

## Between the Bookends

By Nancy Burch, Librarian  
Vernonia Public Library



With over forty youngsters signed up for Summer Reading, the library has been bustling with activity on Tuesday mornings as children are being "Creative @ the Library". It's not too late to take part in this summer's fun while honing reading skills and winning prizes. Remember — Tuesdays at 10 a.m., Thursdays at 6:00 p.m. and Saturdays at 4:00 p.m. — Check your schedules.

I'm sorry to say that none of the DVDs that were taken from the library last month have been recovered, but the Friends of the Library have agreed to purchase twelve new or replacement DVDs which will be available shortly.

At present the Friends of the Library are accepting donations of books for the sale to be held during Jamboree on August 6th and 7th. This sale is the main fundraiser for the organization and will take place in the meeting room and hallway of the library. Prices will be very reasonable, with all proceeds used to supplement library materials and activities, including the annual license to show movies in the library and the family passes to OMSI and the Children's Museum.

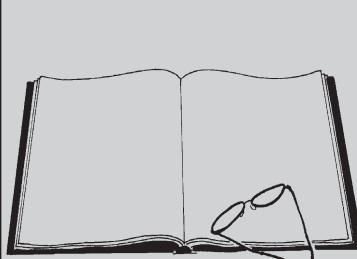
A recommendation from the last Friends of the Library meeting was to feature Newbery and Caldecott medal books. The Caldecott award is given annually to the author of the most distinguished American picture book for children. The winner for 2009 is *House in the Night*, illustrated by Beth Krommes. This book has been recently

added to the library's collection and joins previous winners including *Flotsam*, *Kitten's First Full Moon*, *My Friend Rabbit*, *Black and White*, *Lon Po Po*, *Owl Moon*, *The Polar Express* and *Ox-Cart Man*. The Newbery award is presented each year to the author of the most distinguished contribution to American literature for children. This year's winner is Neil Gaiman for *The Graveyard Book*. Other winners of this award include Richard Peck for *A Year Down Yonder*, Linda Sue Park for *A Single Shard*, Cynthia Kadohata for *Kira-Kira*, Louis Sachar for *Holes*, Gary Paulsen for *Hatchet*, and Patricia MacLachlan for *Sarah, Plain and Tall*. Be sure to look at these award winning books which are presently displayed in the children's area.

This is the time of year when "heat beating" recipes are welcome and the library's current issues of *Simple & Delicious*, *Taste of Home*, and *Healthy Cooking* all feature mouthwatering recipes for irresistible cool desserts, garden fresh salads, unique sandwiches, and budget friendly cookouts.

New acquisitions include *Matters of the Heart* by Danielle Steel, *The Devil's Punchbowl* by Greg Iles, *Trouble* by Kate Christensen, *Burn* by Linda Howard, *Swimsuit* by James Patterson, *The Last Child* by John Hart, *Prism* by Faye Kellerman, *Roadside Crosses* by Jeffery Deaver, and *Finger Lickin' Fifteen* by Janet Evanovich.

Adult movie night will be Thursday, July 23rd at 7:00 p.m. featuring Renee Zellweger and Harry Connick Jr. in the romantic comedy, *New in Town*. The book chosen for discussion this month is *Out Stealing Horses* by Per Petterson with the meeting to take place Monday, July 27th at 5:30. The public is always invited to attend these activities. Remember...the library is air-conditioned.



**Vernonia Public Library:** 701 Weed Ave.

**Hours:** Mon., Wed., Fri. 10 a.m. - 5:00 p.m.

Tues., Thur. 1:00 p.m. - 7:00 p.m.

Sat. 10 a.m. - 4:00 p.m.

**Preschool Story Time:** Mondays, 10:30 a.m.

when school is in session.

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*Congratulations Juliana McGaugh*  
Graduate from the Class of 2009  
Foothill High School  
Coarse Gold, California

## Take a stand for better health

According to researchers from the University of Missouri, most Americans sit too much, and it may be affecting our health. Effects go far beyond the fact that sitting burns fewer calories than standing or walking. Rather, it turns out that sitting for hours at a time may impair the body's ability to dispose of fat. In this day and age, with so many of us sitting for long periods in front of a computer, watching TV, or playing video games, exercise alone may not be enough to stop the rising tide of obesity.

The University of Missouri study found that when a person sits, fat tends to be collected by adipose tissue, which is a kind

of connective tissue that stores fat. When the person sits for long periods, lipase, an enzyme that helps break down fat, drops to 10 percent of normal levels within a few hours of continuous sitting. In other words, fat metabolism effectively shuts down. This has implications not only for overweight and obesity, but also for chronic conditions associated with poor fat metabolism diabetes, high cholesterol, and heart disease.

While it is important to spend at least 30 minutes daily doing moderate to vigorous physical activity, it may be just as important to fidget and put-

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## What diet is best for weight loss?

Researchers have found that the kind of diet that people follow — low carbohydrate, low fat, or high protein — doesn't matter when trying to lose weight. What is important is making sure that people decrease their calorie intake and stick with it. Participants in a recent study were assigned one of four diets that varied in the percent of fat, protein and carbohydrates.

The calorie content of the four diets ranged from 1,200 to

2,400. Each subject's diet was individualized and calculated to be 750 calories less per day than what he or she normally ingested. All four diets contained healthy fats, were high in whole grains, fruits and vegetables and were low in cholesterol and saturated fat.

Subjects were also asked to exercise 90 minutes a week, keep an online food diary and meet regularly with diet counselors for two years. After six months subjects lost an aver-

age of 13 pounds no matter what diet they followed. After two years they kept off an average of nine pounds, regardless of which diet they followed.

The conclusion of lead researcher Frank Hu at Harvard was "To lose weight, it comes down to how much you put in your mouth — it's not a question of eating a particular type of diet."

*Source: New England Journal of Medicine.*