

**Jane Dominique, Director**

**New Library Hours  
Begin October 1, 2009**

Due to a continuing decline in the Public Library Fund, the Evergreen Community Library regrets that we must reduce the hours of operation to the public.

**Monday: 1:00 – 8:00 pm.**  
Tuesday: 10:00 – 5:00 p.m.  
Wednesday: 10:00 – 8:00 p.m.  
**Thursday: 10:00 – 5:00 p.m.**  
**Friday: 1:00 – 5:00 p.m.**  
Saturday: 10:00 – 2:00 p.m.

**Story Time**

Children ages 2-5 are invited to join us for story time on Wednesdays at 10:30 a.m.

**Jan. 6th** - Celebrate National Bird Day and have an "Owl" of a good time!

**Jan. 13th** - Let it snow!

**Jan. 20th** - Playful Penguins are coming our way.

**Jan. 27th** - Will the Groundhog see his shadow?

**Twilight Tales**

**Mondays 7:00 p.m. - 7:30 p.m.**

It's a pajama party with Ms. Martie! Children ages 4-8 wear their jammies and snuggle with their favorite teddy or blankie while listening to fun stories with friends. Come tuck in Tabby the Teddy too!

**Community Room Rental Information**

Please call Karen Condon at 419-644-3474.

**Evergreen Community Library**

253 Maple Street • P.O. Box E • Metamora, Ohio 43540  
1-800-308-8603 • 419-644-2771  
Fax 419-644-5778

Website: [www.evergreencommunitylibrary.org](http://www.evergreencommunitylibrary.org)

**Home Energy Assistance Program Application (HEAP)**

The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Department of Development, Office of Community Service (OCS). It is designed to help eligible low-income Ohioans meet the high costs of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income and the primary fuel you use to heat your home. If you have any questions about HEAP, go online at [energyhelp.ohio.gov](http://energyhelp.ohio.gov) or call 1-800-282-0880.

**Adult Book Discussion**

Wednesday, January 27 at 7:00 p.m.

January's book to be discussed is, *Once Upon a Town: The Miracle of the North Platte Canteen* by Bob Greene. In this poignant and heartwarming eyewitness history, based on interviews with North Platte residents and the soldiers who once passed through, Bob Greene tells a classic, lost-in-the-mists-of-time American story of a grateful country honoring its brave and dedicated sons.

The book discussion group meets at the library on the fourth Wednesday of the month at 7:00 p.m. Books will be available January 11, 2010 at the circulation desk. For more information, please call the library.

**Lee, Jackson, and Lexington, VA Historical Program**

Monday, January 11 @ 7:00 p.m.

Evergreen Community Library in cooperation with Gleaners S. Fairfield Arbor presents noted Toledo historian Fred Folger. Mr. Folger will be presenting a slide show of "Lee, Jackson, and Lexington, VA." This event is free to the public and educational for the entire family.

**The next Library Board of Trustees meeting will be January 12, 2010 at 7:30 p.m. in the library.**

**Every Child Ready To Read  
Tip Of The Month**

Narrative Skills: Being able to tell a story or describe an event.

**Try This!** Remember, it can take 10-12 seconds for a preschooler to analyze a question, formulate an answer and actually speak the words. Be patient. Rephrase the question if needed. Also, asking what, why, and how questions solicit more than just a yes or no answer. This encourages your child to speak more!!

**Tax Forms**

Most common state and federal forms and publications may be obtained from the library mid-January to mid-April. The more uncommon tax forms may be photocopied from books provided to the library by the state and federal agencies. Forms may also be obtained online. Library staff does not provide assistance in completing tax forms, or determining which forms you may need.

**Teen Contest**

In January we will be celebrating National Blood Donor Month. Come in and check out a book any time this month to enter our contest for a free Coca-Cola Glass filled with candy! If you are a registered blood donor and bring in your card, you may enter the contest twice! See the display in our Teen section for more details! This contest is open all teens, grades 5th through 12th.

**Exercising in Cold Weather**

By Jennifer Conrad, Wellness Coordinator  
Source: MayoClinic.com

Winter can frustrate the most motivated exercisers, but keeping up your exercise routine in cold weather can be rewarding. For one thing, outdoor exercise is a sure cure for cabin fever and the winter blues. Exercise increases energy, which can be sapped by gloomy weather. Exercise also boosts your immune system; studies show that moderate exercisers get 20 to 30 percent fewer colds than non-exercisers do. And, you won't have to scramble to get in shape for swimsuit season. You can always use a treadmill, or power walk the malls, but with the right clothing and a little planning, cold-weather exercise can be safe, effective and fun!

**Take it outside.** Here's how to get the most out of your cold-weather workout:

**Check with your doctor.**

Experts say that almost everyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, get your doctor's approval.

**Dress in Layers.**

One of the biggest mistakes cold-weather exercisers make is dressing too warmly. Exercise generates a considerable amount of heat, enough to make you feel like it's 30 degrees warmer than it really is. At the same time, once you start to tire and the sweat dries, it is easy to get chilled. The solution is to dress in layers that can be removed as soon as you start to sweat and then put back on as needed. Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, try fleece for insulation. Top this with a waterproof, breathable outer layer. A heavy down jacket or vest will cause most people to overheat. If it's very cold (around 0 F), or you have asthma, wear a facemask or a scarf over your mouth.

**Protect your extremities.**

When it's cold, blood is pumped to your body's core, leaving your hands and feet vulnerable to frostbite. Try wearing a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. You might want to buy exercise shoes a half-size larger than usual to allow for thick thermal socks or an extra pair of regular socks. Most importantly,

don't forget a hat or headband – 30 to 40 percent of your body heat is lost through your head.

**Head into the wind.**

You'll be less likely to get chilled on the way back if you end your workout, when you are probably most sweaty, with the wind at your back.

**Choose appropriate gear.**

If it's dark, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls. Wear a helmet for skiing, snowboarding and snowmobiling.

**Holy Trinity's  
Crafting Weekend**

Holy Trinity's Junior High is sponsoring a Scrap Booker Weekend with proceeds going toward their Washington DC 2011 class trip.

Download your pic's from the holidays (or other events of the past year!) & join us for the first scrapbooking event of the year. Take time away and dedicate to your craft and yourself! This event will take place at Holy Trinity's Holy Family Room on Friday 1/15/09 from 5pm to ?, Saturday 1/16/09 from 9am to ? & Sunday 1/17/09 from 9am to 4pm.

Your paid fee, reserves an 8 foot table for your exclusive use and includes a soup and salad luncheon on Saturday & Sunday. Snacks and beverages throughout the day are also included. (Friday & Saturday dinner is not included but attendees will typically order food from a local restaurant or pizza and split the cost.)

Event fees are \$15 per day (please circle day of choice: Fri Sat Sun) or \$40 for all three days. Registration deadline is Monday January 11<sup>th</sup>. **Although space is plenty, reservations are available on a first come, first serve basis.** There will be special raffles, too! Earn tickets by registering early, additional tickets may also be purchased at the event. For questions please call Toni Bennett @ 419-644-6933 or e-mail @ [tonib1022@yahoo.com](mailto:tonib1022@yahoo.com).



**COUNTRY SHOP  
HAIRSTYLING**

Bob Vasko  
Michele Gillen  
Men & Women's  
Hairstyling

128 N. Main • Swanton, OH  
[www.countryshophair.com](http://www.countryshophair.com)  
**825-1222**