

DEADLINES

NEWS DEADLINES
For inclusion in the Wednesday edition of the *Itemizer-Observer*:

Social news (weddings, engagements, anniversaries, births, milestones) — 5 p.m. on Thursday.

Community events — Noon on Friday for both the Community Notebook and Community Calendar.

Letters to the editor — 10 a.m. on Monday.

Obituaries — 4 p.m. on Monday.

ADVERTISING DEADLINES

Retail display ads — 3 p.m. Friday.

Classified display ads — 11 a.m. on Monday.

Classified line ads — Noon on Monday. Classified ads are updated daily on www.polkio.com.

Public notices — Noon on Friday.

CORRECTIONS

The *Polk County Itemizer-Observer* is committed to publishing accurate news, feature and sports reports. If you see anything that requires a correction or clarification, call the newsroom at 503-623-2373 or send an e-mail to nadams@polkio.com.

WEBSITE

The *Polk County Itemizer-Observer* website, www.polkio.com, is updated each week by Wednesday afternoon.

The *Itemizer* is also on Facebook and Twitter, for breaking news and updates.

WEATHER

RECORDED	HIGH	LOW	RAIN
Dec. 1.....	44	33	.81
Dec. 2.....	45	36	.49
Dec. 3.....	59	40	.41
Dec. 4.....	50	39	.84
Dec. 5.....	57	39	.14
Dec. 6.....	57	46	1.17
Dec. 7.....	61	50	1.86

Rainfall during Dec. — 5.72 in.
Rain through Dec. 7 — 31.15 in.

THE RELAXING ART OF COLORING

Dallas Library launches monthly coloring book night for adults, following a popular trend

By Jolene Guzman
The *Itemizer-Observer*

DALLAS — More than 20 people gathered at Dallas Public Library Thursday night to do something that more than a few of them hadn't done since childhood: coloring.

Yes, as in coloring-book coloring.

The library hosted the first of what could become a monthly event, "Adult Coloring Night," jumping on a national trend where adults enjoy what was until relatively recently considered an activity just for kids.

"I read about it, and other libraries are doing it," said Janice Ames, library assistant. "A lot of them are doing it every month. There's a lot of research about how relaxing it is and how it reduces stress."

Paired with tea and cookies, coloring did seem to have a calming influence.

Quiet conversations at tables drifted from current events to personal lives, to what color to choose next on coloring projects.

"It's very popular today. I'm very glad the library is doing this," said Madison Rothchild, an art instructor who teaches classes at retirement centers. "There's something about it that's freeing because there's no competition."

No artistic talent is needed, just a sense of what colors will complement each other added Dallas resident Susie Futrell, who was trying the art for the first time.

"There's no right or wrong," Futrell said. "If I want to color this blue, I can."

It wasn't only seeing the popularity of "coloring



Dallas Library's first coloring night brought in more than 20 people on Thursday.

JOLENE GUZMAN/*Itemizer-Observer*

nights" at other libraries that prompted Ames to make the suggestion the library host its own to Dallas Library Manager Mark Greenhalgh-Johnson.

Ames said Dallas offered coloring books and pencils as prizes for its adult summer reading program.

"It was a pretty popular prize," Ames said. "That was a good indication."

Greenhalgh-Johnson had



to do some hunting for supplies for the evening's event. Arts and crafts stores

stock plenty of coloring books with more intricate designs for adults, but pen-

Stress reducer

What: Coloring Night for Adults.
Where: Dallas Public Library, 950 Main St., Dallas.
When: Jan. 14 from 5 to 7 p.m.
Cost: Free.
For more information: 503-623-2633.

cils were more difficult to find.

"When I went to Michaels to buy pencils, they only had a few and, 'We can't keep them in stock,'" he said.

He said before the beginning of coloring night he wasn't sure how many people would show up, but Dallas seems to be following the trend with plenty of people showing interest in the event.

Ames noted the turnout was especially good because December tends to be a busy month for most people.

With the positive response from Thursday, the library's already scheduled a second coloring night on Jan. 14 from 5 to 7 p.m.

"It's nice to have something for adults to do in town," Ames said.

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