Hello!

I am so excited to be joining you at the Library as the new Head Librarian. We have a wonderful 20-year history of serving the health and wellness needs of East County, and I look forward to expanding services, programs, and outreach so that we have an even greater impact in the community. I received my MLIS in 2005 and have worked as a professional librarian in a variety of settings, most recently on a military base. As I get settled in, please let me know if you have any suggestions for how the Library could better serve you. We offer a wealth of print and online information and resources to assist you in navigating your health and wellness journey; and if you need a helping hand, we’re here to support you. Please stop by and say hi…I look forward to meeting you!

Be Well, Holland Kessinger

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The swallows have come back to Capistrano and the patrons are migrating back to Herrick Library! Books and DVDs are being checked out. Wellness Wednesdays are back, including feature film and popcorn; we’re back to our previous regular hours; and the shelves are full, with new materials ready for perusing! Spring has indeed turned to Summer and patrons continue to venture out to shop, mingle, and visit the Library in person! Come on in and browse the stacks – We’re continually getting lots of new medical DVDs, books, documentaries, and feature films.

If you’ve watched all the videos on your home subscription service, come see what we’ve added to our collection. There are new, exciting Hollywood movies. Join Emily Blunt and Dwayne Johnson in their treacherous search for an ancient treasure in King Richard, starring Jonathan Bailor’s all-consuming search for the means to reverse diabetes and obesity in Better, and witness the powerful personal triumph over overwhelming challenges in Becoming Helen Keller.

Many new, informative, and entertaining books are also on the shelves. Let Steven Rinella show you how to finally get your family out of the house and engaged with nature in Outdoor Kids in an Inside World. Get some advice on how to Stop Walking on Eggshells for Parents from Randi Kreger. Share the lyrical words of Poet Laureate Amanda Gorman as you read the delightful Change Sings with your children. Delve into true life stories in memoirs such as And Now I Spill the Family Secrets, How to Be Human: An Autistic Man’s Guide To Life, or Joy: the Story of A Dolphin Trainer, Filmmaker, and Cancer Survivor. So c’mon in! You’ll find it at the Library!

Summer Art Exhibit: Local Wander

The pandemic impacted everyone’s daily life in some way, and for many, it resulted in an entirely new routine. In 2021, artist Chris Lahti started a new endeavor: each day he made a sketchbook entry inspired by moments witnessed during his daily errands and walks around town. Each entry became an experiment, an opportunity to explore the patterns and symmetry of both the urban and natural environments he explored and led to the incorporation of photography and new methods of making prints. Come see a selection of these sketchbook pages along with several new pieces that take these experiments even further, on display at the Library through September.

Chris has a BA from Whittier College and an MFA in Printmaking from the University of Iowa and is an instructor of studio art courses, including printmaking and drawing, at Grossmont College and the Athenaeum Arts Center. He is also the founder of the East County Printshop where he collaborates with artists to create original fine art prints in various printmaking techniques, including screen printing, woodcut, linoleum relief, and large format digital printing.

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.

Dr. William C. Herrick Community Health Care Library
9001 Wakarusa Street | La Mesa, CA 91942
Phone: 1-619-825-5010
Website: www.herricklibrary.org | Email: info@herricklibrary.org

Library Hours:
9:00 a.m. - 5:30 p.m. Monday, Wednesday, Friday
9:00 a.m. - 8:00 p.m. Tuesday, Thursday
9:00 a.m. - 1:00 p.m. Saturday

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Melanin helps block out damaging UV rays, which is the cells that make a brown pigment called melanin. By an increase in the number of melanocytes, which are the cells that make a brown pigment called melanin. Melanin helps block out damaging UV rays, which is why people with naturally darker skin are less likely to get sunburned, while people with lighter skin are more likely to burn. Sunburns can increase your risk of skin cancer, including melanoma. But UV exposure can raise skin cancer risk even without causing sunburn. Every year, more than 200,000 people develop skin cancer. Everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are some of the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Some of the things you can do to minimize the risk that comes with sun exposure include:

2. Stay in the Shade between the hours of 10 a.m. and 4 p.m. to further protect your skin. The sun can still damage your skin on cloudy days or in the winter.
3. Choose the Right Sunscreen: The U.S. Food and Drug Administration’s (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15 and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays. When out in the sun, it’s important that you apply at least one ounce (a palmful) of sunscreen every two hours. Apply it more often if you are sweating or swimming, even if the sunscreen is water-proof. Taking the proper precautions, you can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you’re in!