A look from above as Santa pulls the switch to light the Philo Christmas Tree, and Sunday School teacher and one of the founders of the Philo Library. She's got her display going in the library lobby ready to host their annual Christmas Crafts for Kids.

Sidney American Legion Discusses November 1 Honor Flight Participants, Christmas Activities, Programs and Events

Q. With the cold seasons on your mood and manage the disease completely into remission. Treatments include medications like Wellbutrin or Zoloft. Light therapy is another treatment. This is a special lamp that simulates sunlight and is typically used for about 30 minutes a day.

If you have an SAD tendency event that you would like to see featured in Spotlight please email jamiethetolonelibrary@gmail.com

Philo Phestivities Kicks off the Holiday Season

As the worst of their symptoms ease up, many will go on to remission. Those who do will find that they have a better quality of life and can enjoy more of the things they enjoy. For those who do not go into remission, there are still treatments available to help them. Light therapy can be used to help alleviate symptoms or put them into remission. Antidepressants like Prozac can also be helpful in treating SAD.

If you or someone you know is struggling with SAD, please seek help from a mental health professional. They can provide you with the support and guidance you need to overcome this difficult illness.

In conclusion, SAD is a real illness that affects many people each year. It is important that we raise awareness about this condition so that those who are affected can receive the help they need. With proper treatment and support, many people are able to live full and healthy lives despite having SAD.