

Locals Staying Positive

Winter has settled in around us and with February comes more of the same: freezing temperatures, snow and often times, long stretches of overcast and dreary days. That gray weather can sometimes take its toll. As temperatures fall, so do our moods and with spring still out of reach, we have to look for ways to beat the winter blahs. From reading to relaxing to traveling, read on to find out what others around Sylvania do to stay positive.

Winter can cast a shadow on Northwest Ohio for long stretches of time. What do you do to stay positive through the gray days of February?



Erin Wiley

Photo courtesy of Erin Wiley



Angie Jones

Photo by Angie Zam



Angie Zam

Photo courtesy of hibou



Shannon Scully

Photo by Angie Zam

Erin Wiley, a professional counselor at Center for Solutions in Brief Therapy, says her mood is sensitive to the weather but she takes active steps to fight the winter blues.

"I take a Vitamin D supplement," she says. "I personally find them great for stabilizing moods."

She also tries to soak up as much natural D — through sunlight — as she can by leaving her office for lunch and parking herself by any window with sun pouring in..

In her former job, Wiley traveled a lot and says she learned to think about it this way: "the sun is always shining somewhere, we just can't see it."

We caught up with Sylvania resident Angie Jones at Chandler Cafe on Main Street.

Jones says she too notices a change in her mood during the winter and sometimes feels overly tired and not very motivated.

"I fuel up with coffee," she says. "I like to take some quiet time and retreat with my laptop."

Jones says her favorite season is fall.

"I like the changing colors and my two favorite holidays are in fall: Halloween and Thanksgiving."

Angie Zam, editor of "Sylvania Life," says she enjoys all the seasons but agrees that winter can be tough.

"I love the snow and sitting in front of my fireplace but I love the beach even more," she says.

When possible, Zam and her husband, Tim, like to schedule a trip somewhere tropical.

"Even though we got married in September, we waited until February to take our honeymoon in Mexico," she says. "I love driving to the airport in the snow and leaving my boots in the car."

Shannon Scully says in addition to traveling to New York to see family every winter, exercise helps to keep her spirits high. Appropriately enough, the owner of The Pink Door Boutique in downtown Sylvania also says she likes to surround herself with pretty things.

"If it's sunny and snowing and you can play outside with the kids it's great," she says. "Other than that, the dreary days I can't stand."

But, she admits, it's a good time to relax.

"Is there anything better than a cozy book on the couch with a fire roaring?"