

Between the Bookends

by Nancy Burch, Librarian
Vernonia Public Library



A Japanese proverb quoted in *Country Extra* this month says, "One kind word can warm three winter months." This seems so appropriate as we experience the current wintry weather, but the library also has some activities and materials that might be of help in lifting your spirits through these somewhat dreary months.

Columbia County libraries recognize that patrons might need a "pick me up" at this time of year and have joined in offering the first annual "Columbia County Reads". A Western theme was chosen with activities relevant to this topic taking place during the months of January and February. Along with encouraging county residents to read the chosen books (*Hearts of Horses* by Molly Gloss, *The Devil's Paintbox* by Victoria McKernan, and *The Captain's Dog* by Roland Smith), activities such as singalongs, leather carving, an antique quilt show, and western movies will be offered at the various libraries. The culmination of this year's events in Vernonia will take place February 27, with author Molly Gloss visiting with community members to discuss her book, *Hearts of Horses*.

It's quite exciting to hear that at least one class in Washington Grade School will be reading *The Captain's Dog* as a novel study, and that a couple of other teachers are planning to read the book aloud to their classes. It's also exciting to know that county libraries, schools, and VPC will be cooperating to make these events successful. Brochures listing all of these county-wide events are now available in the library as well as copies of the selected books.

Join your friends and neighbors in Columbia County as they enjoy these books and events.

After reading the books, visit the online "Our Community Reads" blogs to join discussions of the books at <http://thedevilspaintboxdiscussion.blogspot.com/> and <http://theheartsofhorsesdiscussion.blogspot.com/>

To warm your stomach, be sure and check out current magazines for hearty winter meals including tangy bean soup, wintertime braised beef stew, and curried sweet potato soup, in current issues of *Family Circle* and *Country Extra* magazines. Cozy up to a glowing fire with a light mystery such as Maggie Sefton's *A Killer Stitch*, Spencer Quinn's *Thereby Hangs a Tail*, or Josie Kilpack's *Lemon Tart*. If you are looking for a touch of inspiration, the *Chicken Soup* books might be worth re-reading. How about *Huck*, a remarkable true story of how one lost puppy taught a family and a whole town about hope and happy endings? Movie lovers looking for inspirational stories cannot go wrong with *Remember the Titans*, *The Perfect Game*, or *Rudy*.

If you are looking for a place that is warm in both temperature and in ambiance, the library is here for you. If you would like to sit and read, use a computer, visit with other patrons, take part in a book discussion, or watch a movie with friends, check out your library and see if that doesn't make you feel warmer AND don't forget the warmth that a few kind words will bring to those around you.

January's events include movie night on Thursday, January 26 at 6:30, and book discussion on Monday, January 30 at 5:30. The movie will be a western—chosen by those in attendance and the book to be discussed will be *Addition*, by Toni Jordan.

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

Multi-tasking can be dangerous

Older adults may put themselves at risk by talking on cell phones while crossing the street, researchers report in a new study. They found that adults aged 59 to 81 took significantly longer than college students to cross a simulated street while talking on a mobile phone, and their heightened cautiousness in initiating crossing did nothing to improve their safety. Older adults on cell phones also were more likely to fail to cross in the time allotted for the task.

In the study, 18 undergraduate students (aged 18 to 26 years) and 18 older adults crossed simulated streets of varying difficulty while either undistracted, listening to music or conversing on a hands-free cell phone. The older adults were significantly impaired on

the most challenging street-crossing tasks while also engaged in a second activity. They showed the most pronounced impairment during cell phone conversations.

The young adults showed no impairment on dual-task performance. It should be noted that we have previously found that younger adults show similar performance decrements, but under much more challenging crossing conditions.

The current findings suggest that while all pedestrians should exercise caution when attempting to cross a street while conversing on a cell phone, older adults should be particularly careful.

Source: Mark Neider, University of Illinois, Psychology and Aging

Five Wildlife Areas now require a parking permit

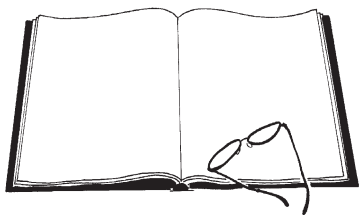
As of Jan. 1, anglers, wildlife viewers and others headed for any of five ODFW Wildlife Areas must have a parking permit displayed on their vehicle's dashboard. Daily permits cost \$7 and annual permits are \$22. They may be purchased online, at one of the ODFW offices that sells licenses, or at a local license sales agent. Wildlife Areas in the parking permit program are: Denman, Central Point; E.E. Wilson, Monmouth; Ladd Marsh, La Grande; Summer Lake, Summer Lake; Sauvie Island, Portland. Parking permits cannot be purchased at Wildlife Areas.


Parking permits are transferrable between cars, but each vehicle must have a permit while parked at the wildlife

area. A free Parking Permit will be included with an annual Oregon hunting license; combination fishing and hunting license; and Sports Pac. This is because operation and maintenance of ODFW wildlife areas are funded primarily by hunters, through federal excise taxes on sporting arms and ammunition, and hunting license fees.

Revenue from the Parking Permit program will be used to improve habitat and infrastructure and to enhance wildlife viewing opportunities at wildlife areas.

For more information visit ODFW's website, http://www.odfw.state.or.us/online_license_sales/parking.asp.





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16720 Noakes Rd Vernonia, OR

Columbia County

Mental Health

800-294-5211

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Suicide Hotline

1-800-

784-2433

or

1-800-273-

TALK(8255)

Domestic Abuse

Hotline

503-397-6161

or

866-397-6161

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Military Helpline

888-HLP-4-VET

(888-457-4838)