

Spring at last in Indiana

Ah! Spring, at last. Does your fancy turn to sports or gardening or redecorating? Hoosier born and raised, I know how fickle Lady Spring can be especially in Indiana. Balmy days can turn chilly and rainy in the blink of an eye and those chilly, rainy days are good for a trip to the library.

On the balmy days, maybe you are hitting the road with your own two feet, running, that is. John "the Penguin" Bingham and Jenny Hadfield have a great title for you: *Running for Mortals: a Commonsense Plan for Changing Your Life through Running*. Never mind this life changing stuff, what you really want to do is win for the track team. Try *Training for Young Distance Runners* by Larry Greene and Russ Pate.

Speaking of winning—this year your soccer team will be winners because they have all read *The Complete Book of Soccer* edited by Chris Hunt and you have all practice the skills and drills in *Soccer Skills and Drills* by James W. Lennox, Janet Rayfield, and Bill Steffen.

Soccer? Running? No. The real American sport for spring and summer is baseball. You got talked into coaching? Great! Let these two books help you: *Gold Glove Baseball* edited by Charlie Greene and *Managing Little League Baseball* by Ned McIntosh.

Spring is also green and growing and gardens and yard work. There are so many titles on gardening but if this is your first attempt then look for *First-time Garden Specialist* by David Squire. Perhaps you want to change how your yard looks. For a complete renewal, check out *Homescaping: Designing Your Landscaping to Match Your Home* by Anne Moyer Halpin.

Oh, yes, you did promise yourself to work at physical fitness this year but how to do that and get the yard and garden work done? Bunny Guinness has written *Garden Your Way to Health and Fitness* so you can have a beautiful garden and yard as well as a beautiful you.

What about some renewal inside your home. A new look inside can do wonders for everyone's spirits. You will surely get inspired by *Decorating Without Fear: a Step-by-step Guide to Creating the Home You Love* by Sharon Henby-Robie . Maybe the new look you really want is UNCLUTTERED. If you are a pack-rat like me *Throw Out Fifty Things* by Gail Blanke sounds really harsh until you read the promise in the subtitle: *Clear the Clutter, Find you Life*.

Renewal and conservation is happening all over Indiana. Watch the DVD *Natural Heritage of Indiana* to learn about the efforts to restore of some of Indiana's natural areas.

One last spring specialty in Indiana: tornadoes! For an awesome DVD about those storms watch *Twister Chasers*. After seeing that you will want to be prepared so you can turn to *Just in Case: How to be Self-sufficient When the Unexpected Happens* by Kathy Harrison.

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