Oatmeal
Roscoe Police Department- Cereal
Scott Johnson- 32 Gallons of Milk
Tender Times Child Care- Fruit Cups
Top Die Casting- Monetary Donation
US Cellular- Peanut Butter and Jelly
Whiffletree Bar and Grill- Monetary Donation
Willow Creek Church- Potatoes
Anonymous Donation- \$20.00
Anonymous Donation-\$50.00



Trash Fire

Photos by Sheryl Drost

Harlem-Roscoe Firefighters were dispatched for a garbage truck fire on Dec. 26th. The fire was in the trash so the driver had already dumped the debris in the parking lot. Firefighters quickly extinguished the fire.



Dryer Fire

Photos by Sheryl Drost

Firefighters responded to Anjali Way for a report of an apartment fire. Firefighter found smoke coming from the garage when they arrived. The fire was located in the dryer and extinguished. A positive pressure fan was used to rid the home of smoke.



Car Fire

Photos by Sheryl Drost

Firefighters extinguished a car fire on Hwy 251 north of Bridge St. in Roscoe on Jan. 7th.

The engine was fully involved with fire when units arrived. The fire was quickly extinguished.



Machine Fire

Photos by McKenna Donovan

Firefighters responded to an industrial building on N. 2nd St. on Dec. 7th for a report of a machine on fire. Firefighters quickly extinguished the fire.



Smoke Investigation

Photos by Sheryl Drost

Firefighters responded to the Poison Ivy on Elevator Rd. for a smoke investigation on Dec. 7th. A heating unit on the roof was found to be the culprit and shut off.



Silo Fire

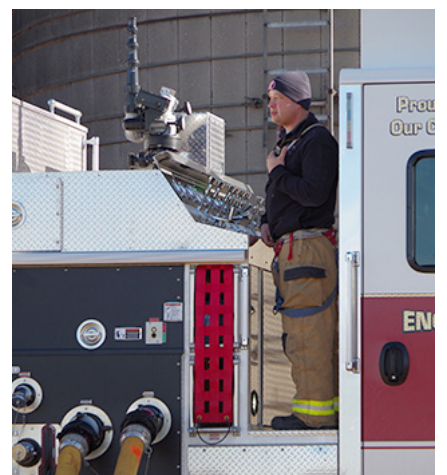
Photos by Sheryl Drost

Firefighters responded to a report of a silo fire on Stateline Rd. on Jan. 6. Haylage in a 50 foot silo was found burning.

The ladder nozzle on Quint 752 was used to put water on the fire.

The department's two 3,000 gallon Tenders were used to shuttle over 16,000 gallons of water to the scene.

It would take over 5 hours to extinguish the fire.



Disinfect your house to kill the flu virus

By Karen B. Gibbs

<https://www.today.com/home/how-protect-flu-cleaning-tips-your-house-t121435>

There's no doubt about it, flu season is brutal. But you're not powerless when it comes to keeping the illness at bay. Just follow the recommendations of Dr. Tanya Altmann, pediatrician and spokesperson for Clorox, and Meg Roberts, president of Molly Maid cleaning company, and you'll help keep flu germs from spreading.

1. Quarantine the sick person

The flu spreads when the sick person coughs, sneezes or even talks, affecting people as far as 6 feet away! Flu germs are also spread by touching a surface that has flu viruses on it. That's why Roberts recommends keeping the sick person confined to one room and one bathroom. It reduces exposure to the rest of the family, and limits the number of rooms you have to disinfect.

2. Disinfect surfaces

Since the flu virus can live on hard surfaces for **24 hours**, disinfect surfaces that the sick person has touched, paying special attention to the sick person's bedroom and bathroom. Use an antibacterial cleaner on key spots such as: tabletops, countertops, remote controls, computer keyboards, doorknobs, sinks, light switches, faucet handles, sinks, countertop, tub and toilet (including the entire seat and the toilet handle).

"To disinfect a surface," say Altmann, "wipe so that the surface remains visibly wet for four minutes and then let it dry."

Another option is to disinfect hard surfaces by wiping or mopping with a solution of 1/2 cup of bleach per gallon of water. Allow the solution to be in contact with the surface for at least **5 minutes**. Rinse and air-dry.

Take care not to spread germs unintentionally. After mopping floors in the contaminated room and the designated bathroom, disinfect the mop head by soaking it for 15-20 minutes in a solution of 1/2 cup bleach and one gallon of water. Also, do not re-use cleaning cloths in other parts of the house. Toss them in the washer instead.

To sanitize kiddie items such as non-electric plastic/metal toys, sippy cups, teething rings, bottle nipples and dishes, wash items first then soak them for **2 minutes** in a solution of 2 teaspoons of bleach per gallon of water. Rinse in warm water then air dry.

3. Three timely tips for the bathroom

Use disposable cups. Never share hand towels or bath towels with a sick person. Use paper towels instead of cloth hand towels to help prevent the spread of germs. Keep toothbrushes uncovered and isolate the toothbrush of the sick person from those of other family members.

4. Reduce germs in the bedroom

Place a wastebasket in the sick room to catch all those used tissues and make sure to line the basket with a plastic grocery bag to minimize contact with germs. Empty at least once a day, replacing bags each time. Sometimes the wastebasket get grungy. To disinfect it, rinse the wastebasket well then wipe the inside and outside with a solution of 1/2 cup bleach and 3/4 gallon of water.

Allow **2 minutes** for disinfecting then rinse with warm water and air dry. Dust can be extra irritating when someone's sick, so Roberts recommends dusting furniture - especially the headboard and the nightstand and vacuuming the floor. Remember corners and under the bed. Move stale air out and fresh air in by opening the windows every day. You don't have to leave them open all day, just long enough to freshen the room.



5. Take care when doing laundry

A sick person's towels, bedding and clothes (and the clothes of the caregiver, too) are full of germs, so don't "hug" dirty clothes as you take them to the washer. This could spread the germs onto you. Instead, transport dirty clothes in a laundry basket and wash your hands after loading the washer.

Sanitize your laundry with bleach - regular bleach for whites and color-safe bleach for colors. (Be sure to follow fabric care instructions on label.) Add 2/3 cup of bleach (1/3 cup for HE machines) to the dispenser or wash water. Add clothes and start to wash, making sure the laundry is in contact with the bleach solution for **10 minutes**, says Altmann.

After washing the bed sheets, clothes and towels of a sick family member, take time to wash your washing machine. The moist environment in the washer is a breeding ground for germs. Run an empty cycle of hot water and add bleach to the dispenser, then run an additional cycle to ensure the bleach is gone.

6. Don't use sponges for cleaning

While the flu's in your home, use disposable paper towels or germ-grabbing microfiber cloths for cleaning. Just remember to wash microfiber cloths daily.

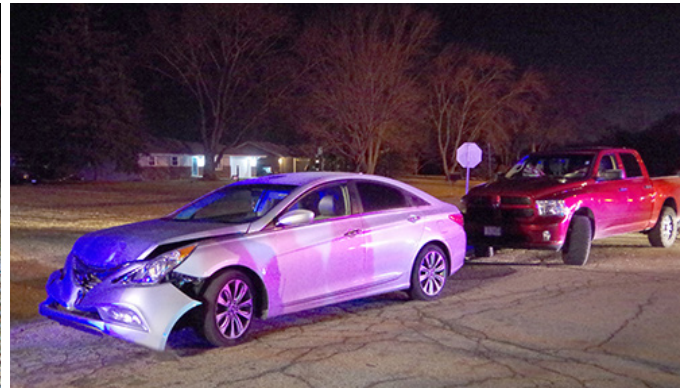
7. A word to the wise

Clean hands are just as important as a clean house, especially during flu season. To kill germs, wash hands all over with warm water and soap for at least **20 seconds**. (For kids, sing "Happy Birthday" twice.) Everyone should wash hands after using the bathroom, being outside or being in contact with the sick person; before eating, and before touching the eyes, nose or mouth. (That's usually how germs enter your body and get you sick.)

If you haven't already done so, get the flu shot. The FDA states that it's not too late because flu activity can last as late as May in the U.S.



12/04/19 Hwy 251 off ramp to Rockton Rd.



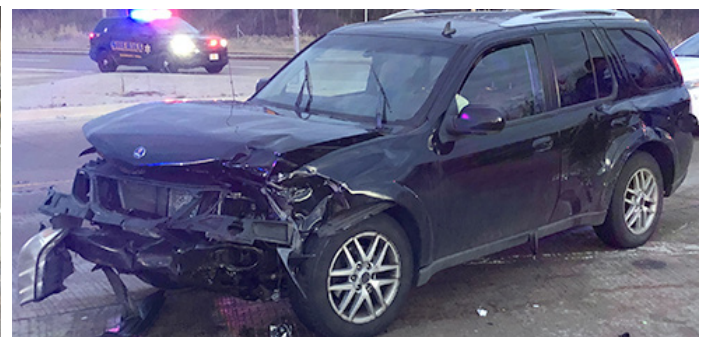
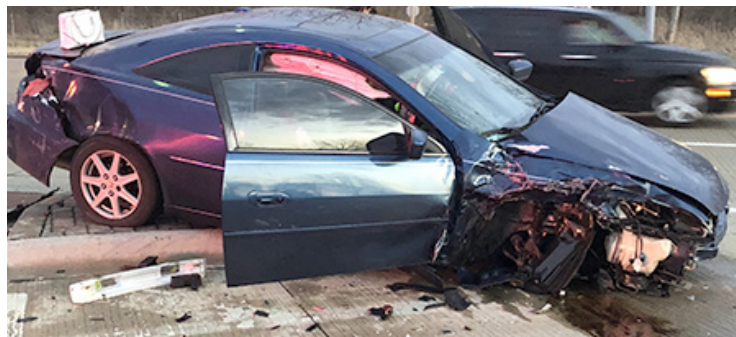
12/28/19 Hwy 251 at McDonald Rd.



12/05/19 Broad St. & 3rd St.



12/23/19 Main St. at Reimer Dr.



12/25/19 West Lane and Mitchell Rd.



12/28/19 Hwy 251 north of Bridge St.



12/30/19 Hwy 251 and Hwy 173



01/01/2020 Burr Oak Rd.



The National Fire Academy

Submitted by Capt. Patrick Trollop

The National Fire Academy is one of two schools in the United States operated by the Federal Emergency Management Agency at the National Emergency Training Center in Emmitsburg, Maryland. It is operated and governed by the United States Fire Administration as part of the U.S. Department of Homeland Security, the National Fire Academy is the country's pre-eminent federal fire training and education institution. The National Fire Academy provides free, specialized training courses and advanced management programs for middle- and top-level fire officers, fire service instructors, and technical professionals.



The Emmitsburg campus hosts both the National Fire Academy along with the Emergency Management Institute which are operated by the Directorate of Preparedness branch of FEMA. The campus also includes the Learning Resource Center library, the National Fire Data Center, and the National Fallen Firefighters Memorial. The National Emergency Training Center was created to provide a federal training academy that offered programs and curriculum not otherwise available to state fire training agencies and local fire departments and was to be modeled after the FBI Academy in nearby Quantico, Virginia.



The Learning Resource Center located on the grounds can be accessed throughout the world by both fire service personnel as well as emergency managers. With its collection of more than 208,000 books, reports, periodicals, and audiovisual materials. The National Fire Data Center also located on campus is where all reports throughout the country are stored. These reports are used for statistical analysis to assist in community risk reduction efforts throughout the United States. The National Fallen Firefighters Memorial annually holds a memorial service for all firefighters lost in the line of duty.

The establishment of a National Fire Academy provides specialized training in areas important to the fire services. Due to this, the full cost of operating the National Fire Academy and subsidizing the attendance of fire service members falls on the Federal Government. There are no tuition fees for National Fire Academy courses. All instruction and course materials are provided at no cost. Transportation costs and lodging for students who represent career, combination, or volunteer fire departments. The attending students or their agencies are responsible for the cost of cafeteria meals and for personal, incidental expenses.

The National Fire Academy not only conducts classes on the Emmitsburg campus, but also offers on-line training as well as in person classes hosted at various facilities across the United States. The highly structured educational and training network offers an education system for the entire country. One of the purposes is "to advance professional development of fire service personnel as a focal point for the professional training of fire officers."

The courses offered at the National Fire Academy includes a wide variety of subjects intended to attract students from all aspects of the fire service. These courses are designed to be useful for firefighters from small rural volunteer fire departments to firefighters in career urban fire departments. The National Fire Academy offers courses from a wide variety of aspects of the fire service, from Fire and Arson Investigation, Emergency Response to Terrorism, to Executive Development.

More Accidents . .



01/01/2020 McCurry Rd.



01/04/2020 Willowbrook Rd. and Rockton Rd.

Stateline CERT Recap for 2019

By Jim Purpura

Stateline CERT (Community Emergency Response Team) had another good year in 2019 with our membership and participation increasing in all areas.

From a core membership of 7 or 8 people in 2015, we have grown, by the end of 2019, to 22 members who volunteered more than 687 hours this year in support of Harlem Roscoe Fire and the community. We have helped in the areas of Community Events such as Roscoe Fall Festival & local parades; Training provided to the Community and to its members; Disaster Assistance during flooding and other severe weather; and Emergency Assistance during structure fires.

Some of our members have even taken part-time positions with the Fire Prevention Bureau of the Department helping to inspect more than one thousand businesses, schools and recreational facilities yearly within the district ensuring they meet State fire codes and are safe for public access. Other members have gone on to become firefighters, EMT and Paramedic personnel with HRFD.

In 2019:

- 56 hours were spent by 9 members actually assisting at the scene of various structure fires within the district.



- Two members staffed Station #1 as a possible warming station on January 29 when temperatures dropped to a dangerous -25°F
- Three members helped sandbag a residence on Ventura drive for an elderly resident while three others staffed a cleaning supplies station for the city of Machesney Park in March.
- Four members helped with the post-disaster FEMA reporting helping to survey several properties within the District along the river for a total of 50 hours spent toward helping the community deal with and recover from severe weather.
- Three CERT members together with one HRFD firefighter surveyed the Rock River in July after a high water episode to report on the condition of the river mile markers from Rockton road to south of Latham street bridge.

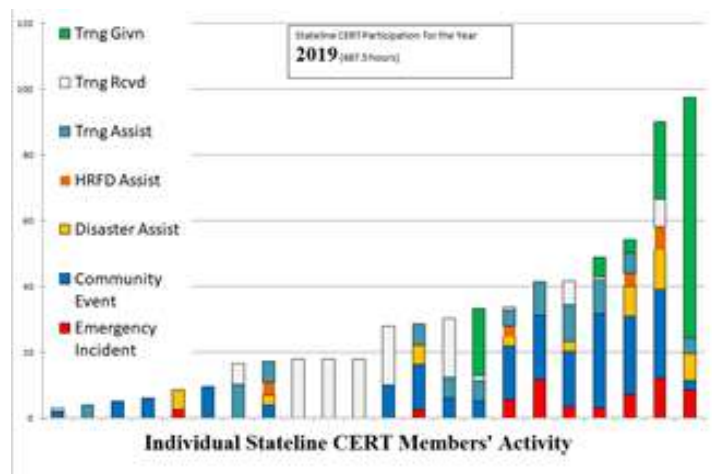


- Two members inventoried the three fire stations for hazardous chemicals and updated the station's SDS binders accordingly.
- One of our members has volunteered 76 hours to provide the community with the certified Heart Saver First Aid, CPR, and AED training classes on a regular basis throughout the year.
- Numerous members of Stateline CERT have volunteered nearly 200 hours at local parades, fairs, and HRFD functions such as the Spring Dinner, the Senior Dinner, and National Night Out.
- 243 hours were spent either providing training or actually receiving training ourselves for first aid, mental health, emergency response, and other areas of emergency management.



The more than 3000 CERT groups that fall under the Federal Emergency Management Agency operate under the assumption that "YOU ARE THE HELP UNTIL HELP ARRIVES!!" We have all gotten used to Fire and Police arriving within minutes after we call 911. However, when first responder resources are stretched assisting at multiple emergencies, we as private citizens need to be prepared with basic skills and training to help ourselves until HELP arrives.

Learn about our CERT program at Statelinecert.org.



hAPPY BIRTHDAY

Kim Fleming
'50th'
January 20th



2020 CALENDARS



HRFD's 2020 Calendars are still available. Stop by Station One at 10544 Main St. in Roscoe to pick yours up. No charge.

January 2020

- 5th Matt Bush
- 5th David Leslie
- 13th Bill Gindhart
- 17th John Presley
- 17th Killian Schroeder
- 20th Kim Fleming 50th
- 20th Jared Christiansen
- 22nd Everett Peterson
- 22nd Alyssa Nicosia
- 25th Jerry Lund
- 28th Brett Whiting
- 29th David Hutson
- 31st Mark Soppe

Birthdays



February 2020

- 10th Kayli Reed
- 13th Brandon Sherbon
- 22nd Butch Taylor
- 23rd Alissa Neubauer

Fire Kids Christmas Party

Photos by Sheryl Drost

HRFD Fire personnel's kids were treated to breakfast, a magician and Santa arrived on a fire truck on Dec. 7th at the annual HRFD Kids Christmas Party. Photos from the party are all posted on our Facebook Page.



The Firehouse Scene

The Firehouse Scene is a monthly newsletter produced by the Harlem-Roscoe Fire Prot. Dist. #1

Fire Chief - Don Shoevlin
Editor & Layout - Sheryl Drost

The Firehouse Scene is available at Station One - 10544 Main Street in Roscoe and on the department's website after the second Sunday each month: You can now sign up on the home page of our website to receive the newsletter by email. www.harlemroscoefire.com
E-mail submissions to Sheryl: hrfidsdrost@gmail.com

10 Ways to Fight Off the Winter Blues

By Therese Borchard

<https://thereseborchard.com/2016/01/19/10-ways-to-fight-off-the-winter-blues/>



Less sunlight can affect the circadian rhythm, the body's biological clock that governs certain brain wave activity and hormone production. If you're human, chances are you've woken up on a gray, wintry day and wanted to stay in bed. I am not a huge winter fan, so I have to work extra hard on my mental health during the colder months.

1. Behave Like You're From Minnesota

I learned an important lesson the year I lived in Minneapolis during the blizzard of 1996, when snow hit the ground in October and didn't leave until the end of May: These people adapt! They love it. They make a trip to L.L. Bean in the fall, get all the necessary gear, and go ice-fishing, ice-skating, snowshoeing, and do everything in their power to appreciate the very elements that I cursed. By February, I couldn't take being inside anymore, so I followed suit. I started running in the snow, having fun with the icicles that would form inside our car, and throwing up a pail of water and watching it come down as snow from our apartment balcony. Once I tried to act like a Minnesotan and stopped resisting the cold temperature, the better I tolerated it.

2. Wear Bright Colors

I have no research supporting this theory, but I'm quite convinced there is a link between feeling optimistic and sporting bright colors. It's in line with the "faking it 'til you make it" desperate attempts to trick your brain into thinking that it's sunny and beautiful outside — time to celebrate spring! — even though there's a blizzard with sleet causing some major traffic jams.

3. Stock Up on Vitamin D

Since we get most of our vitamin D from the sun, it's a good idea to take a vitamin D supplement during the winter months. So many diseases are correlated with low vitamin D levels, especially depression. The National Institutes of Health's recommended dietary allowance for vitamin D is 600 international units (IUs) a day. But The New York Times best-selling author Joseph Mercola, DO, suggests that adults take as much as 5,000 IU per day. Certain foods are good sources of vitamin D, including cod liver oil, swordfish, salmon, tuna, milk, yogurt, sardines, eggs, and cereals fortified with vitamin D.

4. Make a Book and Movie List

Winter is a great time to get to those books and movies you've been meaning to read and watch. A friend of mine challenged herself to read all the classics during the months she wasn't positioned on the sidelines of her son's lacrosse field. Since plenty of research has indicated that humor can relieve pain, I like to watch comedy.

5. Hang With Positive People

This is especially critical in the winter when you're typically spending a lot of time inside with people chatting over a cup of coffee. If the negativity gets too thick, it can become suffocating. In one study conducted by Nicholas Christakis, MD, PhD, of Harvard Medical School and James Fowler, PhD, of the University of California in San Diego, individuals who associated themselves with happy people were more likely to be happy themselves.

6. Try Something New

For awhile now, we've known about neuroplasticity — that the brain changes and develops over the course of our lives. We are not stuck with the noggin we were born with. Using functional magnetic resonance imaging (fMRI), researchers like neuroscientist Nathan Spreng, PhD, of Cornell University can actually map brain activity when we learn a new skill and have discovered that in the process of learning, our neurons become wired together. As our neurons send and receive information about the task at hand and become more efficient, it takes less effort for them to communicate to the next cell what is going on. Trying something new essentially rewires our brain. Take advantage of your days indoors to learn a new musical instrument (or maybe just a new piece of music), try your hand at a new card game, or maybe cook up something different for dinner.

7. Start a Project

There's no time like winter to start a home project, like de-cluttering the house or purging all the old clothes in your kids' closets. When a friend of mine was going through a tough time, she painted her entire house — and every room downstairs with two different colors. Not only did it help distract her from her problems, but it provided her with a sense of accomplishment that she desperately needed those months: something to feel good about as she saw other things crumble around her.

8. Eat Winter Mood Foods

If you have a slow cooker, winter is a great time to experiment with tasty mood-boosting soups and stews. Some great fall and winter ingredients to include are squash (a great source of magnesium and potassium), eggplant (which contains fiber, copper, vitamin B1, and manganese), sweet potatoes (full of pantothenic acid, vitamin B6, biotin, and anti-inflammatory flavonoids), and turmeric (which assists with immune-inflammatory or stress pathways and hypothalamus-pituitary-adrenal axis activity).

9. Use a Sun Lamp

Bright-light therapy has proven to be an effective treatment for SAD because, as I mentioned earlier, less sunlight affects our circadian rhythms. Light boxes — flat screens that produce full-spectrum fluorescent light, usually at an intensity of 10,000 lux — are the typical light system used for SAD in clinical studies. Some health clubs offer light-box rooms where you can go sit in front of the boxes if you can't afford to buy one for yourself. It's important to position the light box according to the manufacturer's instructions, and to use it at the same time each day, typically for 30 to 60 minutes. Most people get the best results when they use a light box before 10 a.m.

10. Sit By the Fire

It's primal, that feeling you get when you stick your face into a hot glowing body of flames. There's something so consoling about staring into the embers and warming your hands by their heat. But you need not go to the trouble of building a fire in your house: You can borrow someone else's fire — even a coffee shop's — or you can simply light a few candles and enjoy a primal moment to remind you that you belong to this world of human beings that have sat around fires for thousands of years to get warm and enjoy a moment of stillness.

beat
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