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Winter has its **ups and downs**. Half of Washington is battling the flu this month, and I'm having to apply Chap Stick every five minutes because my lips are so dry. The trees are **bare**, and the days are short and dark.

On the other hand, winter brings its own beauty, including one of my favorite natural phenomena. Each year, **in the dead of winter**, the Potomac River transforms into a **glistening** sheet of ice.

**The other day**, I woke up **at the crack of dawn** to take a sunrise **constitutional** along the river. It was an Impressionist canvas of golds and pinks and **lavenders**. I practically froze my nose off—it was 15 **below** when I went!—but seeing the river like that fed my soul.

These photos don't **do it justice**, but I hope you enjoy them all the same!

### UPS AND DOWNS

the mixture of good and bad things in life or in a particular situation or relationship

### BARE

when a tree is bare, it is not covered by any leaves

### IN THE DEAD OF WINTER

in the coldest part of winter

### GLISTENING

shining and reflecting light

### THE OTHER DAY

recently

### AT THE CRACK OF DAWN

(informal) very early in the morning

### CONSTITUTIONAL

(old-fashioned or playful) a short walk that people take because it is good for their health

### LAVENDER

a pale bluish purple

### BELOW

(of a temperature) lower than the freezing point (15 below = 15 degrees below the freezing point)

### DO SOMETHING JUSTICE

to represent something fairly, especially in a way that shows how good, attractive, etc. it is



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