

# Reading in Mitchell

## Mitchell Community Public Library

804 West Main Street

Mitchell, IN 47446

(812) 849-2412

# KETO



## *So what's the story on the*

### ITS ALL ABOUT FUEL

BY APRIL BLAIR

According to Harvard Medical School, the goal of the ketogenic diet is to force the body to burn fat instead of sugar from carbs as fuel. “The keto diet relies on ketone bodies, a type of fuel that the liver produces from stored fat.”

The goal is to reach a state of ketosis where the body is burning fat for fuel, but getting the liver to cooperate is tricky. While depriving the body of carbohydrates the first few days to 20 50 grams to induce ketosis, you can actually consume too much protein and stall the process.

What do you eat? Higher levels of fat is a requirement in your diet as well as protein. Some nuts, seeds, and oils are allowed. Green leafy vegetables are encouraged with a short list of other vegetables like cauliflower, broccoli, and asparagus. Eat the veggies or you run the risk of nutrient deficiency. Fruits are high in carbs, so only certain berries are permitted.

The Ketogenic Diet has shown some positive results even with some library staff. There are some risks so make sure you consult your physician and adjust the diet to what is healthy for you. For more information, check out the library for resources.

Harvard Health Publishing. (2018, October). Should You Try the Keto Diet? Retrieved from <https://www.health.harvard.edu/staying-healthy/should-you-try-the-keto-diet>

### **RESOURCES AT THE LIBRARY ON THE KETO DIET:**

THE COMPLETE KETOGENIC DIET FOR BEGINNERS: YOUR ESSENTIAL GUIDE TO LIVING THE KETO LIFESTYLE

BY AMY RAMOS

### **EBOOK RESOURCES ONLINE:**

THE KETOGENIC KITCHEN: LOW CARB, HIGH FAT, EXTRAORDINARY HEALTH

BY DOMINI KEMP E

KETOGENIC DIET A HEALTHY BEGINNERS GUIDE TO THE KETOGENIC DIET AND OTHER HEALTHY HAPPINESS

BY CHRISTIAN P. CUMBIE

KETOGENIC DIET! THE SIMPLE YET PERFECT BEGINNER'S GUIDE-BOOK TO LEARNING AND APPLYING KETOGENIC DIET

BY OLD NATURAL WAYS

KETO DIET A COMPREHENSIVE KETOGENIC DIET GUIDE FOR BEGINNERS

BY WALTER A. JENNINGS

**AND MUCH MORE!!!**



## FROM BOOK TO TV!

Paula O'Brian works at the circulation desk and is one of our front-line staff helping patrons. One of Paula's favorites is:

### MR. MONK SAVES HIMSELF

by Hy Conrad

The books in this series follow the TV shows. In this book, Natalie (Monk's assistant) is working on obtaining her PI license. Her goal is to become Mr. Monk's partner

instead of his assistant. She even starts calling him Adrian. The obsessive, compulsive detective (consultant to the SFPD) does not embrace this change. To place even more stress on Monk, he is commanded to investigate the murder of a clown. Clowns are 99 on his list of 100 phobias.

## STAFF PICKS AT THE MITCHELL COMMUNITY PUBLIC LIBRARY:

### OTHER HOT STAFF PICKS FOR THESE COLD MONTHS :

Miriam Boykin has several responsibilities in the library from circulation desk to technology up-dating. Here is what she is reading this month:

"The Secret of Chimneys"

by Agatha Christie

A young adventurer named Anthony Cade is commissioned by a friend to deliver some documents to London. However, the documents contain sensitive information regarding a nation on the brink of civil war and also regarding an alleged affair within government ranks. Anthony must keep his wits about him as various individuals attempt to obtain the documents.

**Have you signed up for the Winter Reading Challenge?!**

## COLLECTION DEVELOPMENT AND COMMUNITY ENGAGEMENT DEPARTMENTS

Joetta Osborne is responsible for collection development at the library. What does that mean? It means she is responsible for building and maintaining the libraries print and non-print materials. What is purchased or weeded passes through her office. If you have a book or materials request for the library to purchase, Joetta is staff member that takes care of it.

What is Joetta Reading? "The Long Walk to Water" by Linda Sue Park was a very good book I recently read. It tells the story of a refugee from the Sudan that comes to the US and creates a non-profit organization to dig wells back in the Sudan. It also tells the story of a little girl who carries water all day until his organization brings fresh water to her village. It really shows what a difference clean water makes and how much we take it for granted.

April Blair is the library Community Engagement Specialist. Finding ways for the library to engage the community is what April does for the library. Programs for all ages, participating in community fairs, and partnering with local schools and organizations to promote learning are some of the things that are involved in community engagement.

What is April Reading?

I really enjoy a good mystery. Series that have an interesting and quirky main character that I get easily attached to are my favorites. Currently, I am reading the Hamish Macbeth Series by M.C. Beaton. I picked it up on a whim from the mystery section because I thought the name was unusual. Just browsing the stacks can be a great way to find something you wouldn't normally look for to read.

## RECOMMENDATIONS FOR THE NON-FICTION SECTION:

Meloni Cassidy has served the MCPL for several years at the front desk and in circulation. A non-fiction she recommends is:

**Banished: Surviving My Years in the Westboro Baptist Church**

by Lauren Drain

After living her first fifteen years as an average girl in Florida, Lauren Drain was thrust into the Westboro Baptist Church by her once liberal family. They moved to Topeka, Kansas after her father developed a fascination for the group while putting together a documentary showcasing them. At first, Lauren began to embrace the thoughts and values of the church by actively picketing many funerals and events that the church opposes. More than anything she wanted acceptance from her family and her new "friends". She began to learn quickly that nothing she did would earn her the acceptance she desired. After seven years of extreme brainwashing and mental anguish Lauren was banned from WBC and shunned by her family and friends. Lauren Drain is a nurse, and lives on the East Coast with her fiancé. She says, "Although I will never again hold up a sign judging another person, I want you each to know that I have not lost faith in God. I believe love of family is one of the most incredible and precious things in life and a gift from God."



## WHAT IS THE DIRECTOR READING?

Ophelia Roop is the Director of the Mitchell Community Public Library. She is responsible for the leadership and management of the day to day running of the library. Ophelia is reading:

**Holocaust Averted – Bulgarian Jews in World War II**

by Miroslav Marinov

This book is a detailed account of the saving of the 50,000 Bulgarian Jews from the gas chambers of the Final Solution.

After maintaining a tenuous neutrality, Bulgaria became a passive (noncombat) member of the Axis under duress. When the Nazis asked for the Bulgarian Jews, they met with fierce resistance from the Bulgarian people, the Bulgarian Orthodox Church and the Bulgarian Parliament. The order to stop the deportation of the Bulgarian Jews came in the nick of time from the "highest authority" – King Boris III.

In August 1943 the king went to Germany for a private audience with Hitler. No one knows what transpired during that meeting. King Boris III died under mysterious circumstances a few days after his return from Germany. There is some proof and a lot of speculation that he was poisoned by Hitler.

Could the king have saved the 11,000 Jews from the occupied lands Macedonia and Thrace? The controversy continues.

This is not new. Witnesses - Jews who lived in Bulgaria at the time, such as Michael Bar Zohar and Samuel Arditi - have written extensively about it.

But Dr. Marinov has gone further. He has done exhaustive research in government, secret police and private archives, letters, documents, books, and articles. This is an instance where too much information is confusing because each document views that history from a different perspective.