

Between the Bookends

by Nancy Burch, Librarian
Vernonia Public Library



The first frost of the season, followed by a gorgeous sunny day is a superb example of the stunning autumns that we experience here in Vernonia. The September issue of *Sunset* magazine even featured an article about our phenomenal fall colors in an article listing Vernonia as one of the "great fall

trips" to experience in the Northwest. To further experience this distinctive time of year, you might want to check out the October/ November issue of *Reminisce* magazine entitled, "Recapture Autumn Magic" which features pictures and stories of past Halloweens, a 1957 hunting trip in Michigan's Manistee National Forest, and playing six-man football in the 1930s. Making "spooktacular" Halloween treats or chill-chasing soups from recipes found in the latest issues of the *taste of home* magazines are other ways

to find pleasure in this incredible season.

October's movie at the library will feature a typical fall activity—football. *Remember the Titans* starring Denzel Washington is much more than just a football story. Based on a real-life drama, it is a celebration of how a town torn apart by resentment, friction and mistrust comes together in triumphant harmony. The public is encouraged to enjoy this uplifting movie on Thursday, October 28, at 6:30 p.m.

We were delighted to have had local author, Nel Rand, discuss her latest novel, *The Burning Jacket*, at the September meeting of the book appreciation group. Plans are being made for another local author, Cathy Lamb, to visit the library and discuss her newly released novel, *Such a Pretty Face*. A date for this event will be finalized at the October 25 meeting, when the topic for discussion will be *As I Lay Dying* by William Faulkner.

October once again signaled the beginning of the after-school activity/story time for school aged youngsters. This takes place on Tuesdays (when school is in session) at 3:30 p.m. and is under the capable, imaginative direction of Jennifer Moloney. Youngsters are encouraged to attend and share the stories and fun with their friends.

Thanks to a grant from the Vernonia Prevention Coalition, the library is continuing to add items that will aid youngsters, as well as adults, in making wise choices. Some of the topics which have been chosen deal with bullying, anger, peer pressure, anxiety, and thoughts of suicide. Search "VPC" on your next visit to the library to find more specifics on these items.

A nice selection of books for youngsters has been added—thanks to the Friends of the Library and donations made to the

book fund. These include *The Busy Little Squirrel*, *Plumply, Dumply Pumpkin*, *One More Acorn*, and *Kindergarten Cat*. Your generous donations to this fund now total over \$600.00 and are greatly appreciated.

New acquisitions for adults include *Freedom* by Jonathan Franzen, *Safe Harbor* by Nicholas Sparks, *Bad Blood* by John Sandford, and *The Blessings of the Animals* by Katrina Kittle.

Remember that ballots may be dropped at the library during regular library hours as well as 12-8 p.m. on Election Day, November 2nd.

"I love fall! Fall is exciting.
It's apples and cider.
It's an airborne spider.
It's pumpkins in bins.
It's burrs on dogs' chins.
It's chilly red knees.
It's nuts on the ground.
It's a crisp dry sound.
It's green leaves turning
And the smell of them burning.
It's clouds in the sky.
It's fall. That's why...
I love fall."

Author unknown

Vernonia Public Library: 701 Weed Avenue
Hours: Mon., Wed., Fri. 10 a.m. - 5:00 p.m.
Tues., Thu. 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.
Phone: 503-429-1818

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Parents: Help prevent youth drug use

Recent data reveals troubling increases in youth drug use in America, so Gil Kerlikowske, Director of National Drug Control Policy (ONDCP), recently urged parents and community leaders to take action to prevent and reduce drug use.

Last month, the Substance Abuse and Mental Health Services Administration (SAMHSA) released data showing drug use in the United States increased significantly between 2008 and 2009 – with 1 in 10 youth ages 12-17 and 1 in 5 young adults ages 18 to 25 reporting drug use in the last month.

Particularly troubling is a 17 percent increase in the rate of prescription drug abuse among young people aged 12-17, between 2008 and 2009. Moreover, treatment admissions for prescription painkillers increased more than four-fold from 1998 (2.2%) to 2008 (9.8%), and the latest data from the Monitoring the Future study

show seven of the drugs most commonly used by teens are over-the-counter or prescription drugs.

"Prescription drug abuse is at record levels, attitudes about drug use are eroding, and drugged driving is disturbingly common," said Director Kerlikowske, "Now more than ever, families must recognize early signs that children may be using drugs and take immediate action to protect them from the potential of a lifetime of drug-related consequences and harm."

Director Kerlikowske cited three steps parents can take today to prevent drug use:

1. Talk to your kids about drugs. Research shows parents are the best messengers to deliver critical information on drug use. Make sure they know of the harms that can result from drug use and that you don't approve of them. For tips and parenting advice visit www.TheAntiDrug.com.

2. Learn to spot risk factors

that can lead to drug use. Association with drug-abusing peers is often the most immediate risk factor that can lead young people to drug use and delinquent behavior. Other risk factors include poor classroom behavior or social skills and academic failure. Parents can protect their kids from these influences by building strong bonds with their children, staying involved in their lives, and setting clear limits and consistent enforcement of discipline.

3. Go through your medicine cabinet. More than 70 percent of people who abuse prescription drugs get them from friends or family – often from the home medicine cabinet. Immediately remove unused or unneeded prescription drugs from your medicine cabinet. Go to http://www.whitehousedrug-policy.gov/publications/pdf/prescrip_disposal.pdf to learn how to properly dispose of prescription drugs.