



# Last Child in the Woods

BY ANNA ZANARINI AND JANELL MATTHEUS

RICHARD LOUV, winner of the 2008 Audubon Medal, is concerned with the growing distance between our children and nature. His book, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, asks what the world will be like if we allow our children to continue to live their lives without a connection to the natural world.

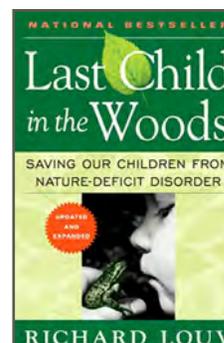
Living in Salt Lake County, we are fortunate to be in a beautiful location surrounded by countless opportunities for outdoor activities. However, it can be difficult for families to find the time, direction or energy to take advantage of these opportunities. Here are some ideas that be easily implemented to find "green" time and connect with nature as a family:

- Join other families once a week to hike, bike or enjoy some other form of exercise in the natural world. Research suggests that green exercise will lower your blood pressure and raise your mental acuity more than the same amount of energy expended in an indoor gym and you will save money too.
- Give your child the right to "walk in the woods" – your job is to keep them safe while they freely explore.
- Give your child exposure to unrestricted outdoor play time. Without pre-arranged play activities, children show an increase in confidence and attention span.
- Let your children learn by asking their own questions. If they have questions about the natural world, look for answers at the library.

Salt Lake County Library Services also offers free programs and resources that can be utilized to rekindle your children's relationship with nature – as well as your own. At the library, you can find:

- Utah State Parks Pass: A discount day pass for the Utah State Parks is now available for check out at each Salt Lake County Library. The pass may be requested at the Reference Desk, and allows the user free day-use admittance to most Utah state parks and discounted camping fees.
- "Rockin' Utah" Program: This summer the library is offering "Rockin' Utah," a program presented by Utah State

Park naturalists designed to get kids engaged in their natural world. The complete list of programs can be found on the library website at [www.slcolibrary.org/progs.htm](http://www.slcolibrary.org/progs.htm).



Books to check out: There are many picture books to share with your child about the power of nature. Here are a few we recommend:

- *A Fawn in the Grass* by Joanne Ryder – A young child takes a walk in the woods and the world comes alive with creatures and treasures big and small.
- *The Waterfall's Gift* by Joanne Ryder – The sound of a waterfall rings through the woods, beckoning a listening child back to the secret place she once shared with her grandfather.
- *Night in the Country* by Cynthia Rylant – A night in the country is melodious, mysterious and alive with the sights and sounds of nature.

The library also has books with nature activities and recreational opportunities for children and families. For example:

- *I Love Dirt!* by Jennifer Ward - Dedicated to getting dirty, this book gives 52 simple ways to re-connect with nature and get your family outside and discovering the wonders of nature.
- *Go Outside!* by Nancy Blakey - With over 130 activities for outdoor adventures, there is sure to be something your kids will love.
- *Best Hikes with Children in Utah* by Maureen Keilty - This book provides a listing of recommended hikes throughout the state of Utah that families will enjoy together.

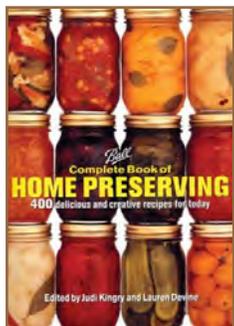
ANNA ZANARINI & JANELL MATTHEUS are Librarians at the Whitmore Library

# Stand Back in Case it Blows!

BY NATALIE GIAUQUE

EXPLODING JARS and death by botulism? This sounds dangerous. Actually, modern canning methods are quite safe and canning your own food is an economical way to feed your family.

New to canning? Try *Canning and Preserving for Dummies* by Karen Ward. She covers the basics of water bath canning and pressure canning. Water bath canning is for high acid foods



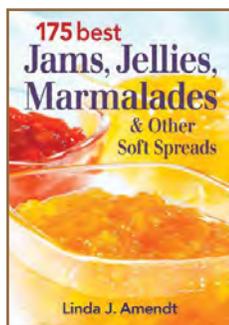
like fruits, pressure canning is for low acid foods like veggies or meats. With the instructions in this book you can also try drying fruits and veggies or freezing them.

To be sure your canning is as safe as possible, check out the *Complete Guide to Home Canning and Preserving* by the U.S. Department of Agriculture.

Dilled carrots. Barbecue sauce. *The Ball Complete Book of Home Preserving* by Judi Kingry has all kinds of tasty recipes. This book also has instructions for pressure canning. Try canning your own veggie soup. Yum!

Make some crispy pickles for your hamburgers. Check out *The New Preserves* by Anne V. Nelson. This book has a recipe for Refrigerator Pickles that doesn't even need processing.

Love jam on your toast? *175 Best Jams, Jellies, Marmalades and Other Soft Spreads* by Linda J. Amendt is the book for you. It has recipes for every kind of jam you can imagine.



Canning can be quite rewarding if you follow the proper guidelines. Don't create or alter recipes and be sure you use formulated recipes from reputable sources. Don't use Granny's recipes or recipes older than 1991; they aren't safe for canning. Adjust your processing times for Salt Lake City's altitude (4,000-6,000 feet range). Use up-to-date processing methods. Microwave, paraffin wax, and dishwasher processing methods are unsafe.

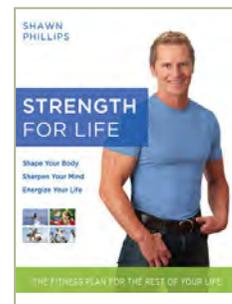
Check the Utah State University Extension canning safety webpage for updates and information ([extension.usu.edu/saltlake/htm/nutrition](http://extension.usu.edu/saltlake/htm/nutrition)). Make sure you have your pressure canner tested each year. Contact the Utah State University Extension service for testing and questions at 801-468-3176.

NATALIE GIAUQUE is a Librarian at the Sandy Library

# Fitness Doesn't Have to be Rocky

BY KENT DEAN

JACK WATCHED the television intensely as he sat down on the sofa with a heaping bowl of popcorn. "Oh, this is my favorite part. Look at him do those one-handed push-ups! The Rocky Balboa story is such an inspiration," he said contemplatively. "That's why Rocky is one of my all-time favorite movies," Lucy said as she grabbed some popcorn from the bowl in Jack's hand. "That reminds me. You promised to go to the gym with me this week," Lucy entreated as she turned to Jack. "We'll, I don't know. It's always difficult for me to start exercising. Can't we just watch another Rocky movie?" Jack searched for approval on Lucy's face. "Jack, you haven't exercised for over a year now. Come on, we'll have fun. Since I've been exercising, I have more energy and feel great," Lucy said enthusiastically. "You mean, just like Rocky," Jack asked. "Just like Rocky," Lucy assured him.

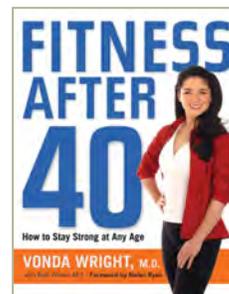


Get that spring back in your step. Lift up these and other books at your local library:

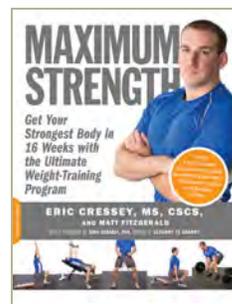
- In *Strength for Life*, Shawn Phillips details an easy-to-implement program to help you get in shape, enjoy abundant energy, and maintain a lean, strong physique for the rest of your life.

- Celebrity trainer Kacy Duke, in *The Show it Love Workout*, presents a revolutionary plan designed to achieve a lean, strong body through exercise, nutrition, and loving yourself.

In *Fitness after 40*, Vonda Wright shows readers how to use aerobic exercise and strength training to maximize the benefits of their fitness regime.



- Eric Cressey shares his innovative approach to weightlifting, emphasizing increasing strength along with muscle size in *Maximum Strength*.



- In *Champions Body for Life*, Art Carey shares how you can transform your life through diet and exercise and how others have successfully overcome their personal challenges.

KENT DEAN is Manager of the Whitmore Library

# CLASSIC TELEVISION: THE 1950s

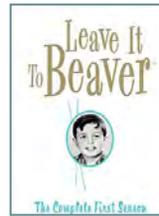
BY LESLIE SCHOW

TELEVISION IS ARGUABLY one of the greatest inventions of the twentieth century. Developed over time by a variety of people, television has made its way into the majority of American households. In 2006, *USA Today* reported that the average American home had more television sets than people! Television—and television programming—entered the mainstream after World War II. In the 1950s, shows were broadcast during afternoon and evening hours in black and white. Most of these programs are long-forgotten, but some have survived and can now be seen on DVD. In some cases your local library is the only place you can find these gems.

Westerns were popular in the 1950s. *Gunsmoke* started in 1955 and was on the air for the next 20 years, becoming the longest-running prime-time TV drama series to date. James Arness (Marshal Matt Dillon) and Milburn Stone (Dr. Galen “Doc” Adams) were the only two regulars to stay with the series for its entire 20-year run.



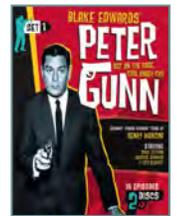
*Bonanza* is another favorite that started in 1959 and continued into the early 1970s. It chronicled the adventures of Ben Cartwright and his sons as they ran and defended their ranch in Nevada during and after the Civil War. Less well-known but still enjoyable are



*Cheyenne* (1955-1962) and *Have Gun—Will Travel* (1957-1963).

Comedies were also popular. Robert Young and Jane Wyatt starred in *Father Knows Best* (1954-1960), a show about a wise family man, his common-sense wife and their children. *Leave It to Beaver* (1957-1963) was another favorite. “Beaver” Cleaver’s troubles were always resolved at the end of the 30-minute program with Ward Cleaver (Dad) dispensing valuable advice about life.

Adventure and drama had their fans, as well. *Superman* (1951-1958) reigned for six seasons, saving the world one episode at a time. A popular crime drama was *Peter Gunn* (1958-1961). Modern jazz music, ably rendered by Henry Mancini and his orchestra, provided a distinctive touch to the show. *Perry Mason* got his start in 1957 and quickly became the defense attorney everyone wanted. The show continued into the 70s with made-for-TV-movies.



LESLIE SCHOW is Manager at the Herriman Library

## Sound Bites

BY DANIEL BERUBE



NOW THAT YOUR spring cleaning is over, it’s time to focus on more important things. For example, cleaning out your iPod and adding new music. Here are some fresh candidates for your next playlist.

*Middle Cyclone* by Neko Case • Neko Case’s voice is a force of nature so it only seems fitting that these songs reference cyclones, tornadoes, killer whales and Mother Earth herself. But this cd is shaped even more by Case’s distinctive take on life and the various musical styles that she pours herself into.

*Gossip in the Grain* by Ray LaMontagne • Ray LaMontagne is the kind of singer who puts everything he has into each performance. His emotional songs touch on the highs and lows of relationships, ranging from anguish to ecstasy. The most light-hearted moment here is a charming tribute to Meg White of The White Stripes.

*Already Free* by The Derek Trucks Band • Although slide guitarist Derek Trucks is the nominal leader, this album is definitely the product of a well-seasoned band. With a sound that is cohesive, soulful, and lived-in, *Already Free* harks back to a time when bands like the Allman Brothers and Santana pumped out classics like clockwork.

*Keep It Hid* by Dan Auerbach • On his solo debut, Dan Auerbach (one half of The Black Keys) displays a wider variety of influences (blues, gospel, garage rock) than in his main gig. With its homespun edges, *Keep It Hid* sounds like a lost, late-night radio transmission beaming in from another era.

*Me Not Me* by Marco Benevento • Too often contemporary jazz comes off as stuffy or overly serious. Luckily Marco Benevento (piano, keyboards, Fisher Price) plays by his own rules. Here he brings a sense of playful adventure to an eclectic set that ranges from Leonard Cohen to Led Zeppelin to indie rock.

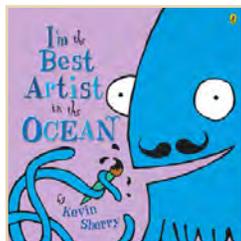
*Never Going Back* by Shemekia Copeland • As the daughter of guitarist Johnny Copeland, the blues is a family tradition for Shemekia Copeland. Her latest album showcases the funky, spirited brand of blues that is her trademark. When she reaches full throttle with her powerful vocals, the results are thrilling.

DANIEL BERUBE is a Librarians at the Whitmore Library

# Get Your Creative Juices Flowing

BY LAURA BERUBE

A PEN, A PENCIL, paints and markers make you think of what? Art maybe? Check out the following books and “Be Creative” at the library this summer.



The giant squid is back in *I'm the Best Artist in the Ocean* by Kevin Sherry. In this outing, the giant squid is drawing up a messy storm, telling everyone he meets what a great artist he is and finally showing them his “mess-terpiece.”

Let's head to the zoo with Danny and Ettie. Danny draws the animals they see and soon he, Ettie and the animals are having an adventure in Africa. Danny's drawings will take you on an adventure too in *Danny's Drawing Book* by Sue Heap.

In *Art* by Patrick McDonnell, Art loves art. He paints, draws and creates great pictures that he loves. Guess who else loves Art's pictures? That's right, his mother, and she even displays them on the refrigerator.

A beetle that draws? An art heist at the Metropolitan Museum of Art? A long-lost drawing by Albrecht Dürer? What does all this mean? Find out in *Masterpiece* by Elise Broach, a great mystery about two friends and some stolen art.

*The Calder Game* by Blue Balliett is the third story involving Calder, Petra and Tommy who were first seen in *Chasing Vermeer*. This time Calder and a sculpture by Alexander Calder disappear from a remote village in England while visiting there. Petra and Tommy have to travel to England to help Calder's father find the missing boy.

Another art form that also uses pens, pencils or possibly a computer is poetry. Written in poetic form, *Naked Bunyip Dancing* by Steven Herrick tells the story of a new teacher who invites the students in his class to discover their talents. Friendships, relationships and yes, talents, are explored and developed and all lead to a fantastic end-of-year concert, showcasing what the kids found out about themselves.

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LAURA BERUBE is a Librarians at the Draper Library

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## 2009 Beach Reads

BY RUBY CHEESMAN

OKAY, SO GIVEN the state of the economy maybe you're not planning a trip to Cancun or the Bahamas, but that doesn't mean you can't have fun with these beach reads! Grab your library card & suntan lotion (SPF 35, of course) and head to your neighborhood library to check out these fabulous, recently published summer novels.

- *The Beach House* by Jane Green. Disregarding local gossip that pegs her as an eccentric, sixty-five-year-old Nantucket widow Nan skinny-dips in unattended pools and steals her neighbors' flowers before her dwindling funds force her to take in boarders, a change that brings an unexpected visitor.

- *Queen of Babble Gets Hitched* by Meg Cabot. Things are looking up at last for Lizzie Nichols. She has a career she loves in the field of her choice (wedding gown restoration), and the love of her life, Jean-Luc, has finally proposed. Life's become a dizzying whirl of wedding gown fittings—not necessarily her own—as Lizzie prepares for her dream wedding at her fiance's chateau in the south of France. But is



Lizzie really ready to embrace her new role as wife and mistress of Chateau Mirac?

- *Cruel Summer* by Alyson Noel. Although written for young adults, this is a fun read for those “less than young” adults. Ditching her best friend to become a member of the popular clique in high school, Colby's priorities change after spending the summer on a Greek island and sharing an intense relationship with a local boy.

- *Secrets of a Shoe Addict* by Beth Harbison. In this deliciously sassy novel, three very different women bond when they find themselves in more than one kind of trouble. It's the story of how sometimes you have a secret that can get you in—and out—of dire straits. It's about romance, friendship, kids, revenge, affairs, and most of all, a love of the well-heeled things in life.

- *Love the One You're With* by Emily Giffin. Believing her marriage to Andy to be perfect, Ellen runs into former flame Leo and wonders why she has been unable to forget him even though they brought out the worst in each other.

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RUBY CHEESMAN is Manager of the Bingham Creek Library