

Between the Bookends

By Susan Cackler, Library Assistant
Banks Public Library



Even though the weather has been cold and snowy, the shortest day has been reached and spring will come again. If the slight lengthening of the days isn't enough to get you through the long winter nights, how about some gardening books? Winter is a great time to plan and dream about what your landscape could be and what new vegetables you want to try growing, and the library is a great resource for information on all types of gardening. Come on in and browse our gardening selections.

The annual book, garden and art sale will be coming soon, too. Watch for more information, but be ready to buy some plants the Friday and Saturday of Mother's Day Weekend.

Meanwhile, if the weather is snowy or icy, be sure to call the library at 503 324-1382 before you come, to make sure we're open. Remember, most items can be renewed over the phone or via the internet. If you are unable to return items on time because of weather conditions, be sure to let the library know.

We have added many movies to our selection in the past couple of months, through purchases and generous donations. Winter is the perfect time to catch up on movies or TV series that you have missed. Be sure to browse our DVD selection the next time you are in.

Join us for craft night and enjoy some lively conversation while you work on your favorite craft. Come and meet some new friends or visit with old ones while using the library's work space and enjoying some light snacks. Join the Friends of the Banks Public Library on Wednesday, January 13, 6-9:00 p.m. in the community room.

Join us for Preschool Story Time on Wednesdays at 10:15 a.m. in the community room of the library. Story Time 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 6: Family Ties
- January 13: Quackadoodledoo
- January 20: Let's be Friends
- January 27: Crocodile Stew

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. Also, we take donations of books that are in good condition.

Remember that Swatco is no longer offering recycling on the second Saturday of the month.

On The Shelf:

The Private Papers of Eastern Jewel by Maureen Lindley. This novel is based on the true story of a rebellious woman who earned a controversial place in history. Eastern Jewel is a princess who is sent from her native Peking in 1914 at age 18 to live with a powerful family in Japan. She quickly falls in love with her adoptive country and earns a scandalous reputation for outrageous behavior. Next she is sent to Mongolia to become an obedient wife, but she mounts a daring escape back to Peking.

Death by Cashmere by Sally Goldenbaum. In the little fishing village of Sea Harbor, Massachusetts, the Seaside Knitters gather every Thursday night at the shop of Izzy Chambers. She rents the apartment over her store to a woman whose fast reputation and bad temper soon have her unpopular with the locals. When that woman turns up dead, it's ruled an accident, but the Seaside Knitters decide to investigate. The ladies put their heads together to untangle the clues.

The Goodbye Cousins by Maggie Leffler. A heartfelt tale about the search for love and acceptance, this book revisits some minor characters from Leffler's

The Diagnosis of Love. At its center is a woman who was kidnapped by her mother and taken to Europe at age 11. Now a single mother herself, Di returns to the States to look for the father she lost. She moves in to her cousin Alecia's apartment where she and her fiancé, Ben, are preparing to marry. Di soon finds herself attracted to two very different men. Alecia is dealing with a promotion at work and the sudden reappearance of her es-

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Flu Vaccination Week is Jan. 10-16

National Influenza Vaccination Week (January 10-16) is a reminder that one of the best things you can do to protect your health in the New Year is to get your H1N1 vaccination if you haven't already received one.

Between April and mid-November, 47 million Americans caught H1N1 flu, more than 200,000 were hospitalized and nearly 10,000 died. In Columbia County there have been three hospitalizations related to H1N1 flu between April and December, 2009, and no deaths in the county according to Anne Parrott, public health preparedness coordinator for Columbia Health District Public Health Authority.

Since H1N1 is a new virus its course is unpredictable. "We could see a third wave of this influenza and there is the possibility the virus could mutate into something more serious than we have seen so far. So we shouldn't let down our guard", said Parrott.

Getting vaccinated is the single best thing you can do to prevent getting H1N1 and seasonal flu. Both seasonal and 2009 H1N1 flu vaccinations work not only to protect against disease but also to prevent complications from influenza. It is also recommended that people 65 years and older, the very young, people with certain health problems, people with a weakened immune system, and smokers get the pneumonia vaccine which can help protect against the complication of a bacterial pneumonia.

The Oregon Public Health Division officially opened up the H1N1 vaccine to people of all ages on December 14, 2009. However, vaccine is especially recommended for people at highest risk of complications from H1N1 flu, including pregnant women, people ages 6 months to 24 years, and anyone between 25 and 64 years of age with certain chronic medical conditions. Since infants younger than 6 months cannot receive the vaccine, parents and caregivers should get vaccinated to prevent

spreading flu to their infant children. Also, healthcare and emergency medical services personnel also should get vaccinated to protect patients and ensure continuity of medical services.

The current H1N1 vaccine was made in much the same way as seasonal flu vaccine and has a similar safety record. "People who avoid flu vaccinations because of vaccine safety concerns should be aware that the health risks from getting the flu are greater than possible risks associated with getting vaccinated", said Parrott. For more information on the safety of flu vaccine, see http://www.cdc.gov/h1n1flu/vaccination/vaccine_safety.htm.

Although the majority of flu cases in the nation and the region have been H1N1 flu, seasonal flu could begin circulating more widely. Seasonal influenza typically peaks sometime in February or March. People who haven't received their seasonal flu shots are encouraged to contact their healthcare provider or pharmacies.

The H1N1 vaccine is available through the medical clinics and several pharmacies in Columbia County. Call the following clinics or pharmacies first to check on vaccine availability or to schedule an appointment: OHSU Family Health Center – Scappoose, 503-543-3181; Legacy Clinic St. Helens, 503-397-0471; Office of Integrative Medicine/Janet Kelly, M.D., 503-366-6244; Safeway Pharmacy, 503-397-0662; Walgreens Drug Stores, 503-397-7862; and, Vernonia Pharmacy, 503-429-0591.

For people working outside of Columbia County who are having difficulty finding vaccination locations the H1N1 vaccine is available through local public health agencies and several big chain pharmacies throughout Oregon. For additional information on vaccination clinic locations see <http://flu.oregon.gov/Pages/index.aspx> under "Where can I get vaccinated?" or <http://google.com/flushot>.

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