April 25, 2009

OYAN [Oregon Young Adult Network] exists to provide a network for communication and growth among people who provide library services to teens, to increase awareness of teen library services in the state of Oregon, and to promote cooperation between school and public libraries. Visit us online at http://www.olaweb.org/oyan/

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Hello OYANers!

I'm happy to report that we had a very successful raffle at this year's OLA conference. We grossed $2130 and accomplished several "firsts", including:

- First online sales of raffle tickets. The online sales accounted for about half of the tickets, so we know this will be a successful strategy for next year's completely online raffle sales;
- First sell out of 500 tickets; and,
- First sell out on the first day of the conference!

Of course, a LOT of our success can be attributed to two factors:

1) The beautiful & creative prize packaging by your Co-Chair-elect, K'lyn Hann. The OYAN table, filled with the prizes & adorned with the bright blue OYAN banner, drew many eyes who then purchased tickets. And,

2) The fear of being accosted by Carol Reich, raffle ticket-seller extraordinaire. Thank you, Carol! Your reputation stood us in good stead. ;>)

It was great fun to announce the grand prize winners at the Awards Luncheon. Brian Tompkins, the 2009 OYEA! Award winner from Newberg PL, had a really good week. He also won the Heathman Hotel/Portland Center Stage grand prize! And Candice Morgan was the envy of many when she won the weekend at the Sylvia Beach Hotel.

Many thanks to the generous donors whose wonderful prizes made it a great raffle:

- The Heathman Hotel
- Portland Center Stage
- The Sylvia Beach Hotel
- Oregon Literary Arts
- The Embassy Suites Hotel, Downtown Portland
- Peyton Stafford Associates
- Powell's City of Books
- Oregon Shakespeare Festival
- McMenamin's
- High Desert Museum
- Portland Classical Chinese Garden
- Portland Japanese Garden
- Carol Reich
• Ruth Allen

But greatest thanks goes to the many OLA members who supported OYAN by buying tickets. We couldn't have done it without them.

Program Display Idea
Gary Lum, Librarian
Jesuit High School
glum@jesuitportland.org

Celebrating Oregon's Sesquicentennial, I have used numerous displays to promote Oregon's 150 years. One display included Oregon's "firsts" with an Oregon map. Firsts included the bottle bill, public beach access, the chip, the Nike waffle, and more. The second display is celebrating 150 years of culture. I covered an Oregon map with flags around the world and compared the 1859 census with stats from 2009. A third display included the traveling Japanese Internment tri-fold, available through Sarah Charlton at Tillamook Public. In addition to the tri-fold, I displayed books on Japanese Internment Camps, old luggage attached with the internment camp tags, and numerous photos from Portland Nikkei. We also had a speaker who was a teenager at a Japanese Internment camp.

RECOMMENDED BOOK LISTS

Living or Dead? (or maybe something in between)
Bev Ecklund
Salem Public Library & Chemeketa Community College Library
bev.ecklund@gmail.com

If I Stay by Gayle Forman
Mia and her family are involved in a horrific car accident. Mia is left in a coma, unable to communicate, but not without the ability to see and hear what is going on around her. She is faced with a difficult decision...weather to let go, or stay.

The Adoration of Jenna Fox by Mary Pearson
How much of yourself can you lose and still be you? Jenna is almost killed in a traffic accident. Her father, a world famous bio-engineer, is able to regenerate her body while she is kept in a suspended coma-like state for a year. She awakens to her new life to find that only 10% of her brain was able to be saved. Where does the soul reside? What makes a person human, is it arms and legs, a mind, a spirit? Jenna struggles to find the answers to these questions as she builds her new life.

Ghostgirl by Tonya Hurley
"Now I lay me down to sleep,
I pray the Lord my soul to keep.
And if I should die before I awake,
I pray the popular attend my wake."
Ghostgirl is a lighthearted, funny take on life after death. After choking on a gummy bear, it would seem Charlotte would be excused from having to go to school. But, there are a
whole new set of rules she has to follow now, and just because she’s dead doesn’t mean she gets a free pass on life.

No more Sparkle Motion!
Lisa N Elliott, OYAN Newsletter Chair
Tigard Public Library
lisae@tigard-or.gov

You may have heard that vampires are out and zombies are running (or limping) in to fill the void. We’ll see how long this fad lasts...Vampires are eternal after all. Here are a few zombie books to feed to your teenagers’ brains:

**The Forest of Hands and Teeth**
by Carrie Ryan, 2009
Mary lives in a small village governed by the religious Sisterhood and bordered with a fence to keep out the Unconsecrated—a horde of the undead. When the fence is breached and her world is thrown into chaos, she must choose between her village and her future--between the one she loves and the one who loves her.

**Generation Dead**
by Daniel Waters, 2008
Goth girl Phoebe has never run with the popular crowd at school. However, no one can believe it when she falls for Tommy Williams, the leader of the dead kids--the literally dead, living-impaired kids who are doing their best to fit into a society that doesn't want them.

**Pride and Prejudice and Zombies**
by Jane Austen and Seth Grahame-Smith, 2009
The Classic Regency Romance-Now with Ultraviolent Zombie Mayhem! The Bennets better watch out for the unmentionables...

**Zombie Blondes**
by Brian James, 2008
From the moment Hannah Sanders arrives in town, she feels there is something wrong. On her first day of school, she runs into the most popular girls. The odd thing is that they are nearly identical in appearance: blonde, beautiful, and deathly pale.

**Zombies Calling**
by Faith Hicks, 2007 (graphic novel)
Joss’s friends think her obsession with zombie movies is ridiculous, but when their college campus comes under attack, they’re glad she knows the rules.

**Zombie Haiku**
by Ryan Mecum, 2008
The touching story of a zombie's gradual decay told through the intimate poetry of haiku.

**Zombie Queen of Newbury High**
by Amanda Ashby, 2009
Quiet, unpopular Mia is dating hot football god Rob, but when cheerleading goddess Samantha makes a move for him, Mia decides to cast a love spell on Rob. Unfortunately, Mia ends up inflicting a zombie virus onto her whole class, making herself their queen.

P.S. I swear Bev and I didn’t plan this ahead of time...
Ten Cents a Dance by Christine Fletcher
Working in a meat packing plant and living in the Chicago’s Back of the Yards where the smoke and stench of the slaughterhouses are a daily occurrence, is not the life Ruby wants for herself, but it’s the life she’s got now that her father’s dead and her mother is too sick to work. But a fifteen and a half year old, good-looking girl has at least got to have some fun, and so Ruby seeks it out. And that’s when she catches the attention of Paulie Suelze, the neighborhood’s tough, mysterious and gorgeous gangster wannabe. Not only are his kisses sweet, but Paulie provides Ruby with a ticket out of the slaughterhouses when he tells her about a job working at a taxi dance hall where lonely men pay 10 cents a dance to do the jitterbug, waltz and foxtrot with pretty girls. Well Ruby is certainly pretty enough and her dance skills are better than most, so it seems like the perfect job for her. And so she begins her new career at the Starlight Dance Academy.

But even seemingly ideal jobs often have some downsides. First – although it’s a respectable establishment, Ruby’s mother would not approve of her new career, so Ruby’s got to find a fake job so her mother won’t wonder why she’s out ‘til all hours 6 nights a week. Second – Ruby doesn’t have the wardrobe for dancing and needs to come up with one quickly if she’s going to catch the eyes of the men and make good tips. Third – not all of the men who frequent the Starlight are nice and Ruby has to learn to play her cards right to keep her “fish” – the regulars who dance with her, take her out for dinner and buy things for her – on the line, but also IN line. And then there are the other girls at the dance hall, some of whom wish she weren’t working there and would try to ruin her if they knew she came from the Yards. And if this weren’t enough to worry about, Ruby’s starting to learn that Paulie’s beautiful exterior may hide a pretty ugly interior.

Bad boys and secrets are both hard to keep. Will Ruby be able to hold on to either of hers? And should she?

Book of a Thousand Days, by Shannon Hale
So you’re stuck in a bricked up tower for seven years with a complete milque-toast of a princess who, frankly, can get on your nerves a bit. I mean, would it be too much for her to haul a bucket of water up from the cellar on occasion or take a swipe at the rats with a broom from time to time? And why does she seem so apathetic toward her kahn, a wonderful man with a sense of humour who at least came to visit her at the tower for a few weeks. Never mind that he couldn’t be bothered to rescue her.

But Dashti, Princess Seren’s servant girl, doesn’t generally complain. She’s a mucker – born to serve the gentry. She swore an oath to serve Seren even though it meant getting locked up in the tower after Seren refused to marry Lord Khasar, the cruel, evil man her father choose for her. Now it doesn’t seem like there’s much of a bright side here, but at least Dashti’s had more to eat lately than when she lived out on the steppes. And work, though hard, can be satisfying. And she’s got plenty of time to record her thoughts and draw in her journal. Plus she has a wonderful cat that helps with the rat issues.

Now there’s a well in the cellar, the guards bring fresh milk occasionally, and the food and candles are supposed to last for the seven years of imprisonment. But Seren’s father, if he cared at all, didn’t count on the rats, or Seren’s voracious appetite, or the grain and meat spoiling, so after a couple of years things are looking the tiniest bit grim for the girls. Dashti is determined NOT to die in the tower, so she starts looking for ways to break out and live. But even if she can find a way out, there are still the guards to deal with – they’ve been
ordered to shoot to kill if the girls escape. And if they get past the guards, where will they go and how will the two girls survive out in the world? Can Seren’s kahn save them, or are they doomed to roam endlessly while trying to remain hidden from Lord Khasar, a man who is determined to get the girl he’s been promised.

YA MATERIAL REVIEWS

Book Reviews

Anna Klos, teen mock Printz participant

The Disreputable History of Frankie Landau-Banks by E. Lockhart
The Disreputable History was one of the better books in the list given to me for reading and reviewing. The story line was engaging, the writing style was descriptive, and the characters were believable. I can’t say that I connected with Frankie that much, but I applauded her courage and admired her stubbornness. The one part that I did not appreciate in The Disreputable History was the narrator’s voice. The tone in which this book was written made it almost impossible for me to connect to any of the characters. Because the narrator kept saying things like, “Later, she realized,” or, “When she thought back on it, she…” I felt distracted not only from Frankie, but also from the rest of the characters including Frankie’s friend and boyfriend.

Though I loved this book for its story line as well as for its relevance to life right now, it could have been written in a warmer tone. It seemed as if the author was trying to keep the reader at bay by refusing to go into Frankie’s heart during the book. I loved The Disreputable History of Frankie Landau-Banks, but I wouldn’t read it again. Once is good enough.

Madapple by Christina Meldrum
Madapple was one of my least favorite books. The opinion I have taken away from the book review at Central Library is that you either love it or hate it. I forced myself to read this book, but I found myself wishing to skim every so often. One of the big reasons it turned me off was the shifting of the narrator’s voice kept shifting through the story. At one point, the book would speed past, and then go ahead to the future, therefore ruining some parts of the book.

Another problem I had with the story line was that none of it seemed believable. I could never tell what time era it fell into. Aslaug wears strange clothes that are reminiscent of the pioneer age, and yet there are cars where she lives. Also, as one of my fellow reviewers said, the town in Madapple seemed to show up when it was needed then disappear at random intervals of the narrative.

I like the fusion of religion and history, however. That was one of the only good parts of this book. Unfortunately, the bad parts greatly outnumbered the good parts as I read it, making it an annoyance to plough through. On the whole, Madapple was not a good read. It was interesting, but not for me. I can see how other reviewers liked it, but I read it for review, not for reading itself, which is something I only do with textbooks in religion or Social Studies. Frankly, I only voted for it because it met the criteria for excellent writing on that sheet we got. I’m glad it didn’t win, though. Since we were voting for books that teens would want to read, I was glad that it didn’t make the list.
Book of a Thousand Days by Shannon Hale
When I first looked at the synopsis for this book, I thought it would be another story about a princess in trouble. Fortunately, Hale tells the story from the maid’s point of view as it is truly Dashti’s story we follow. I was also worried that a story told in captivity might get boring after a while, but the author thankfully breaks her characters out about halfway through the book. Book of a Thousand Days is the diary of Dashti, a mucker maid who has sworn an oath to stay with Lady Saren. Saren has refused to marry Lord Kasar, the man her father has betrothed her to and he locks her in a tower for seven years because of it. Dashti chooses to be locked in there with her and the first half of the book is their struggle to survive in the tower with rats and diminishing food stores. Saren’s other suitor, Kahn Tagus, comes to visit, but Saren forces Dashti to pretend she is her, as they have never actually spoken or seen each other. Eventually, the girls find a way out and travel to Kahn Tagus’s kingdom. There, they work as kitchen maids, as Saren is too scared to reveal her true identity. As Lord Kasar attacks Kahn Tagus’ kingdom, the action heats up and Dashti plays a pivotal role in the proceedings.

While the book takes a while to get going, the characters are well drawn and compelling. Dashti is a fine heroine that most any reader will identify with. The romance strains credibility at the end, but I needed to remind myself that the story is based on an obscure Brothers Grimm tale set in the Asian Steppes. Avid fantasy readers at the middle school level are the primary audience for this book. It is an intense tale about captivity and cruelty, but mature elementary students could handle it as well.

The Hunger Games by Suzanne Collins
The Hunger Games by Suzanne Collins was one of the most engaging, well written stories I’ve heard in quite a while. Collins takes our reality TV fascination and brings it to a dystopian conclusion. It’s a plot that’s been done before, but Collins breathes new life into it and a surprising amount of heart as well. In the ruins of what was North America, the Capital city of Panem forces the surrounding districts to send one boy and one girl from each district to compete in the hunger games, a televised fight to the death. The last person left standing wins a life of luxury and ease for the rest of their days. But the trip to that place is brutal, desperate and televised for the world to see. Contestants curry favor with the audience much like they do in American Idol or Survivor.

The star of the show during the book is Katnis from the perennial losers in district 12. She secretly hunts for food back home and the skills she learned during that time help her in the games. So does the fact that the boy from her district is in love with her. But is it true love or just a subtle game that he is playing to gain an advantage over her? The physical game is not the only part of the hunger games, as the mental and psychological aspects are nearly as important. Can Katnis navigate all these obstacles to win the hunger games and does she even want to if it means she will have to kill the other players, even some who have helped her? It is a fascinating story, though it shines an uncomfortable light on our own voyeurism in regards to reality TV. Katnis is an able heroine who does what she has to do to survive, though she does question her actions as the story goes on. There is violence but I didn’t find it gratuitous. The violence fits the story and serves to further the plot. There is no glory in what Katnis has to do to survive. Again, this is a well told tale that is compelling even if one feels a little guilty for enjoying it.
Audio Book Reviews

Lee Catalano
Multnomah County Library
leec@multcolib.org

Some oldies but goodies, now available in audio:


Colie, and her self-improvement-guru mother, have both recently lost a bunch of weight so Mom’s off to tour Europe with her think-positive message, while Colie's going to spend the summer on the coast of North Carolina with her Aunt Mira, a free spirit who hasn't fulfilled the family's goal of weight loss. Colie still thinks like a fat girl, though; she's shy and tries to keep to life's borders so she won't be seen and picked on. This being a Sarah Dessen novel, by the end of the summer, she's feeling a whole lot better about herself, and she's nabbed the interesting boy. Teens might enjoy this "historical fiction," published in 1999, where Colie plays cassettes on her Walkman, and somehow manages without a cell phone. Along with Dessen, the reader Nielsen really knows how teens talk; all the conversations she narrates sound authentic in phrasing and tone.


Summarizing this masterful fantasy novel is nearly impossible, so suffice it to say that Sophie Hatter -- cursed by the Witch of Waste into old womanhood -- seeks refuge in Wizard Howl's moving castle. In no time at all, she's taken charge of the housekeeping, but she can't help but interfere in the goings-on there: Rescuing the fire demon Califer, helping apprentice Michael with his spells and his wooing, discovering the startling origins of Wizard Howl, and locating a missing prince or two. It's all imaginative, rollicking fun brought to life by narrator Sterlin. Each character is a distinctive vocal portrait -- including a Welsh-tinged Howl and an appropriately crackling Califer. As with many audiobooks, I found that slowing down to the pace of the reader helped me to spot clues I'd missed while reading with my eyes and to completely understand the complex tying up of the plot's many strands.

Janet Weber, Youth Librarian
Tigard Public Library
janetw@tigard-or.gov

Charles and Emma: The Darwin’s Leap of Faith by Deborah Heiligman, narrated by Rosalyn Landor. Listening Library, 2009. 6 CD's, 7 hrs., 38 min. $50.00. Ages 12-17.

While many educational institutions teach Darwin’s scientific theories, little is taught about the man and his personal life behind his science. Narrator Rosalyn Landor's British accent sets the tone of mid 19th century Great Britain with a personal narrative of Charles Darwin, his wife Emma, and their many children, in addition to Charles’s travels, his courtship with Emma, and the purchase of their first home. The births of their children, family illnesses, and family outings and life at Down House are eloquently described. Included is background information on Charles's professional life and scientific research as well as public reviews of his publications. While Charles explores his love of science through the years, he must at the same time deal with Emma’s strong religious faith and convictions concerning his work. Quotations from Charles and significant others in his life are clearly nuanced as the story unfolds. Direct quotes from his journal and Emma’s diary are eloquently conveyed throughout the story. The Epilogue from the print edition is included.
at the end of the recording which includes the Darwin family’s legacy. The recording maintains consistent narration and sound quality throughout while using British pronunciation. This well researched collective biography with its educational merit is a worthwhile purchase for any non-fiction audio collection.

**OYAN QUARTERLY MEETING** (May 8, 2009)

OYAN is a membership organization that exists to provide a network of communication and growth among people who provide library services to teens; to increase awareness of teen library services in the state of Oregon; and to promote cooperation school and public libraries. If you are interested in learning more about OYAN or becoming a member please visit our website at [http://www.olaweb.org/oyan/](http://www.olaweb.org/oyan/).

**Driving Directions to Newberg Public Library**

503 E Hancock St, Newberg, OR 97132

Meeting Contact: K’Lyn Hann, 503.554.7732 or klyn.hann@ci.newberg.or.us

A: Bend, OR

1: Start out going SOUTHWEST on NW WALL ST toward NW FRANKLIN AVE. 0.1 mi
2: Turn LEFT onto NW FRANKLIN AVE. 0.1 mi
3: Turn LEFT onto NW BOND ST. 0.2 mi
4: Turn RIGHT onto NW GREENWOOD AVE. 0.4 mi
6: Stay STRAIGHT to go onto OR-22 W/N SANTIAM HWY SE. 80.1 mi
7: Merge onto I-5 N via EXIT 1B toward PORTLAND. 24.7 mi
8: Take EXIT 278 toward AURORA NAT’L HISTORIC DIST./DONALD. 0.2 mi
9: Turn LEFT onto EHLEN RD NE. 2.6 mi
10: EHLEN RD NE becomes YERGEN RD NE. 1.0 mi
11: YERGEN RD NE becomes MCKAY RD NE. 3.4 mi
12: Turn RIGHT onto RIVER RD NE/OR-219. Continue to follow OR-219. 4.3 mi
13: Turn RIGHT onto VILLA RD/OR-219. 0.1 mi
14: Turn LEFT onto PORTLAND RD/OR-99W/OR-219/PACIFIC HWY W. Continue to follow OR-99W/OR-219/PACIFIC HWY W. 0.3 mi
15: Keep RIGHT at the fork to go on OR-99W S/PACIFIC HWY W. 0.3 mi
16: End at 503 E Hancock St Newberg, OR 97132-2829

B: 503 E Hancock St, Newberg, OR 97132-2829
A: Corvallis, OR

Start out going NORTH on NW 3RD ST/US-20 E/OR-34 E/OR-99W N/PACIFIC HWY W toward NW JACKSON AVE. Continue to follow PACIFIC HWY W.  

1: PACIFIC HWY W becomes OR-99W.  

2: Turn SLIGHT RIGHT onto OR-233/SE AMITY-DAYTON HWY.  

3: Turn LEFT onto SE LAFAYETTE HWY/OR-233.  

4: Turn RIGHT onto SE DAYTON BYP/OR-18/OR-233/SALMON RIVER HWY.  

5: Stay STRAIGHT to go onto OR-99W N/PACIFIC HWY W.  

7: Turn LEFT onto N SCHOOL ST.  

8: Turn LEFT onto E HANCOCK ST/OR-99W S/PACIFIC HWY W.  

9: End at 503 E Hancock St Newberg, OR 97132-2829

B: 503 E Hancock St, Newberg, OR 97132-2829

Total Time: 1 hour 17 minutes
Total Distance: 57.27 miles

A: Portland, OR

1: Start out going EAST on NW COUCH ST toward NW 4TH AVE.  

2: Turn RIGHT onto NW NAITO PKWY.  

3: Turn LEFT onto SW HARBOR DR.  

4: Merge onto I-5 S toward SALEM/TIGARD.  

5: Take EXIT 289 toward TUALATIN/SHERWOOD.  

6: Turn RIGHT onto SW NYBERG RD.  

7: Stay STRAIGHT to go onto SW TUALATIN-SHERWOOD RD.  

8: Turn LEFT onto SW PACIFIC HWY W/OR-99W S.  

9: Turn SLIGHT RIGHT onto OR-219 N/OR-99W S/PACIFIC HWY W. Continue to follow OR-99W S/PACIFIC HWY W.  

10: End at 503 E Hancock St Newberg, OR 97132-2829

B: 503 E Hancock St, Newberg, OR 97132-2829

Total Time: 38 minutes
Total Distance: 25.40 miles
A: Salem, OR

1: Start out going NORTH on CHURCH ST NE toward MARION ST NE. 0.0 mi

2: Turn LEFT onto MARION ST NE. 0.4 mi

3: MARION ST NE becomes MARION ST BRIDGE/OR-22 W. 0.3 mi

4: Take the ramp toward WEST SALEM BUSINESS DIST.. 0.2 mi

5: Take the EDGEWATER ST. ramp. 0.0 mi

6: Turn RIGHT onto WALLACE RD NW/OR-221/SALEM-DAYTON HWY. Continue to follow OR-221/SALEM-DAYTON HWY. 20.6 mi

7: Merge onto OR-18/OR-233/DAYTON BYP/SALMON RIVER HWY via the ramp on the LEFT. 1.5 mi

8: Stay STRAIGHT to go onto OR-99W N/PACIFIC HWY W. 6.3 mi

9: Turn LEFT onto N SCHOOL ST. 0.1 mi

10: Turn LEFT onto E HANCOCK ST/OR-99W S/PACIFIC HWY W. 0.0 mi

11: End at 503 E Hancock St Newberg, OR 97132-2829

B: 503 E Hancock St, Newberg, OR 97132-2829

Total Time: 41 minutes
Total Distance: 29.39 miles

Parking

Parking is available in a public lot just to the west of the library entrance on Blain St and 99w/Hancock St.

Agenda

OYAN Spring Quarterly Business Meeting
Newberg Public Library
Friday, May 8, 2009  11:00am – 3:00pm

1. Introductions
   a. Attendees
   b. Additions to Agenda

2. Old Business
   a. Review/approve January 30, 2009 OYAN minutes
   b. Review Financial report

3. Resource Sharing (programs, ideas, book reviews, new websites, bibliographies, etc.)

4. Continuing Business
   a. OLA Board Report of April 1st, 2009
   b. Letters About Literature Report
   c. OLA Annual Conference Report
d. OYAN Raffle Report & plans for 2010
e. OYEA Award Report

LUNCH  12:30pm – 1:00pm

5.  New Business
   a. Book Rave 2010
   b. Joint CSD/OYAN Workshops
   c. Plans for 2010 - trainings/projects/workshops/speakers
   d. OYAN website
   e. Future of the OYAN TSRP Wiki
   f. Executive Board Elections

Lunch (deadline: Wednesday, May 6)

For those coming to Newberg for May's OYAN meeting and wanting to order lunch in advance, here's the menu from a long established and well patroned location just a few blocks from the Library. I would recommend that if you want one of their fantastic quiches or soup of the day, you go and get it the day of b/c I can't give you the flavors in advance. This is a coffee house, so they have great coffee and smoothie options on sight. Please contact K'Lyn at klyn.hann@ci.newberg.or.us with your advance order by Wednesday, May 6th. See you in Newberg!

Coffee Cottage

Sandwiches
(all served with chips & a pickle)

Turkey Gobbler  whole $7.95  half $5.00
Turkey, sprouts, tomato, cream cheese & cranberry relish on hazelnut-poppy seed bread.

Turkey Club Croissant  whole $9.25  half $5.00
Turkey, bacon, cheddar, lettuce, tomato, mayo & guacamole on a croissant.

French Turkey  whole $8.25  half $5.00
Turke, swiss, sprouts, tomato, mayo & Dijon on a croissant.

Cottage Roaster  whole $8.95  half $5.00
Roast beef, provolone, lettuce, tomato, mayo & mustard on sourdough.

Viva la Veggie  whole $7.50  half $5.00
Mushrooms, cucumbers, sprouts, tomato, pesto, cream cheese & sunflower seeds on whole wheat bread or pita. Spicy Veggie FRAP w/ cusabi $8.50

Mediterranean Tuna Salad Sandwich  whole $7.50  half $5.00
Tuna mixed with celery, red cabbage, carrots, balsamic vinegar & dill w/ lettuce, tomato, and spicy cusabi dressing on whole wheat or a pita. As a salad $8.95

Aloha Chicken  whole only $8.25
Hot teriyaki chicken, swiss, pineapple, lettuce, tomato, & mayo on whole wheat bread.
Little Italy Wrap  whole only $8.50
Turkey, pesto, cream cheese, sun-dried tomato, olives, & sprouts in a wrap.

Southwestern Chipotle Chicken Wrap  whole only $8.50
Diced Chipotle Chicken, lettuce, tomato, guacamole, mozzarella, cheddar, provolone, & tortilla chips in a wrap.

Fresh Salads
(served w/ choice of organic dressings & optional roasted hazelnuts)

Dressing options: Ranch, Blue Cheese, Balsamic Vinaigrette, Low-fat Raspberry Vinaigrette, Honey Mustard or Cusabi

Garden Salad  $6.25
Organic greens, red & green bell peppers, mushrooms, cucumbers, tomato, & homemade croutons.

Greek Salad  $7.50
Organic greens, cucumbers, red onion, tomato, olives & feta cheese. Wrap w/sprouts $8.50

Asian Chicken Salad  $8.95
Organic greens, sliced chicken breast, cabbage, carrots, mandarin oranges, chowmein noodles & sesame seeds w/ a ginger sesame dressing. Wrap $9.95

Cottage Bistro  $9.50
Organic greens, artichoke hearts, sun-dried tomatoes, turkey, bacon, olives, parmesan, & homemade croutons.

Combinations
If you’d like a combo or the quiche (excellent & made from scratch in their in-house bakery), I’d recommend walking the 2 or 3 blocks to order b/c I can’t give you soup of the day (cup $4.00 & bowl $6.95) or quiche ($6.25) flavors in advance.

½ sandwich & cup of soup  $7.95
½ sandwich & green or greek salad  $7.95
Cup of soup & green or greek salad  $7.95
Quiche or lasagna & greek or greek salad  $8.95

Desserts & Pastries
Made from scratch in their in-house bakery. Mmmm . . . .

Home of the Marionberry Scone & other delectable items.

Upcoming Meetings

July 24, 2009 – Hood River Public Library, Hood River, OR
Fall 2009 – TBA