What’s Cooking at Herrick Library?
- Susan Davis, Library Assistant

Are you looking for fresh and healthy ideas to brighten up your meals at home? The library can help!

While the library was closed to the public, we were busy updating our collection. Our new additions include great cookbooks and meal planners for all ages and situations, with browse-worthy photos to go with the recipes. Maybe the kids would like to help cook. Get some recipes and encouragement in the books The Big, Fun Kids Cookbook and Kid in the Kitchen, Little Helpers Toddler Cookbook, or the digital magazine VegNews.

Are you ready to eat more veggies? Find hundreds of creative recipes in Vegetables Illustrated; or jump into a vegetarian lifestyle with The How Not To Diet Cookbook. Check out the digital magazine VegNews for mouth-watering recipes.

Brain health and dementia prevention are the focus of tasty recipes in The MIND Diet Plan & Cookbook and The 30-day Alzheimer’s Solution. Find great ideas for anti-aging in The Blue Zones Kitchen, or Super Food with its 100 recipes for eternal youth.

Several new books help alleviate a chronic condition with diet. Among them are the enticing Help Yourself: A Guide to Gut Health for People Who Love Delicious Food. Get help with a diabetic diet, such as Diabetes Superfoods Cookbook and Meal Planner. Develop your own food plan for relieving fibromyalgia symptoms in the Fibro Food Formula. Find useful tips and recipes in the Living Healthy Cookbook: Fight Kidney Stones with Food.

You also have access to e-cookbooks with your library card. Some exciting additions are the very thorough Cool Beans: The Ultimate Guide To Cooking With The World’s Most Versatile Plant-Based Protein, and Cook for Your Gut Health.

Many books are just plain inspiring, such as Change Your Diet, Change Your Life and the sweet-sounding Half the Sugar, All the Love: A Family Cookbook. There is even help for healing the planet with encouraging recipes and explanations in Food Is the Solution: What To Eat To Save the World? Always, ask library staff for help locating these titles.

Disclaimer: The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.

I hope you enjoy all of the Library’s new programs and Fall art exhibit. Happy Holidays!
- Rachelle Kierulf, Library Director

Fall Art Exhibit
Descanso resident Phoebe Bumham has her first century under her belt, and continues to head her artistic family line as a fine painter. Born in 1920, Phoebe was honored in 2020 for her service to the public by San Diego County, with the proclamation of “Phoebe Bumham Day.”

Encouraged by her grandmother’s example, Phoebe discovered painting at an early age. After attending art school, she moved to California and taught at Grossmont High School. Upon retiring, she has continued to paint with pastels and oils as her favorite medium. She is known for her fine portrait work. Phoebe’s paintings will be on display in the library through the end of December.

Documentary Screenings
In person in the GHD Auditorium

November 9th 6:00 p.m.
For Diabetes Awareness Month, learn about hidden sugars in food with That Sugar Film.

December 14th 6:00 p.m.
Miss Sharon Jones! is the story of Grammy nominated R&B singer Sharon Jones, as she navigates trying to keep singing and supporting her band while battling pancreatic cancer.
Get Fit with Our Kits!

Two new fitness kits join our kettlebell to support your health and fitness goals – a pilates ring and a hand exeriscer kit. Keep your hands, arms, and legs strong! Kits can be checked out for 3 weeks. Explore a new physical activity - you don’t know if you’ll like it till you try it.

What’s Up with My Skin?

Sue Petrofsky, Library Assistant

Chapped, dry, itchy ... We can all relate to skin issues after a year of slathering on hand sanitizer and washing our hands multiple times a day. As your body’s largest organ, your skin holds body fluids in, keeps harmful microbes out, helps you feel cold, heat, and pain, tempers your body temperature, and manufactures vitamin D to help keep you healthy.

Although your skin has 3 main layers, the epidermis, or outer layer is the one most people think about. The thickness of the epidermis varies from .05 mm on your eyelids, to 1.5 mm on your palms and the soles of your feet. The epidermis has five sublayers that produce skin coloring, protect the skin from damaging ultraviolet rays, and produce keratin, a protective protein that makes up most of the structure of the skin, hair, and nails.

The derma is located just below the epidermis and makes up 90 percent of the thickness of the skin. It contains most of the skin’s specialized cells and structures including hair follicles, sweat glands, blood vessels, lymph vessels, sebaceous glands, and nerve endings. The dermis is held together by a protein called collagen which holds your muscles and organs in place, combined with elastin, which allows your skin to be flexible.

The third layer of the skin is the hypodermis. As the innermost layer of the skin, it consists of fat and collagen cells. It functions as an insulator to conserve the body’s heat and protects the inner organs. It stores fat as an energy reserve for the body.

So, what can you do to keep your skin moist and healthy? Dermatologists recommend applying a moisturizer several times a day, with the best time being within five minutes of taking a bath or washing your hands and whenever your skin feels dry. Using a humidifier at home can help, as can limiting baths and showers to five minutes using warm (not hot) water. Wearing gloves when washing dishes, working outdoors, or in cold temperatures is also important. For sun lovers, a wide-brimmed hat, long sleeves, and a humidifier at home can help, as can limiting baths and showers to five minutes using warm (not hot) water. Wearing gloves when washing dishes, working outdoors, or in cold temperatures is also important.

New Books & Media

E Español

170 consejos para vivir bien con diabetes
Cocinando para Latinos con Diabetes
La Guía de Buenas Salud para Entender la Depresión y Disfrutar la Vida
Remedios naturales para las alergias
Santo remedio ilustrado y a color

General Health

All about Your Eyes, Second Edition, revised and updated
Anatomy Essentials For Dummies
The Book of Lymp: Self-Care Practices to Enhance Immunity, Health, and Beauty
Clean: The New Science of Skin
Extra Life: A Short History of Living Longer
The Eye Book: A Complete Guide to Eye Disorders and Health
Hormone Intelligence
How Expert Guide to Hearing Loss
The Premonition: A Pandemic Story
Radical Longevity: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging
Rebuild Your Bones: The 12-Week Osteoporosis Protocol
Slip Sliding Away: Turning Back the Clock on Your Vagina
The Root Cause: Discover The Why Behind Your TMJ And Sleep Problems
The Women’s Guide to Hormonal Harmony

Diet and Exercise

Everyone’s Table: Global Recipes for Modern Health
Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions
Run Well: Essential health questions and answers for runners
Six Factors to Fit: Weight Loss that Works for You!
The What Do I Cook Now? Cookbook: Recipes and Action Plan for People with Diabetes or Prediabetes

Family and Parenting

Helping Your NF1 Child: A Parents’ Guide To Neurofibromatosis (NF1)
The Plant-Based Baby and Toddler
Start Here: A Parent’s Guide to Helping Children and Teens through Mental Health Challenges

Kids’ Books

A Shot in the Arm!: Big ideas that Changed the World #3
Born Curious: 20 Girls Who Grew Up To Be Awesome Scientists
Cells: An Owner’s Handbook
Different--A Great Thing to Be!
Germs Up Close
Dr. Fauci: How a Boy from Brooklyn Became America’s Doctor
Fatima’s Great Outdoors
Food Anatomy Activities for Kids: Fun, Hands-On Learning
Love the Fur You’re In (Sesame Street)
The Story of Simone Biles: A Biography Book for New Readers
Teach Your Dragon Body Safety: A Story About Personal Boundaries, Appropriate and Inappropriate Touching

Mind and the Brain

Gender and Our Brains: How New Neuroscience Explodes the Myths of the Male and Female Minds
The End of Mental Illness: How Neuroscience Is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More
Psych Meds Made Simple

Documentary DVDs

The Body Fights Back
Frontline: Virus
It’s Not a Burden: The Humor and Heartache of Raising Elderly Parents
Monster in the Mind
The Reason I Jump

Hollywood DVDs

The Father
Land
Minari
Raya & The Last Dragon
SuperNova
When We Last Spoke

Medical DVDs

Qi Gong: The Seated Workout with Lee Holden

Our Newest Digital Resources from Flipster
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New Libby titles in our ebook collection
https://www.herricklibrary.org/elibrary/