

Steering Committee Needed for Columbia County's Year of Wellness

Columbia County is now ready to start work on its Year of Wellness initiative. At the December 16, 2015 Board of Commissioners meeting, Commissioner Henry Heimuller proposed a proclamation for 2016 to be a Year of Wellness in the county. The

motion passed unanimously. Columbia County joins Tillamook County (adopted June 17, 2015) and Clatsop County (adopted December 9, 2015) in passing this proclamation. The Year of Wellness encourages everyone, including

individuals, families, communities, schools, faith organizations, community organizations, businesses and government agencies, to learn more about what they can do to improve health and well-being, then incorporate those changes into a healthier lifestyle.

"Wellness is much more than just disease prevention," said Sherrie Ford, administrator of the Public Health Foundation of Columbia County. "It's about improving our overall physical, social and mental well-being."

"Public Health is committed to actively participating in this initiative," Ford adds. "We hope local businesses, individuals and community groups will join us!"

An initial steering committee meeting will be held at 9 am, Friday, February 19 in the Columbia County Soil and Conservation meeting room at 35285 Millard Road in St. Helens. All who are interested are invited to attend.

In Columbia County, a number of other community groups have agreed to support this endeavor, including:

- Columbia Pacific CCO Community

Advisory Council, which has created a community health improvement plan that has identified obesity and tobacco cessation as top priorities.

- Columbia Health Coalition, which is working to increase access to physical activity opportunities, nutritional support and tobacco cessation programs.
- Columbia County Commissioners, who passed the proclamation.
- Local communities like St. Helens and Scappoose, which have passed local resolutions to become healthy, eating, active living (HEAL) cities.

About Columbia Pacific Coordinated Care Organization

Established in September 2012, Columbia Pacific CCO coordinates health services for more than 27,000 Oregon Health Plan members in Columbia, Clatsop and Tillamook counties. For more information about Columbia Pacific CCO, please contact Jeanie Lunsford at lunsfordj@careoregon.org or 503-416-3626. Also visit www.colpachhealth.org.

IT'S TAX TIME Call your LOCAL tax preparer

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On The Shelves

By Shannon Romtvedt

In the last few months, I've had conversations with several patrons that are either new or returning to the area. They will sometimes say "the library was on my checklist moving in" or "I just moved in and the library is one of my first stops." Libraries change from community to community but you can usually guess a few basic services: computer access, books and movies, local information, programs for children. They are a safe haven, particularly when you start out somewhere and don't know anyone.

New community members coming to the Vernonia Library are often looking to meet people, make connections, and find out what this community offers and what activities Vernonia has for kids and families. We've had many friendships start out at our programs. Sometimes playdates and child care extend from our storytimes. Questions people ask at the desk about local activities or information often become a conversation and an introduction to another Vernonian.

So, I encourage both long time Vernonians and people new to the area to show your support of others in the community by coming to the library. Open up an account, use a computer or wifi, stop in on a walk down Bridge St. and read the newspaper or a magazine. Check out our upcoming events and attend a program. By walking through our doors you may give someone one more reason to feel good about living in Vernonia.

Upcoming Events at the Library

Family Movie Night

Thursday, February 25, 6 pm
Come to the library and enjoy a new movie and free popcorn. Call or visit the library for movie titles (503) 429-1818.

The Cat in the Hat...Is Back!

Tuesday, March 1, 6:30 - 7:30 pm
Dr. Seuss stories read by the Cat in the Hat. Birthday Cake, Scavenger Hunt, Craft. Join the party! In celebration of Read Across America Day

(Dr. Seuss's Birthday). Sponsored by the Friends of the Vernonia Public Library

Friends of the Library Spring Booksale

Friday, March 11, 4 - 7 pm and Saturday, March 12, 10 am - 4 pm
Shop the booksale and support library programs and services. \$1 paperbacks, \$2 hardbacks. Booksale will be at the library.

Using Soil Amendments and Fertilizers to Improve Your Garden

Tuesday, March 15, 7 pm
Chip Bubl, OSU Extension Faculty and Master Gardener, offers tips on improving and enriching soil for your gardens. Free and open to the public.

St. Patty's Day Craft

Thursday, March 17, 4 pm
Come by the library before the annual St. Patty's Day parade and make something green to wear! For kids and families, grades K - 5 (younger and older siblings welcome).

Spring Break Board Game Fun

Tuesday, March 22, 1:30 - 2:30 pm
Play a familiar board game or challenge yourself to learn a new one. Games available will be best suited to children grades 2 - 6.

Ongoing Programs

Writers' Group

Thursday, February 18, 6:00 pm
Every 3rd Thursday of the month, 6 - 7:30 pm. Opportunity for writers with all levels of experience to get together, write, and get feedback.

Baby and Toddler Time

Mondays, 10:30 - 11:15 am
Songs, short stories, toys, and bubbles for 0 - 3. Older siblings welcome.

Preschool Storytime

Fridays, 10:30 - 11:15 am
Stories and a craft/activity for children up to age 5.

Book Discussion Group

Last Monday of every month, 5:30 pm
Selection for February 29: *Mrs. Dalloway*

by Virginia Woolf

Staff Picks: Some of Nancy's Favorites

Nancy enjoys mysteries; favorite authors are J.A. Jance and John Sandford. She reads a lot of Oregon Authors but usually avoids Sci/Fi and Fantasy. Nancy is currently reading *Dogtripping* by David Rosenfelt.

Mysteries

Desert Heat by J.A. Jance (1st in the Joanna Brady series)
Winter Prey by John Sandford (1st in the Lucas Davenport series)

Fiction

The Light Between Oceans by M.L. Stedman
Five Quarters of the Orange by Joanne Harris

Oregon Author Collection

Henry's Sisters by Cathy Lamb
Learning to Fly by April Henry

Oregon Nonfiction

Homestead by Jane Kirkpatrick
Voyage of a Summer Sun by Robin Cody

Juvenile Fiction Collection (Picture Books)

Aunt Lulu by Daniel Pinkwater
Jim and the Beanstalk by Raymond Briggs

Did You Know?

Whether or not we have a program, there is always something to do for families at the library. We have games in the children's area and a Craft Box and Magna-Tiles available at the check-out desk for use in the library. Activities in the craft box switch out every couple of weeks. And we also have leftover crafts available from storytimes. Ask at the checkout desk if you are looking for an activity.

Hours & Contact Info

Mon, Wed, Fri 10 am - 5 pm
Tues & Thurs 1 pm - 7pm
Sat 10 am - 4 pm
Closed Sundays

Phone: (503) 429-1818
E-mail: library@vernonia-or.gov