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**Whitehall Township
Public Library**
3700 Mechanicsville Rd.
Whitehall, PA 18052
610-432-4339
www.whitehallpl.org
@WhitehallTPL

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Whitehall Township Public Library **Library Lines**

Holidays at the Library

- **Toys for Tots Collection:** *Mon., November 13 - December 16*
 - * Toys for Tots is looking for toys for all ages. Please donate new, unopened toys.
- **Holiday Family Story Time:** *Tues., December 5, 12, & 19, 11:00 a.m. & 1:30 p.m. & Sat., December 9, 1:30 p.m.*
 - * Join us for a story time and craft. This is for kids 12 months old – Kindergarten. Registration is required. Each week will have a different theme. (December 5 is Hanukkah, December 9 is Christmas, December 12 is Christmas & Boxing Day, & December 19 is Kwanzaa.)
- **Movie Night: *The Grinch (2018)*:** *Wed., December 27, 6 p.m.*
 - * A grumpy Grinch plots to ruin Christmas for the village of Whoville. This movie is rated PG.



Museum Spotlight: America on Wheels

Check out a free **museum pass** at the library! You can have it out for one week with no renewals. It can only be checked out at the Whitehall Township Public Library and returned inside this library at the circulation desk. You can place a hold on a pass. Overdue fines are \$10.00 a day.

This December, visit **America On Wheels** in Allentown! Their Holiday Train Exhibit goes through December 30. Train Engineers run model trains Thursday, Friday, Saturday & Sunday. Enjoy the sounds, lights, and action of many model trains stationed throughout the Museum’s galleries. The pass allows for 2 adults and 3 kids.

Database Spotlight: LearningExpress

LearningExpress supports those looking to improve core academic skills, pass the GED, prepare for college, join the military, obtain occupational certification, find a job, change careers, become a U.S. citizen, and much more. There are **practice tests, tutorials, eBooks, and more**. Find this database and others on our website (www.whitehallpl.org) under Research & Learn.

¿Hablas español? Hay recursos para hispanohablantes: herramientas de aprendizaje, carrera y ciudadanía en español.



Whitehall Township



Public Library





Book Nook: National Root Vegetables Month

Long ago, when people grew some of their food, many harvested vegetables were stored in a root cellar. The most common root vegetables in America are beets, carrots, garlic, ginger, onions, potatoes, radishes, sweet potatoes, and yams. Perhaps more “old-fashioned” are horseradish, kohlrabi, parsnips, rutabagas, and turnips. A little harder to find are cassava, celery root (celeriac), daikon, eddo, Jerusalem artichokes, jicama, malanga, turmeric, and yucca. Many of these vegetables can be used to “seed” the next growing season.

We eat food for nourishment, and we’re supposed to “eat the rainbow” (meaning a great variety of colors, in at least five vegetable servings per day), but how many of us know what vitamins, minerals, and other nutrients those vegetables contain? Many root vegetables are high in minerals because they absorb them from the ground. We see ads on TV extolling daily supplements of beets, turmeric, vegetables, or fruits. When food is as highly processed as those supplements, the health benefits are quite diminished. Always choose fresh. Some root vegetables have edible greens. There are many online sources to learn how to pick the best vegetables out of the produce bins. Almost all the above-mentioned root vegetables can be eaten raw except for potatoes, cassava, eddo, malanga, yucca, and yams. Sweet potatoes can be eaten raw only if you’re sure it isn’t a yam. When I steam or boil vegetables, I save the cooking water in a big container in the freezer, and when it’s full, there’s enough vegetable broth to make soup.

I consulted many medical and nutritional sources for this article and made a check list of the most nutrient-dense root vegetables. Beets, carrots, garlic, and sweet potatoes made every list. The things they have in common are: potassium (cell hydration), magnesium (muscles, nerves, bones, blood sugar), Vitamin C (collagen formation), iron (hemoglobin), and antioxidants (reduce heart disease, repair cells, improve cognition). They also aid digestion, promote weight loss, and have anti-inflammatory and anti-cancer properties as well as other unique properties. Carrots and sweet potatoes have carotene that helps eyes. Garlic promotes longevity. Can you imagine how much more nutrition and health benefits you’d get adding other vegetables to your daily diet?

Studies show most Americans eat the same ten vegetables. Alas, another poll says the two vegetables Americans hate most are turnips and beets. I don’t like cooked turnips, but I do like them (and kohlrabi) raw. Most folks have only eaten canned beets. Roasted fresh beets are quite good, and some of our local stores sell golden beets. Beet tops are delicious, too. Do yourself a favor and try a new root vegetable! We have lots of cookbooks starting with the nonfiction number 641.5 to get you started.

~ Chris Andrews

Regular Events

- **Adult Coloring Club:** *Thurs., December 7 & 21, 11 a.m. - 1 p.m.*
 - * Enjoy this relaxing hobby with other patrons! It meets on the first and third Thursday of every month.
- **Adult Book Talks:** *Thurs., December 7, 1 p.m. - 2 p.m.*
 - * Talk about whatever you’re reading now or recently finished on the first Thursday of the month.
- **A Good Yarn:** *Tues., December 7, 2:00 p.m. – 4:00 p.m. & Thurs., December 19, 6:00 p.m. – 7:45 p.m.*
 - * Whether you work with hooks or needles, yarn or thread, you’re welcome to join the club!
- **Board of Trustees Meeting:** *Thurs., December 14, 6:30 p.m.*
 - * Members of the public are welcome to attend our monthly meeting.

Holiday Fun

Spot the Difference

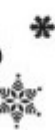
Find the nine differences in these two pictures. Answers are below.



Mad Libs, Part I

Pick words that match the types listed below. Then use those words to fill in the blanks on the Mad Libs on pg. 4. If you want to do this with a group, you can take turns picking words.

- 1: Name
- 2: Type of person
- 3: Adjective
- 4: Noun
- 5: Animal
- 6: Food
- 7: Adjective
- 8: Body part
- 9: Noun
- 10: Noun that belongs to you
- 11: Plural noun
- 12: Plural food
- 13: Noun
- 14: Number
- 15: Plural living things
- 16: Adjective
- 17: Animal



Spot the Difference Answers

The first snowman has a longer scarf in the bottom picture. The second snowman has different hats. The snowwoman carrying the baby has different tops on her hat. The cat's tail is bent differently. The dog on the bottom has a collar tag and an extra point on his tail. The two big trees on the right have an extra tree top between them in the top picture. The bottom stump is topped with snow. If you look at the smoke rising from the chimney of the house, the upper puff is larger in the top picture.

Mad Libs, Part 2 (From "You're a Mean One, Mr. Grinch")



You're a Mean One, Mr. [1] _____

You're a mean one, Mr. [1] _____.

You really are a/an [2] _____!

You're as [3] _____ as a/an [4] _____;

You're as charming as a/an [5] _____, Mr. [1] _____.

You're a bad [6] _____ with a/an [7] _____ black peel!

You're a monster, Mr. [1] _____.

Your [8] _____'s an empty [9] _____!

Your [10] _____ is full of [11] _____.

You've got [12] _____ in your [13] _____,

Mr. [1] _____.

I wouldn't touch you with a/an [14] _____-foot pole!



You're a vile one, Mr. [1] _____.

You have [15] _____ in your smile!

You have all the tender sweetness of a/an [16] _____

[17] _____, Mr. [1] _____.

Given the choice between the two of you,

I'd take the [16] _____ [17] _____!

