

what's new | events | staff picks



Freegal Gets You Moving to the Beat!

by Robyn McCreight, Campbell Library

As the New Year begins, it's time to get up off of the couch and MOVE! Whether you are running, jogging, dancing, kick-boxing, or just jumping around, whatever gets your blood flowing and your heart racing

will help you lose weight, stay fit, and maintain a healthy heart. One of the best motivators for a cardio workout is some well-paced, upbeat music. Our MP3 service, [Freegal](#), can help you create the perfect playlist to keep you moving. SCCLD library card holders can download 3 free MP3s every week. The songs don't expire and they work on most MP3 devices, including iPods, iPhones and Androids.

Check out my own [cardio playlist](#) on GrooveShark for more song ideas and then head back to Freegal to begin creating a playlist of your own!

Walk Your Way to Fitness – The Library Can Help!

By Pat Lorenzo, Library Services Manager

Walking is a low-impact form of exercise that most anyone can enjoy. It's safe, simple and doesn't require practice. Just a few of the many health benefits include: lower



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"good" cholesterol; lower blood pressure; decreased risk of diabetes, osteoporosis and arthritis; weight management; improved mood, along with overall strength and fitness.

Now that you're ready to get started, why not check at your library for some help? [Download music](#) from Freegal or Overdrive, or stream from Alexander Street Press. Or check out our extensive collection (almost 1,800 in all) of [Playaways](#). If you haven't tried one yet, these are pre-loaded audiobooks about the size of a small calculator – just insert a AAA battery, plug in your ear-buds and you're set to go... perfect for walkers!

Improve your health and fitness in 2013 – and don't forget that the library can help!

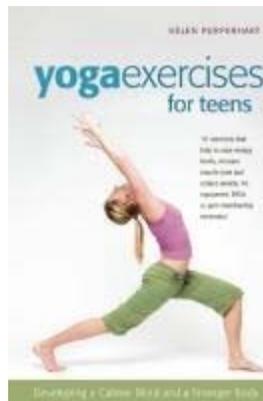
Good News! The Library has Blu-Rays!

The library has expanded its movie collections to include the increasingly popular Blu-ray discs. To find out which Blu-ray titles the library owns, limit your catalog search by the format Blu-ray, or enter "[Blu-ray](#)" in the search box. If you own a blu-ray player, enjoy our growing collection of titles in this high definition format.

Teens Can Be Healthy, Too!

by Nichole King, Cupertino Library

The New Year is a perfect time to start new habits and routines, especially those related to health and fitness. While it seems this is a popular thought with adults, there is no reason for teens not to get into mix and find new ways to increase their exercise or divulge into the world of healthy cooking. By incorporating exercise, like yoga, pilates or strength training, teens can increase their well-being and self-esteem. Let's face it; while many people don't like to cook, all teens like to eat. Try out a new cookbook, or maybe a vegetarian meal to inspire your inner chef. Check out two new booklists about teens and fitness, and teens and cooking.



Check out two new booklists about teens and fitness, and teens and cooking:

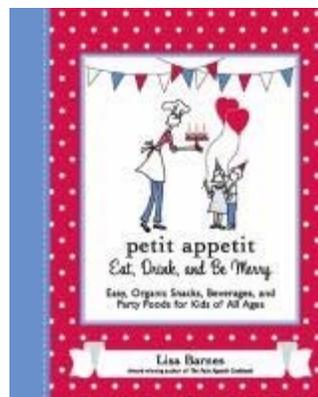
[Let's Get Moving!](#) and [Let's Get Cooking!](#)

Healthy Kids in 2013

By Linda Arbaugh, Milpitas Library

We all want our children to become happy, healthy eaters, but parents know that this is often easier said than done. A great way to start out the New Year is by making a resolution to do just that, and here are a couple of books with great ideas to get you started.

[Petit Appetit](#): Eat, Drink, and Be Merry: Easy,



E-Resource of the Month

MedlinePlus: Trusted Health Information for the Entire Family

by Lora Cokolat, Electronic Resources Librarian

[MedlinePlus](#), produced by the National Library of Medicine, brings you information about diseases, medical conditions, and wellness issues in language you can understand. It offers reliable, up-to-date health information, anytime, anywhere, for free.

You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

[PlaneTree Health Information Center](#) @ the Cupertino Library volunteers offer 1-on-1 training to show people how to use MedlinePlus from the National Institutes of Health and other trustworthy sites. Stop by during open hours or contact the PHIC by phone or email find reliable health information for yourself and your family.

Organic Snacks, Beverages, and Party Foods for Kids of All Ages, by Lisa Barnes. This book includes 150 simple and yet delicious recipes with easy cooking techniques and plenty of information about nutrition.

[French Kids Eat Everything](#): How our family moved to France, cured picky eating, banned snacking, and discovered 10 simple rules for raising happy, healthy eaters, by Karen Le Billon. This book is a very personal story, but it also addresses food issues that affect all of our children.

These books and many more on this subject are available at the library.

Health & Fitness Programs at the Library

by Jeff Grubb, Morgan Hill Library and Terye Balogh, Milpitas Library



Your library often offers free programs related to health, wellness and fitness. Be sure to check the [Events Calendar](#) on our homepage to find free programs at your Santa Clara County Library District community library. Some of the ongoing programs currently being offered include: free Zumba classes every Thursday afternoon starting at 5:30 at the Morgan Hill Library and free Friday Yoga classes at the Milpitas Library 11:30 a.m. Also watch for our exciting Focus on Food series being planned for late January through May.

Good Health for an Older Pet

by Aleta Kerrick, PlaneTree Health Information Center

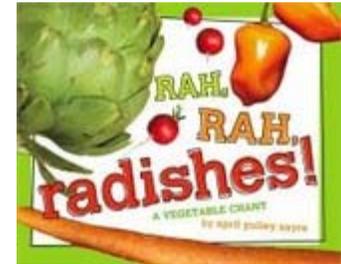
Do you have a dog or cat that's getting up in years? Here are a few books to help you extend your pet's longevity and maintain his or her joie de vivre.



In [Caring for your Aging Cat](#) and [Caring for your Aging Dog](#), author, Janice Borzendowski, stresses the importance of proper nutrition, exercise, as well as routine home and veterinary care in keeping your pet healthy during middle age and beyond. Because signs of disease are often subtle in cats and dogs, the books' tips for recognizing when your pet has a health problem may be especially helpful.

If you have an elderly dog who's already having health problems, [Good Old Dog](#) might be more helpful. Author Nicholas Dodman offers helpful information on various health conditions that often affect older canines. Another plus for [Good Old Dog](#) is its chapter on adapting the environment to make life easier for you and your dog. Treatment costs and end-of-life decisions are addressed in this book too; grief is not.

If you have questions about the health of your dog, cat, or other pet animal, please visit, call, or email us at the PlaneTree Health Information Center. Our resources for understanding the health of your family extend even to the furry, feathery, and scaly members of your household!



Children's Staff Pick

Rose Khoury, Saratoga Library

[Rah, Rah, Radishes! A Vegetable Chant](#) by April Pulley Sayre

[Go, Go, Grapes! A Fruit Chant](#) by April Pulley Sayre

Looking for creative ways to get your children to eat their fruits and vegetables? How about some chants! These two books are the perfect solution to helping children enjoy their fruits and vegetables. Both feature wonderful full color images of a variety of fruits and vegetables, some familiar and some brand new.



Please welcome Carol Frost as the new SCCLD Deputy County Librarian for Information Technology and Collection. Carol has worked at the San Jose Public Library as a Division Manager and Senior Librarian where she was responsible for technical services, information technology, web and digital services, and co-management of the King Library units with San Jose State University. In addition, Carol had oversight for multiple branches, adult literacy, youth services, early literacy, and circulation

services. Prior to joining the San Jose Public Library, Carol worked for the Peninsula Library System and San Bruno Public Library.

"I am really very excited to have this opportunity to work for the Santa Clara County Library District," says Carol. "Technology encompasses so much of what the library does – from the software and hardware that allows us to loan materials, to the website, to digital services such as eBooks and eMusic. I look forward to working with our staff in continuing to offer innovative services to our patrons." When Carol is not working, you can find her hiking the hills of the South Bay, or doing home improvement to her house. She also enjoys reading nonfiction, and is currently reading [The Hour of Peril: The Secret Plot to Murder Lincoln Before the Civil War](#) by Daniel Stashower.



Teen Staff Pick

Don Phillips, Milpitas Library

[Beyond: A Ghost Story](#) by
Graham McNamee

Everyone thinks seventeen-year-old Jane has attempted suicide more than once, but Jane knows the truth: her shadow is trying to kill her.

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