

## Between the Bookends

By Susan Cackler, Library Assistant  
Banks Public Library



The Banks Public Library is back to operating regular hours after our renovation. The improvements to the building have made a huge difference and the library is a very pleasant place to spend some time this summer. Come by and

see our new look, if you haven't already, and enjoy reading or using wi-fi in air-conditioned comfort.

The Summer Reading Program is wrapping up. All of the programs and drawings have taken place. August 1 was the first day to turn in a completed reading record and receive an award book, and August 31 will be the last day to do so.

While we have implemented many changes, there are still a few coming in the future. Soon, we will have the ability to accept payment by credit card. Also, the library will be getting a self-check machine which will allow patrons to check out their own materials.

There have been a couple of changes to the Cultural Pass program this year. Unfortunately, the Rice Rock and Mineral Museum is no longer participating in the program. However, Evergreen Aviation and Space Museum is now participating. The pass does not include admission to the water park.

Join us for craft night Wednesday, August 8, from 6:00 to 9:00 p.m. in the library. We have just enough room to set up some tables in the library space and get to work. 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. You may find knitters, scrapbookers, quilters and maybe even a tatter or two. If you would like to be on an e-mail reminder list for craft night, call the library with your name and e-mail.

Since Miss Cathy has retired, we won't have any Preschool Storytime until September, when

we will begin the process of replacing her.

### On the Shelf:

*The Royal Wulff Murders* by Keith McCafferty. McCafferty is the survival editor for Field and Stream magazine and this is his first novel. The story opens with the discovery of a dead body in the Madison River with a Royal Wulff trout fly stuck through its lower lip. Sheriff Martha Ettinger suspects foul play, not a simple drowning. Along with a Montana newcomer who is also a private detective, they pursue their lines of questioning and end up investigating Montana's big business: fly fishing.

*Green Heart* by Alice Hoffman. Two short novels, *Green Anger* and *Green Witch* are contained in this book. They both tell the tale of 15-year-old Green, left on her own when her family dies in a terrible disaster. Green is haunted by loss and the past, struggling to survive in a place where nothing seems to grow and ashes are everywhere. Green retreats into the ruined realm of her garden which begins to grow beyond expectation. In order to rediscover the truth about love, hope and magic, she must open herself to them all.

*Spirit's Princess* by Esther Friesner. Friesner's storytelling combines mythology and historical fiction, this time in the exotic world of third-century Japan. Himiko is the pampered daughter of the most powerful man in the Matsu clan. However she'd rather learn to hunt and forage in the woods like the boys. She sets out on her own adventures to prove what she can do and finds herself connecting to the natural world in ways that thrill and frighten her. Eventually, her mother helps her get secret shaman lessons which will make her path to the future clear, but dangerous.

**Banks Public Library:** 111 Market Street.  
**Hours:** Mon., Fri., Sat., 11 a.m.-5:00 p.m.  
Tue., Wed., Thu., 11 a.m.-7:00 p.m.  
**Preschool Story Time:** Wednesdays, 10:15 a.m.  
**Phone:** (503) 324-1382 for information  
**Internet:** www.wcccls.org Browse library resources, reserve or renew materials online. Call for information.

## Banks Curves now offering new Curves Complete weight-loss plan

Losing weight isn't easy. It takes real commitment to make the necessary changes to diet, exercise and lifestyle. And, for most people, it takes a plan. That's why Curves, the fitness franchise designed exclusively for women, has developed Curves Complete, a simple, easy-to-follow weight-loss plan that combines the three keys to taking off weight and keeping it off: diet, exercise and motivation.

Curves is the only place you can get all three, and Banks Curves wants you to try it FREE for one week.

"For many women, managing the simple logistics of sticking to a diet and exercise plan is what defeats them," says Kathy Douglas, Banks Curves Owner. "Meal planning and preparation, shopping, designing an effective and age-appropriate exercise plan, coping with everyday emotional highs and lows – it can be overwhelming. Sometimes it seems easier to stick with the status quo. That's why our new Curves Complete program provides a foolproof plan for dealing with all of these diet challenges – and helps keep women on track for success."

The Curves Complete program incorporates all three key components of a successful weight management plan and is designed to help dieters lose up to 20 pounds and 20 inches in just 90 days. Women are seeing real results and sharing their success stories with others at [www.facebook.com/curves](http://www.facebook.com/curves).

Research shows that up to 95% of dieters regain their lost weight, and then some. It's not because there's something wrong with them, it's because there's something wrong with

conventional weight loss plans. To lose weight and keep it off, you need three secret weapons:

- **Diet:** Weekly personalized diet plans and shopping lists created through the Curves Complete website, available exclusively to Curves Complete members. These tools help dieters enjoy the convenience and portion control of expensive mail-order diet food programs while shopping at their own grocery stores – and for a fraction of the cost! The plan even offers a convenient new Heat & Eat option so that dieters can include healthy frozen food choices like Lean Cuisine® and Healthy Choice® in their diet plans.

- **Exercise:** Workouts at Curves of Banks that combine metabolism-boosting cardio with strength-training and stretching while providing a continually more challenging workout experience as fitness improves.

- **Motivation:** Daily motivational videos produced through a partnership with the renowned Cleveland Clinic that offer advice and strategies from a panel of experts to help you make healthy choices and keep the weight off. Plus, one-on-one time with your personal coach each week to support, encourage and motivate.

"Personal coaching is the heart of the program," said Douglas. "All Curves Complete participants receive a Health Assessment and a 15-minute, personalized, weekly coaching session with a certified Curves Coach that includes a weigh-in, progress assessment, goal review and monthly body measurements to track results. That extra accountability is very motivating, and the coaches help you develop simple, practical strategies for getting and staying on track."

For more information about Curves Complete and Banks Curves free trial week offer, please call 503-324-9262. For information on Curves, please visit [www.curves.com](http://www.curves.com).

### Main Street Pizza

680 S. Main  
Oak Village Shopping Center  
Banks, Oregon  
503-324-5858

Receive \$2 off  
any large Pizza.

**\$2<sup>00</sup> Off**

Expires 8-31-12. Coupons cannot be sold or duplicated.

### Main Street Pizza

680 S. Main  
Oak Village Shopping Center  
Banks, Oregon  
503-324-5858

Receive \$1 off  
any medium Pizza.

**\$1<sup>00</sup> Off**

Expires 8-31-12. Coupons cannot be sold or duplicated.

See page  
20 for  
Banks BBQ  
Schedule

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