



# BETWEEN THE PAGES

*Huntsville Public Library Monthly Newsletter*

## Eat Well, Live Well

**BY MARY KOKOT, REFERENCE AND ADULT SERVICES**

If one of your New Year's Resolutions is to lose five pounds or even to just get healthier and you need an assist, your local library (that's us!) can help.

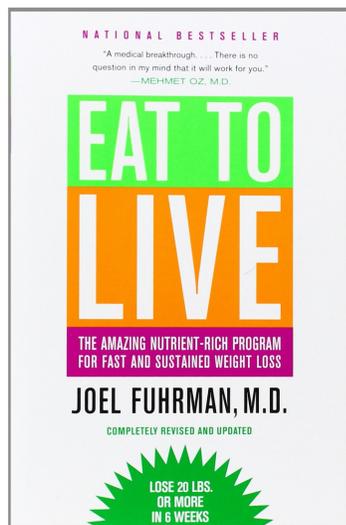
According to the *USA Today Best-Selling Books* list, those about the ever-popular Mediterranean diet don't even make the Top 10. Their list shows that over the last decade, 10 weight loss and diet books have proven to be the most popular. Huntsville Public Library has at least five of them on the shelves and gives you the option of borrowing the ones we don't have from other libraries through interlibrary loan.

So, if you want to lose not only the regular holiday weight gain but also those pesky pandemic pounds, come check out our offerings.

*The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever* by Dr. Pierre Dukan. The four-phase diet rejects calorie counting and weighing food while encouraging adherents to eat unlimited amounts of allowable foods such as lean protein, eggs, and select vegetables.

*Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Revised Edition* by Dr. Joel Fuhrman. The diet claims a high ratio of nutrients to calories in the food you eat can make you lose weight because the more nutrient-dense food you eat, the less you crave fats, sweets and high-calorie food.

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1219 13th Street  
Huntsville, TX 77340  
(936) 291-5472

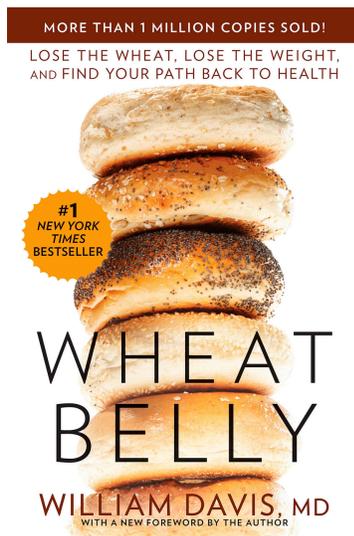
Monday-Friday  
10 a.m. to 1 p.m.  
& 4 p.m. to 7 p.m.

# Eat Well, Live Well Continued From Page 1

*The Plant Paradox: The Hidden Dangers in “Healthy” Foods That Cause Disease and Weight Gain* by Dr. Steven R. Gundry. According to Gundry, it is not merely gluten that is the enemy, but all varieties of plant-based proteins called lectins that are the real culprits. And, they are found not only in grains but in a variety of gluten-free foods.

*The 20/20 Diet: Turn Your Weight Loss Vision into Reality* by Dr. Phil McGraw. The psychologist and television personality identifies several reasons many diets fail while offering several solutions, including having dieters begin by eating 20 key foods.

*Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* by Dr. William Davis. Davis proposes eliminating wheat from our diets can prevent fat storage, bulges and reverse health problems.



## Meet Elizabeth, Our New Library Clerk!

**BY RACHEL MCPHAIL, CITY LIBRARIAN**

You might have noticed that there are several new staff members at the Huntsville Public Library. Elizabeth Land joined the Huntsville Public Library in December 2020 as the Library Clerk following her graduation from Sam Houston State University with a degree in psychology. As a Library Clerk, Elizabeth's primary responsibility is checking in materials as they are returned to the library. Currently, the library quarantines returned materials for 7 days as a safety precaution for Covid-19; Elizabeth is the primary staff member in charge of moving items to and from quarantine.

Elizabeth also assists by shelving materials after they have been released from quarantine as well as preserving newspaper articles in which the Library is mentioned. "I enjoy the atmosphere here at the library. It's never too hectic but still lively. I also enjoy having sweet and sociable coworkers who are ready to give me a hand when I need it," Elizabeth stated.

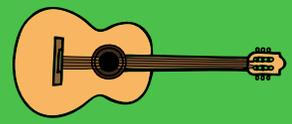
*"My name is Elizabeth, and I can help you find what you are looking for... just come and find me in the book drop room or find me shelving items throughout the library!"*

*march*

### Fast Facts

Recently Read: Gravity Falls comic book  
Favorite Film: Disney's Hercules  
Hobbies or other fun fact: I am currently getting into video games (side scrollers and platformers). I also enjoy being outdoors and spending time with my cat, Bootstrap Bill!





# It's Never Too Late to Learn a Musical Instrument!

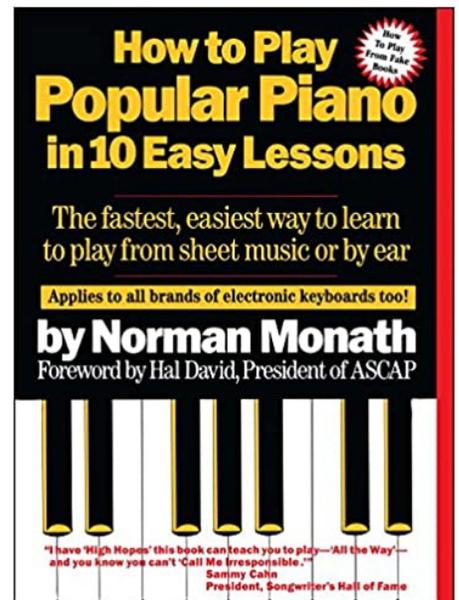
**BY JOSH SABO, IT SERVICES COORDINATOR**

Learning to play a musical instrument has been one of the most rewarding experiences of my life. I started playing guitar around age 12, drums at 15, and started learning piano at age 20 while working on my undergraduate degree. Even after starting later than most music school students, I was able to get into music school a few years later and I now teach music to students of all ages.

Music isn't only fun to play. It fosters creativity, camaraderie, and a sense of accomplishment that is completely different from anything else. Music also has evidence-based positive effects on cognition, motor and social skills, and communication, as well as improvement of the senses. It is used in medical settings by music therapists to help people in almost every facet of their lives. More information about music's effects on the brain and body can be found at the American Music Therapy Association website: [www.musictherapy.org](http://www.musictherapy.org). There are also several places to look at academic research on the subject, one of them being [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed).

The Huntsville Public Library has many books about music in our collection. We have books on learning piano, guitar, violin, and percussion for beginners. I personally recommend *How to Play Popular Piano in 10 Easy Lessons* by Norman Monath. There are also plenty of books about different artists and periods in music history. Our collection also includes hundreds of music CDs. So, if you're looking to learn an instrument or just more about music in general, we can help! To browse our collection, please visit [huntsville.bliblionix.com](http://huntsville.bliblionix.com). We also have many more offerings on our e-reader apps: Overdrive, Libby, and SimplyE. If you need assistance with downloading and navigating these apps, you can come to the library IT desk. You can also you can contact Josh or Jalpa at (936) 291-5485 during business hours.

The library is open from 10 am to 1 pm & 4 pm to 7 pm, Monday through Friday.



# Navigating the Children's Room & Online Catalogue

**BY BAILLIE PRETZER, CHILDREN'S COORDINATOR**

Online catalogs have helped libraries come a long way in reaching patrons through virtual means (especially during 2020!) but that does not always mean they make the library any easier to navigate. While the Young Adult and Adult section of our library may seem cut-and-dried, the Children's Room isn't as much so and patrons can find themselves overwhelmed with where to begin their search. Despite staff member assistance always being available, everyone usually feels more confident when they have some sense of understanding their surroundings - especially for those last minute projects!

Here at Huntsville Public Library, we employ the Library of Congress Classification system for our nonfiction books, and for all others, we use the first three letters of the author's last name regardless of whether it is a baby, picture, early reader, or fiction book. By contrast, for our biographies, we use the first three letters of the last name of the person about whom the biography is written.

To understand better, look at the examples shown below:

\*We color code the stickers on our baby books, early readers, and picture books so as to more clearly identify them.\*

- **Baby book example:** Library Babies, by Kelley **Puc**kett - PUC
- **Picture book example:** The Cat in the Hat, by Dr **Seu**ss - SEU
- **Early Reader book example:** I Need You, Dear Dragon, by Margaret **Hil**lert - HIL
- **Fiction book example:** The Adventures of Sherlock Holmes, by Arthur Conan **Do**yle - JUV FIC DOY
- **Biography example:** **Lin**coln: a photobiography by Russell Freedman - JUV BIO LIN

Many times our patrons have an idea of what they are looking for but no idea of where to begin their search. Apart from the nonfiction section, our books are not shelved by topic or subject, which can make finding books about math, monsters and bugs, or fairy tales and folktales a little difficult. Thanks to the beauty of online cataloging however, we are able to have our books categorized under an innumerable amount of tags or keywords that go beyond title, author, and subject. What this means is that you can search for math, monsters and bugs etc., and find titles across the picture books, early reader books, baby books and fiction books. For those who are looking for more specific titles, this method might seem the most obvious. But, when you are having trouble finding a book on a topic you are interested in, this method is very useful. After all, book titles are where the inspiration for the cover art comes from!

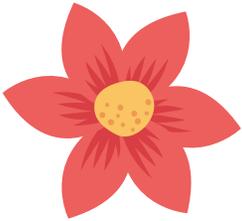
Conversely, if you are looking for books that received the Caldecott Medal, the Newbery Medal, or the Texas Bluebonnet Award, you can narrow your search to those titles by simply typing in the name of the award. Books that have received these awards or even nominations include picture books, early readers, fiction, nonfiction and biographies too!

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# Navigating... Continued from Page 4

Perhaps the most convenient aspect of our online cataloging system, apart from the search feature, is the ability to reserve books for checkout with the click of a button. This saves you having to hunt down the book yourself, or even risking that another patron checks it out before you can get to the library. Reserving books to be checked out ensures a staff member will locate them and set them aside to be checked out under your account. Regardless of whether it is your first, fifth, or thousandth time visiting the library, these useful tricks are excellent to know as they help you feel more confident at navigating your local library.



\*These tips are especially helpful to Education majors attending Sam Houston State University!\*

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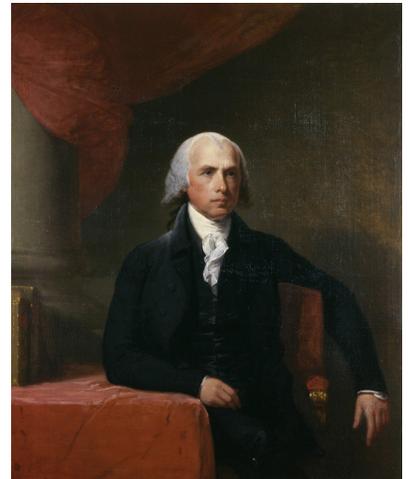
## How Freedom of Information Day Came to Be

**BY CARLIE CHAPMAN, CIRCULATION CLERK**

Every month usually has a well-known or maybe not-so-well-known event to celebrate. For example, just as Monday, January 18 was Martin Luther King Jr. Day, March also has a day that is nationally recognized. According to the American Library Association (ALA.org), either on or around James Madison's birthday on March 16, all libraries celebrate Freedom of Information Day.

Freedom of Information Day was created in honor of James Madison, who was a strong advocate for government transparency. He created a system of checks and balances that helps ensure no single person or department has absolute control over decisions or assigned duties within the government. By the same token, this system enables the public to have a greater sense of awareness and trust for the government by holding them accountable for their actions.

Known as "The Father of the Constitution," Madison brought national attention to the public's right to know when there was a lack of access to the information occurring at the governmental level. Additionally, this occurred during a time of increased community involvement and government expansion. Because Madison helped draft and ratify the constitution as well as the Bill of Rights, it makes sense he became a symbol for Freedom of Information Day.



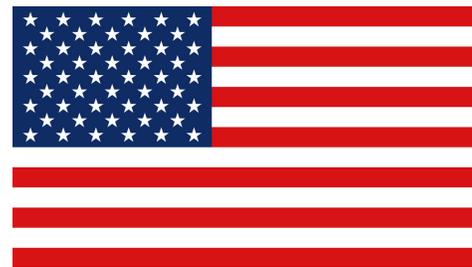
**James Madison**

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# Freedom of Information Day, Continued From Page 5

The growing need for credible information increased during the Cold War as other autocratic governments and countries around the world, most notably the USSR, began to restrict, control, and warp the information their citizens received.

During 1952, when the absence of information shrouded the Cold War in silence, newly elected Democratic Congress member John Moss, created a call to action by initiating the Freedom of Information Act (FOIA). He believed if more information from the government were made available, this would help ensure the security of the nation. Conversely, he feared silence might end in dictatorship.



Over the next ten years, Moss successfully rallied awareness for this cause, catching the attention of President Lyndon B. Johnson. Originally unsure about this idea, President Johnson thought the act might limit the efficiency of communication between governmental agencies. Then, on July 4, 1966 the FOIA, which enables federal agencies to disclose all information in order to allow transparent communication between governmental agencies and the public, was signed into law granting the public the right to know what the government is doing. However, to protect both national privacy and public privacy there are several exemptions to this law. For example, personal income tax returns and adoption records are considered public privacy exemptions under the law.



The ALA commemorates Freedom of Information Day by presenting two awards. The James Madison Award is presented every year on President James Madison's birthday, while the other is presented in honor of Eileen Cooke, who was a steadfast advocate for the public's right to know and helped mentor many librarians and trustees.

What does this mean for you? Without the Freedom of Information Act, the general public would not have access to information contained in public documents. So, the next time you are searching for information at Huntsville Public Library, please remember March 16, the day that celebrates freedom of information.

**Lyndon Johnson**

**We Are Now Accepting Donations**

Due to an large influx of donations, we ask that you limit the number of donated items to 10

Please bring your donations to the circulation desk during business hours

10 am-1 pm & 4 pm-7 pm  
Monday-Friday

**BOOK SALE!**

(As well as audiobooks, DVDs, & much more!)

MONDAY - FRIDAY  
10 AM - 1 PM &  
4 PM - 7 PM