

\$2600+ from trees to Boys & Girls

Over 250 trees were sold or donated to needy families in this year's Boys & Girls tree lot hosted by Murphy's Furniture. Noble, Grand and Douglas firs raised a profit of over \$2600 for the local club. The success of the fundraiser was largely due to the impressive community support. Volunteers from the Hillsboro Optimist Club, Veterans of Foreign Wars Assoc., *The Independent* (Vernonia), Nike, Hillsboro Police and members of the community helped Murphy Furniture Staff man the 18-day event.

Many trees were donated to the community this year as well as supplying local business-

sponsored Giving Trees. Return tree lot customers repeatedly commented on the wonderful quality of this year's trees. The weather cooperated, for the most part, considering the wild weather, which began the final day of the tree sale. The Murphy Team was impressed that every single tree was gone days before Christmas – not one tree was wasted.

Murphy's Furniture and the Boy's & Girls Club thank the Optimist Club Members, Karabinus Forest Management and the Western Washington County Community for their positive support.

How to keep your 2009 resolutions

When 2008 turned to 2009, champagne corks popped, bubbly flowed and resolutions were made. As usual, many New Year's resolutions involve goals for improved diet, exercise and weight loss. Unfortunately,

by the end of January, a multitude of the resolutions will lose their fizz as determination becomes flat.

TOPS Club, Inc. (Take Off Pounds Sensibly), the nation's original weight-loss support group, shares the following tips to help make New Year's resolutions stick:

1. Make it nonnegotiable.

Committing to the effort – no matter what – is the first step. Vary when, where, and how if needed, but the effort itself must remain constant.

2. Set a plan.

Swatco Sanitary recycling Jan. 7

Swatco Sanitary Service will pick up the gray and blue recycling cart next on January 7. The normal rotation of yard debris pickup will resume on January 14.

Between the Bookends

By Susan Cackler, Library Assistant
Banks Public Library



The weather brought chaos to the library as it did everywhere else. We are now back in full swing and digging out from piles of books that have accumulated. As items are received and checked in, we are making allowances for the weather. Items received so far have been

checked in as if they came in on the first day of snow. If you are concerned about fines that may have been applied to your account, give us a call and we will look at your circumstances. You can also call to renew items if you are still unable to get in. If you called and left a message while we were closed, your items were taken care of.

Now that it is clear that winter is here, if road conditions are questionable it is a good idea to call the library before coming in to make sure that we have been able to open.

The annual meeting of the Friends of the Banks Public Library will be Saturday, January 24 at 10 a.m. You do not need to be a Friend to attend. This is a perfect chance to find out what the Friends do, how you can help, and if you want to volunteer. Also, the Friends still have chocolate for sale at the library. Remember, re-

Know what to accomplish and when. Some examples: walk 30 minutes a day by noon, decrease sugar intake by the

weekend, or go to the gym on Tuesday and Thursday.
3. Combat standard excuses and rationalizations.

Proactively silence the good intention vs. discipline debate. Each of us knows the individual

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cycling is no longer available on the second Saturday of the month at Swatco.

Join us for Preschool story time on Wednesdays at 10:15 a.m. in the community room of the library. It is designed for children aged three to six, but younger siblings are welcome. This month Miss Cathy will read stories on the following themes:

January 7:	Quacky New Year
January 14:	Dancing Feet
January 21:	Yummy for the Tummy
January 28:	Baaaaa Humbug

The Friends of the Banks Public Library can always use your support. You can make a tax deductible donation, become a member, or volunteer. Money that the Friends raise helps the library purchase Cultural Passes, upgrade equipment and purchase books and movies.

On the Shelf:

There will be books coming, but nothing has been processed lately! Come in and look at our new shelf and see what you can find.

Banks Public Library: 111 Market Street.
Hours: Mon., Fri., Sat., 11 a.m. - 5:00 p.m.
Tues., Wed., Thurs., 11 a.m. - 7:00 p.m.;
Preschool Story Time: Wednesdays, 10:15 a.m.
Phone: (503) 324-1382 for information
Internet: www.wccls.org
Browse library resources, reserve or renew materials online. Call for information.

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