

Stuck inside the house can lead to stuck inside a book

As the fall season begins to materialize and show its colors, we intuitively begin preparing for the colder months ahead and the inevitable knowledge of spending more time inside.

The movie “The Shining” is a chilling story of the extreme effects of spending too much time inside. Hopefully, very few people will ever cross the threshold of sanity when it comes to cold weather. Nevertheless, it always helps to be mentally prepared for spending more time inside. Here are a few books that will keep you in a positive frame of mind as you begin spending an increasing amount of time inside with friends and/or family.

Paul Pearsall presents an unconventional perspective in his book “The Last Self-Help Book You’ll Ever Need: Repress Your Anger, Think Negatively, Be a Good Blamer, and Throttle Your Inner Child.”

When was the last time you heard a psychologist say the solution to your problems is to give up hope and think negatively?

Pearsall’s counterintuitive arguments go against everything you have heard from the many “self-help” pundits in the media. He questions whether what we have been fed by the mainstream media about solving our problems has really made us a society of happier, more positive individuals. His theories, though unconventional, give the reader some insightful and practical reasons for a new way of thinking.



Jeff Friesen, Library Link

• Director, Pioneer Memorial Library

So what does make a person happy? I have a PDA, an Ipod, a laptop computer, Dr. Pepper and plenty of other “things” to soothe my soul. With the exception of Dr. Pepper, I, m not sure that any of these “things” make me more content with life. Mary Carlomagno decided to take a hard line approach to making her life easier and gave up one thing in her life each month over the course of a year. In January she gave up alcohol and by November had decided to give up chocolate. (how interesting she didn’t give up chocolate in January) In her book “Give It Up! My Year of Learning to Live Better with Less,” Mary Carlomagno chronicles her journey of living a simpler life.

But as we all know life is less about things than it is about relationships. Unfortunately, too many people have come to the end of their lives stubbornly refusing to make amends in a relationship only to regret their decision a little too late. Perhaps one of the most underrated, yet powerful keys to a happier life, is forgiveness. Gary Chapman and Jennifer Thomas address this topic in their book The Five Languages of Apology: How to Experience Healing in All Your Relationships. In this book you can

learn what it takes to say and mean two simple words “I’m sorry.”

Hopefully you will be able to stay away from the need for apologies in your relationships as much as possible; that is if you have a lot of character. We can think of people with great character in history such as Mother Theresa, George Washington, Martin Luther King Jr., Susan B. Anthony, etc. The people that come to mind as heroes in our own lives are usually those that are known for their honesty and integrity. An inspiring book full of notable examples of men and women with character is the book “Character of Destiny” by John McCain.

Life certainly isn’t as complicated as we make it. Read a book and enjoy your day!

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Iowa considers manure ban

DES MOINES, Iowa (AP) — The state’s Environmental Protection Commission is closer to implementing a ban on the spreading of manure on land planted with soybeans.

The commission met this week and instructed the Iowa Department of Natural Resources to craft a notice that begins the rule-making process for the ban.

If the rules change is approved, it could have a big effect on the farming community. Row crop farmers use manure as fertilizer, and livestock producers get rid of tons of animal waste by applying it to fields.

Environmentalists have argued that soybeans don’t need the nutrients provided by manure. They say that its application on soybean fields creates nitrate pollution by leaving too much nitrogen in the soil, which then runs off into the state’s waterways — some of the most nitrogen-rich waters in the world.

Some scientists say the fecal bacteria that winds up in rivers and lakes can suck up oxygen, killing fish, and create threats to human health.

“Many people will say that soybeans don’t need the fertilizer anyway, and that’s the whole reason for this” discussion, said Randy Clark, an attorney with the DNR. “The rest

of the debate is: even if they don’t need it, will this hurt?”

He said the ban would go into effect three years after its approval for existing soybean fields. It remains to be seen whether such a ban would cause many row crop farmers to switch their fields from soybeans to corn, which soaks up more nitrogen.

“There’s a lot of study that’s going to be done,” Clark said.

Tracy Blackmer, director of research for the Iowa Soybean Association, said scientific studies show that soybeans do use the nutrients in manure. State regulators should focus on proper application techniques, not an outright ban, he said.

As long as the producer follows the appropriate guidelines, he said, “it is no different than other sound management practices.”

Blackmer said the issue has become politicized, and could hurt farmers who rotate crops. “It creates more obstacles,” he said. “Obviously, when you are applying manure, it has several years of value of nutrients in it.”

Some state estimates show that about half of livestock farmers in Iowa indicated in manure-management plans that they may spread manure on soybean fields. However, state inspections show the actual percentage at any time is probably 10 percent to 20 percent. Some

industry groups claim the numbers are even lower.

The DNR will craft a notice of intended action for approval at the EPC’s November meeting. If approved, a public comment period would begin. The EPC would likely not make a final vote on the issue until next year, and then the Legislature’s Administrative Rules Review Committee would take a look at the changes, and could block or delay them.

On the Net:
Iowa Environmental Protection Commission: <http://www.iowadnr.com/epc/index.html>



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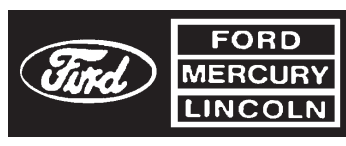
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