



## Gorge-ous Getaway

Need an alternative getaway? Need to get out and about? Now you can get away, but not too far away, and be treated to dozens of body treatments in our full service European-style spa and bath house. Then relax in one of 78 guest rooms – each with private balcony and most with private mineral spring filled hot tub. Amenities include a restaurant and lounge, indoor pool, dry sauna plus indoor and outdoor soaking pools with natural mineral hot spring water.

Deluxe guest room for two, plus two Mineral Bath & Wraps\*, and your choice of champagne, wine or sparkling cider. Room type includes courtyard view with two queen beds. Upgrade to a room with a private hot tub and king bed for an additional \$30 per couple based on availability. **\$199\***

\*Separate reservations required for guest room and spa treatments. Based on availability Sunday thru Thursday only. Not valid on holidays or with any other offer, coupon or discounts. Registered guest must be 21 or older to receive alcohol. Offer valid Oct. 1 to Oct. 31, 2007.

### BONNEVILLE HOT SPRINGS RESORT & SPA

Just under an hour from Portland in the Columbia River Gorge.

**866-459-1678**

[www.BonnevilleResort.com](http://www.BonnevilleResort.com)

## AINSWORTH HOUSE & GARDENS

Where you CAN say "I Do"

Gay Owned & Operated



Celebrate where Equality and Elegance are a way of life.

**503-656-1894**

[www.AinsworthHouse.net](http://www.AinsworthHouse.net)

19130 Lot Whitcomb Drive,  
Oregon City, OR 97045

## COUNTRY OF ORIGIN

INTERNATIONAL LIFESTYLE APPAREL

Enjoy pieces by Lacoste, 7 Diamonds, Ben Sherman, English Laundry, Michael Stars, French Connection, Citizens of Humanity, Joe's Jeans, William Rast, Chip & Pepper, People's Liberation and many more!

4937 NE FREMONT ST  
PORTLAND  
**503-257-5756**  
INFO@COUNTRYOFORIGIN.NET

Hours: Mon-Fri 10-8, Sat 9-9, Sun 11-7



**Randall Smith**  
REAL ESTATE BROKER

**(503) 471-3573**  
DIRECT

[randallsmith@cbseal.com](mailto:randallsmith@cbseal.com)  
[randallsellshomes.com](http://randallsellshomes.com)

Representing  
Buyers and  
Sellers in  
Residential  
Real Estate

**COLDWELL BANKER**

SEAL  
PROPERTIES  
**(503) 643-7325**

## Don't Be S.A.D.

A proactive approach to beating wintertime gloom

This is the time of year that many have come to rely on artificial means, such as gyms, to "stay afloat" mentally and physically. If your energy level is dropping faster than the leaves, these means become necessity, but there are also many overlooked natural remedies available to help us adapt.

Seasonal Affective Disorder (S.A.D.) is a recognized depressive disorder, not a myth. Light, like water and air, is essential for our well-being. An estimated 20 percent of the population is affected by S.A.D. The symptoms of S.A.D. include fatigue, irritability, anxiety, weight gain, social withdrawal and a lack of alertness.

Those living in the northern latitudes and in frequently overcast areas are most affected.

I'm thinking preventatively. Consider this:

- **Take a vacation in the winter, separate from the stressful holiday break.** Airfare is less expensive, and you don't usually have competition in reserving friends' or relatives' guest rooms. There's also the gloating factor: I feel a little smug calling my friends in Portland from a sunny beach in SoCal in February.

- **Keep the lights on.** If you plan on buying a full-spectrum (aka natural light, or phototherapy) light box, buy wisely. Watts only measure the amount of power used. You should be looking for the highest Lumen and/or Lux (measurements of light

output and intensity) ratings available. A value of at least 10,000 Lux/Lumens is needed for the light box to have therapeutic value. The average living room has a 50 to 100 Lux rating. A well-lit office ranges from 300 to 500, and an average day (including overcast) can have anywhere from 20,000 to 100,000-plus Lux.

- **Support your immune system.** You won't want anything but sleep if you've got a head cold. Research natural, herbal and nutritional immune system boosters. Take vitamin C daily. Wash your hands often if you work closely with others, and step outside for fresh air.

- **Stay as active as possible.** Incorporate movement into your day by walking or taking the bus to work. Hike or bike on the weekend. Go to the gym. Join an adult sports league. If you're a student, choose a P.E. class intuitively—one that sounds interesting and appropriate.

Being a fan of gyms, alternative medicine and Halloween, I asked Queer Career Witch and herbalist Colette Gardiner for additional preventative S.A.D. advice. This practitioner has been "keeping it simple" professionally for more than 25 years.

Gardiner says: "Most people have heard of S.A.D. but don't take it seriously in terms of taking action. You have to physically support your body with everything available to you. Body trumps spirit, and spiritual tools will not work effectively if you are neglecting your body. You won't feel well enough to implement them."

Gardiner adds, "My take on the magical



**Dear Ethel**

BY MARIA CALLAHAN

components of S.A.D. is that it's an outgrowth of the Western linear growth model: one that supposes that our energy level is always the same and always building on what we've done and that we should always be full speed ahead."

When asked about light boxes, gyms and other artificial environments, Gardiner says: "It's not OK to feel terrible. Getting outside is really important, but if you can't do that and you're feeling disabled by S.A.D., that needs to change however it has to." She adds: "Expecting that we will feel the same in winter as we do in summer is unrealistic. In traditional cultures, activities vary from summer to winter. In our culture, people often don't want fall to come. We have become uncomfortable with the

darkness and contemplation of winter."

Gardiner's winter exercise recommendations: "Walk briskly outside, even if you are in the city. Hike and connect with the quiet, guardian energy of the trees. Traditionally speaking, evergreens were seen as a symbol of hope that life not only continues through the dark times, it flourishes. If you are really feeling the effects of S.A.D., go to the east side of the Cascades. It's quiet and often sunny, and there are less people, which really lets you experience the

quiet of winter. Folks unable to get away can visualize, imagining themselves as a tree sinking into the protected, nourishing silence of winter."

Gardiner also mentions that many of her students have been helped by cultivating a relationship with fire. "Samhain (aka Halloween) is traditionally the time to release the things we don't want to carry with us down into the self-reflection of winter."

This Halloween, take a brisk walk outside, light a fire, and thank your ancestors. They really knew best. ☺

COLETTE GARDINER can be reached at 503-238-5885. For adult recreational sports leagues visit [www.underdogportland.com](http://www.underdogportland.com).

Information in this column should not be used in place of advice from a licensed health care professional. If you have a health or fitness question, e-mail DEAR ETHEL at [mariacallahan@gmail.com](mailto:mariacallahan@gmail.com) or visit [www.mariacallahan.net](http://www.mariacallahan.net).



*Light, like water and air, is essential for our well-being.*