

# Mont Vernon

## Daland Memorial Library News

Library hours: Tues. & Thurs. 10 a.m. - 5:30 p.m.; Wed. noon - 8 p.m.; Fri. 2 - 6 p.m.; Sat. 10 a.m. - 1 p.m. Closed Sun. & Mon.  
**Holiday Schedule**  
The library will be closed December 24-26 for the Christmas break and December 31-January 2 for the New Year's break. Regular days and hours for the rest of December.  
Phone: 603-673-7888; FAX: 603-673-7888  
Email: [dalandlibrary@comcast.net](mailto:dalandlibrary@comcast.net) Web: <http://www.dalandlibrary.wordpress.com>  
Library Director: Karen MacDonald; Children's Program Director: Bonnie Angulas; Library Assistants: Allain Schnable and Kira Zotcavage.

### Junior Book Clubs

**\*Bonkers for Books\*** Junior Book Club for 3rd & 4th graders will be reading "The Adventures of Nanny Piggins" by R.A. Spratt this month.  
**\*The Page Turners\*** Junior Book Club for 5th and 6th graders will be reading "A Season of Gifts" by Richard Peck for the month of December. Group will meet on Wed., Dec. 21st for a festive snack and book talk.  
Books for both groups available @ the library. New members always welcome!

### Museum Passes Available at the Library

Passes to the following museums are now available to library patrons. Two are free and one has a small co-pay.  
**Currier Museum of Art**  
201 Myrtle Way  
Manchester, NH  
Tel: 603-669-7194  
[www.currier.org](http://www.currier.org)  
Two passes – each pass admits two  
**SEE Science Center**  
200 Bedford Street

Manchester, NH  
Tel: 603-669-0400  
[www.see-sciencecenter.org](http://www.see-sciencecenter.org)  
Three family passes

**Museum of Fine Arts**  
465 Huntington Ave  
Boston, MA  
Tel: 617-267-9300  
[www.mfa.org](http://www.mfa.org)  
Take away FLEX pass – one pass admits two adults

(NOTE – there is a \$7 co-pay for EACH adult. Some special exhibits require a ticket with an additional charge.)  
NOTE: Passes to the Canterbury Shaker Village are no longer available.  
Passes may be checked out for one week. (Take away and FLEX passes are not returned.) Late returns will incur a \$5 fine. Please call the library at 673-7888, or stop by to reserve a pass.. Museum passes made possible through the fundraising efforts of the Friends of the Daland Memorial Library.

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## Muscular Strength Training Provides Many Benefits

### No. 1 in a Series of 7

AMHERST – For many women, getting healthy and fit has been a game of hit or miss. Year after year people try health clubs, weight loss centers, fad diets, and many other gimmicks that promise better health, yet fail miserably. The reason why they fail is because they don't have a plan that provides all the instructions of health and fitness to attain ultimate success.  
At Integrity Health Coaching For Women, the process for achieving and maintaining optimum health and well-being is as easy as following the seven integrated components of the EZ Coach health and fitness programming system, pioneered by Integrity.  
The first component is Muscular Strength. Muscular strength is defined as the ability to produce muscular force. Muscular strength is accomplished through strength (lifting weights) training. The benefits of strength training are stronger muscles, bones, tendons and ligaments. These structures are necessary to keeping the body young and firm while increasing fat loss. In fact strength training is critical for those who are trying to lose excess fat!  
Your EZ Coach workout card shows you your exact seat settings, sets, repetitions and the amount of weight you need per workout to get you strong fast. Just put a check mark after each exercise once completed. Week-by-week you will be increasing the intensity of your workout insuring optimal gains.  
Once your workout card is complete you will see your health coach for a program update. This updated program will provide you with a new workout card to challenge you through the next workout cycle. The program update will also provide you with a report of your progress.  
By the way, don't worry you won't get BIG lifting weights, only men with lots of testosterone can do that! Building muscle helps you to lose excess fat even faster. Muscle burns fat 24/7. In fact one pound of muscle burns approximately 8 times more calories than fat does!

The benefits of strength training include:

- Stronger bones, helps prevent and reverse osteoporosis
- Increases metabolic rate, promoting fat loss
- Decreases insulin resistance
- Elevates anabolic hormones (keeps you looking younger!)
- Tones muscles
- Increases energy
- Reduces chances of lower back pain
- Decreases resting blood pressure
- Improves immune function
- Lowers resting heart rate
- Improves balance and coordination
- Improves mood

For more information visit: [www.integrityfit.com](http://www.integrityfit.com), call 603-769-3388 or to take a tour, visit Integrity at The Meeting Place, 199 Route 101, Unit 5B, Amherst, NH (Next to the Post Office, across from Black Forest Café). Integrity also has two other locations in Bedford/Manchester and Londonderry. All Integrity Health Coaching centers are available to members 24 hours a day so that whatever your schedule, no matter how busy you are, you will always be able to fit in your workout.  
Right now, Integrity is offering new members a 30 day risk free trial for only \$19. This includes a health coach, custom designed fitness plan and full use of all equipment for 30 consecutive days.

## Mont Vernon Briefs:


### Historical Society Information Now On Facebook

Updated information on the Mont Vernon Historical Society and their museum is now available on Facebook at Mont Vernon Historical Society.

### The 2012 Lamson Farm Calendar Now Available


SPONSORED BY NEIGHBOR 2 NEIGHBOR  
If you weren't able to attend Lamson Farm this year, then let Lamson Farm come to you. Purchase your

2012 calendar capturing highlights of Lamson Farm for \$10. It makes a great gift for friends and family in Mont Vernon. All proceeds go to Neighbor 2 Neighbor. To purchase your calendar, stop by the Mont Vernon Town Hall (Monday through Thursday from 9 am to 2 pm) or email [n2nmontvernon@gmail.com](mailto:n2nmontvernon@gmail.com) to place a request.



*To our many clients and friends  
We would like to extend heartfelt thanks to you for a very successful year.*

*All of us at Real Living The Norwood Group and  
NATI Norwood Group Commercial  
Wish you and yours a happy holiday season and best wishes for the New Year!*



The Norwood Group

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|---|--|---|
| 46 Route 101A<br>Amherst   NH<br>603.673.1775 | 116 South River Road<br>Bedford   NH<br>603.472.4400 | 150 Broad Street<br>Nashua   NH<br>603.889.1875 |
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[www.RealLivingNorwood.com](http://www.RealLivingNorwood.com)



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