

## Between the Bookends

by Nancy Burch, Librarian  
Vernonia Public Library



The days are getting longer, Punxsutawney Phil is predicting an early spring, and the library is looking forward to a number of activities to rouse library patrons from their winter doldrums.

The enthusiastic members of the monthly book discussion group are looking forward to the next months as they have elected to read any of Annie Dillard's works, which include *Holy the Firm*, *The Living*, *Pilgrim at Tinker Creek*, *An American Childhood*, *For the Time Being* and *The Maytrees* for the February 28th meeting at 5:30. This Pulitzer Prize-winning author has published two novels, poetry, essays, prose, literary criticism and a memoir indicating that discussion at this meeting should be animated. Because the group has expanded, making it a problem for all members to leisurely read each selection, a book was also chosen for the March 28th meeting. Laura Hillenbrand's true story of one of the most extraordinary odysseys of the Second World War, *Unbroken*, will give readers a genre of a completely different type to discuss at this meeting. The movie to be shown on Thursday, February 17 at 6:30 p.m., *My Family and Other Animals*, was chosen because it is the Masterpiece Theatre version of the January's book appreciation selection written by Gerald Durrell.

Interest has recently been expressed in establishing a book discussion group for young adults. More information regarding this will be available in the library shortly.

The Friends of the Library will be having a Spring Book Sale on Saturday, March 12, from 10 a.m.-4:00 p.m. in the library's hallway and meeting room. A nice selection of materials will be available for sale during these hours. Donations for this sale will be accepted until March 8th during hours the library is open.

A Conversation Project sponsored by Oregon Humanities will take place Thursday, March 31 at 6:30 p.m. Jackson Miller will be leading a discussion concerning three of Oregon's controversial ballot initiatives. Physician-assisted suicide, marijuana, and taxes are the topics which will be discussed during this time.

Mark your calendars for Thursday, April 14 at 6:45 p.m., when B. J. the Clown will once again be here in the library during National Library Week.

Robin Cody's book of short stories, *Another Way the River Has*, has been chosen for Vernonia's 2011 Community Reads. We will be setting a date in late April or early May for Mr. Cody to visit and discuss this book.

Planning is also in the beginning stages for the 2011 Summer Reading Program, which will feature the theme of One World—Many Stories. An adult modified version of a summer reading program is also being considered.

As you can see, the library has a full calendar of events sched-

uled, as well as others in the planning stages. It is always gratifying to be able to offer these activities and to see the public enjoy them, but do keep in mind that the library offers a vast selection of materials in written, listening, and viewing formats.

New novels include *The Lake of Dreams* by Kim Edwards, *Tick Tock* by James Patterson, *Damage* by John Lescroart, *Cast into Doubt* by Patricia MacDonald, *Breach of Trust* by David Ellis, *Though Not Dead* by Dana Stabenow, and *Fatal Error* by J. A. Jance. New audio books include two selections by Maya Angelou and new DVDs include the original *True Grit*, *Eat, Pray, Love*, *The Dog Whisperer*, and *Despicable Me*.

Newly added Non-Fiction selections look particularly alluring and include *When the Meadowlark Sings: The Story of a Montana Family*, *How it Looks Going Back: Growing up in the Montana Woods*, *Walking Home: A Traveler in the Alaskan Wilderness*, and *The Last Empty Places*. I have been able to read a little of *The Last Empty Places*, telling of author Peter Stark's journeys into four of the emptiest expanses he could find—one of which is "the lost country of southeast Oregon". In this section, Stark discusses John Day's misfortunes while carrying messages of John Jacob Astor between Fort Astoria and New York City. He tells of Stephen Meek's 1845 debacle in attempting to pilot a wagon train across southeastern Oregon, and of a wagon train piloted by inexperienced Elijah Elliot, and its struggle to reach the Willamette Valley by crossing Diamond Pass. Other locations he visits and discusses are Frenchglen, the 640,000 acre Roaring Springs Ranch, Steens Mountain, and Malheur Wildlife Refuge. It's intriguing to read about this part of Oregon that Stark considers one of "*The Last Empty Places*."

Hopefully, these offerings of your public library will provide materials and activities to alleviate those winter doldrums. Remember, too, that family passes to the Children's Museum and to OMSI are available to be checked out.

**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

## Tips for starting to exercise

We all know exercise is good for us, but getting motivated can be a challenge. Although finding the time and inspiration can sometimes be difficult, it's important to include an exercise routine as part of your lifestyle. There are many different activities you can try to get started, and finding what works for you will help you enjoy exercise.

**Commit to change:** Be willing to move in a new direction with your lifestyle and find ways to be more active. Identify a successful role model who has made changes to improve his or her health by increasing physical activity and eating sensibly. Accept that change is all about making choices — like choosing to take a walk instead of watching TV. That doesn't mean you have to stop watching TV, it just means you should find a balance between watching TV and being more active.

Another way to be active is to take the stairs instead of the elevator or escalator. Put these simple steps into action to add more activity to your day.

**Believe in change:** Believe in yourself and your ability to change. It's easier to achieve a goal when you have a positive attitude. Make a list of successful changes you've made in the past and believe that you can make these new changes. Try not to get upset if you miss a couple days of exercise — occasional lapses will not ruin your efforts.

It's important to give yourself some slack, not get discouraged and realize that missing a few days of exercise doesn't constitute failure.

Remain confident and keep a record of your activity on the calendar to help you stay on track. If you have friends who stay in shape with regular exer-

cise, ask them for tips and suggestions that you could incorporate into your routine.

**Focus on small change:** When it comes to exercise, it's important to create a long-term plan that works for you. The goal is to make a lifetime commitment to staying active. Experiment and try various kinds of activities to discover those you really enjoy. Fun activities you could try include line dancing, bowling, lifting weights, water aerobics, exercise classes or yoga. By choosing a variety of activities, you also have a backup plan if you need one. For example, if you can't walk outside because of bad weather, use an exercise DVD instead. Try to make physical activity a part of your daily habits. Keep a pair of sneakers by your desk or the door as a reminder to walk, or place hand weights next to the TV to exercise while watching your favorite program. It's important to do activities that are fun and make you feel good about exercising. Keep your focus on your accomplishments and feeling healthy.

**Find a cheerleader:** It's easier to make changes when you have someone to cheer you on. Seek out a friend, co-worker or family member who will encourage you and keep you motivated. Regular phone calls, e-mails or visits could provide the boost to keep you on target. Your cheerleader could even become your exercise buddy, which can make exercise more fun. Reward yourself as you make simple changes that support your overall goal — celebration is part of successful change.

Too often people think they simply lack the willpower to change. Instead of being negative, try basing your plan on small, incremental changes that will improve your health over time. Ease into exercise by making the most of daily activities such as walking, cleaning, gardening and stair climbing as daily activities that keep you moving.

Keep a journal when you don't have time to exercise. By recording what you do every half hour for a day, you'll find 30 minutes you could have spent exercising.

Source: Lynda Johnson, R.D., Nutrition and Health Education specialist, University of Missouri Extension

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