

DONT BE "SAD" THIS WINTER

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ACCORDING TO DICTIONARY.COM

SUMMER IS "A PERIOD OF FRUITION, FULFILLMENT, HAPPINESS, OR BEAUTY."

WINTER IS "A PERIOD OF TIME CHARACTERIZED BY COLDNESS, MISERY, BARRENNESS."

Actually, SAD (Seasonal Affective Disorder) is a mood disorder that affects an individual usually starting when the weather becomes colder in September or October, and ends in April or May when the weather becomes warmer. People with SAD feel depressed during the shorter days of winter, and more cheerful and energetic during the brightness of spring and summer.

Symptoms are:

- Your functioning is significantly impaired. You have difficulty completing tasks that were easier before; you're falling behind with bills and chores; you make mistakes more often or take longer to finish projects; you tend to withdraw from loved ones.
- You feel considerably depressed. You feel sad more often than not; you feel guilty or hopeless about the future; you have negative thoughts about yourself that you don't have at

other times of the year.

- Your physical functions are greatly disrupted. During the wintertime, you sleep more or have a hard time getting up in the morning; you'd rather stay in bed all day; your eating habits have changed.

Now, you already know that the riding community is not comprised of ordinary individuals. We are uniquely blessed with countless images and sounds to remind us why we ride.

As riders, only we can experience the flat-out exhilaration as we drag a peg through a perfect curve. With wind screaming and hair whipping our faces, we are witnessed with toothy grins as we ride four abreast and flat out through that final sweep into Spearfish.

As Texans, we revel in our three seasons [Spring, Summer/Summer and Winter] so we see no reason to be "sad" all winter. We'll be

back on two wheels in no time!

We also revel in our Three Twisted Sisters for their beauty and treachery. RR 335, 336 and 337 are the sirens of Texas; the Three Twisted Sisters beckon us to test our skills with sudden and surprising grade changes dropping us into demanding twists and turns.

When our ride is parked at the end of the day, there is another kind of joy: the sense of accomplishment and survival. We toast ourselves with like comrades and the taste of our favorite beverage.

Lastly, as riders we are warmed throughout the winter confident in the knowledge that ...

1. Our ride is uniquely our own
2. They are beautiful in any color
3. Anyone can ride one
4. Everyone wants to own one
5. Even an old beat-up one looks good
6. Always have something to talk about
7. Gets great gas mileage
8. You can always add more chrome
9. You can build one from the ground-up
10. We get lots of protein from bug-hits
11. Women riders look sexy and confident

"SAD" this winter... not on your life!

