

## New nonfiction at Mauney Memorial Library

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### HEALTH AND FITNESS

"Atlas of Anatomy" (Marshall Cavendish, 1993).

The human body is an endlessly fascinating organism that we take for granted. This book is straightforward and very readable; it informs yet doesn't talk down. It is designed to provide a comprehensive and concise guide to the structure of the human body as well as the background information necessary for a full appreciation of how it works.

Charash, Bruce D. "Heart Myths" (Viking, 1991)

Heart disease is by far the largest killer in the United States today. Despite the concerted efforts of physicians, the government, and the government to educate the American public about this single greatest menace to our national health, there still remains many myths and much misinformation about heart disease, its causes, prevention, diagnosis, and treatment. Dr. Charash debunks these pervasive myths and sets the record straight.

Chapra, Deek. "Ageless Body, Timeless Mind; The Question of Alternatives to Growing Old" (Harmony Books, 1993).

Contrary to our traditional notions of aging, we can learn to direct the way our bodies metabolize time. Dr. Chapra combines mine/body medicine with current anti-aging research to show why and how the effects of aging are largely preventable.



ROSE TURNER  
KM Librarian

Clark, Nancy. "Nancy Clark's Sports Nutrition Guidebook" (Leisure Press, 1990).

With this new guidebook, you will be able to create your own winning diet for high energy and lifelong health. But you won't have to spend hours in the kitchen, give up eating out, or shun fast food. The author, a registered dietitian, gives us 103 fast, practical, and nutritious recipes, as well as tables that show the nutritional advantage of various foods.

Inlander, Charles B. and Karla Morales. "Getting the Most for Your Medical Dollar" (Wings Books, 1991).

The cost of health care in the United States is rising every day. This is the first book to help you find the best medical care in the best setting and at the best price. The more you know about how the health care system works, the better off you will be from the standpoint of both health and wealth.

Lattvin, Maggie. "Maggie's Food Strategy Book; Taking Charge of Your Diet For Lifelong Health and Vitality" (Houghton Mifflin Company, 1987).

Here is a book filled with sound practical guidelines and easy devices to help you fit nutritional ad-

vice to your own taste and metabolism. The author shows you how to balance your food choices and to balance food with exercise so that you can become your own diet expert.

Moore, Thomas J. "Heart Failure; A Searing Report on Modern Medicine at its Best and Worst" (Simon & Schuster, Inc., 1989).

With tireless research and vivid, true life descriptions, Moore provides a candid and unsettling look at the nation's \$50 billion a year heart care industry. The book explains why the danger of high cholesterol has been exaggerated and chronicles the use of procedures such as angioplasty and bypass surgery. The book is clearly written with effective analysis and is based on solid fact.

Steinman, David. "Diet For a Poisoned Planet." (Harmony Books, 1990).

The foods we eat and the water we drink are no longer the pure sources of nourishment and pleasure they once were. But there is plenty of safe food available and here at last is a book that guides you to it.

### LANGUAGES

Sparks, Kimberly and Van Han Vail. "German in Review" (Harcourt Brace Jovanovich Publishers, 1967).

This book offers a systematic, workable solution to the problem of providing a comprehensive review of German grammar and usage. Each chapter proceeds from a step by step explanation of a particular grammatical principle and

extensive exercises and drills requires the student to apply the principle.

Ellia, D.L. and C. Marcella. "Just Enough Italian" (Passport Books, 1983).

Here is a handy phrase book designed to help you get by in Italy, to get what you want or need. It concentrates on the simplest but most effective way you can express your needs in an unfamiliar language.

Savainao, Eugene and Lynn W. Winget. "Spanish Idioms" (Barrons, 1991).

More than 2000 idiomatic words and expressions are presented in English, with their meanings or equivalents given in Spanish. Here is a helpful handbook for students who wish to increase their general comprehension of the language, and for tourists and business people.

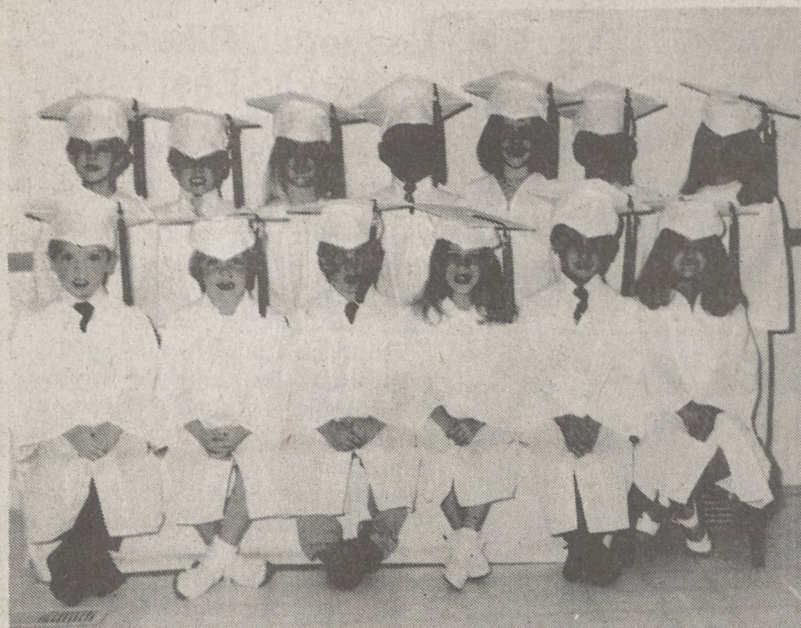
### TRAVEL

Aitchison, Stewart. "A Traveler's Guide to Monument Valley" (Voyager Press, 1993).

Monument Valley is much more than a place with a spectacular view. In this travel guide you can discover the ancient and beautiful locale for yourself.

Russo, Doreen. "AAA Guide to National Parks" (Macmillan Publishing Company, 1994).

America's national parks give an unparalleled view of nature untouched. Designed to make essential information easily accessible, this book is at once comprehensive and easy to use. Each entry begins with an overview that describes the park's history, beauty, and natural wonders, including wild animals and exotic plants.



Graduates of Dot's Day Care are pictured above. Front row, Josh Jones, TiAnna Whitaker, Cody Blevins, Kyerstin Vinesett, Andy Siravanta, Chelsey Rucker. Back row, Jennifer Griffin, Travis McDaniel, Christy Whetstone, Brandon Lackey, Sarah Page, "Bubba" Benton, Courtney Tate. Not pictured, Elizabeth Van Dyke.

## Dot's Day Care holds first-year graduation

Bethlehem Baptist Church was the site Saturday, June 25 for the first ever graduation program of Dot's Day Care. The theme "America" was carried out.

The graduates, along with the two and three-year-old class, performed and welcomed their family and friends. Following their performance the toddler room performed before joining their parents. When the toddlers had been seated, the graduates presented their "Show Time."

While the graduates were getting dressed in their caps and gowns, the two and three-year-old class performed. This class was seated with their parents in time to see the

graduates enter as "Pomp and Circumstance" was played. Graduates were seated for a brief teacher appreciation time.

Special guests were Mrs. Louise Sanders, librarian who visits the Day Care, and Mrs. Barbara Pucetta, speech therapist who also visits the Day Care. Mrs. Georgette Ormsby, speech therapist, were unable to attend.

Dot and Ken Smith were recognized with small gifts.

Graduates were then called one by one to receive their diplomas. After receiving their diplomas the graduates sang their final song before marching out to "Pomp and Circumstance."



BRITNEY THORNBURG

## Brittney wins in Show Stopper

Brittney Thornburg, in her first year of competition, won the Show Stopper National Finals in clogging July 6 at Myrtle Beach, SC.

Brittney is the five-year-old daughter of Scott and Krista

Thornburg. Grandparents are Newell and Betty Thornburg and Austin and Peggy Panther.

Her instructor is Nicole Humphries at Vicky Arrowood's School of Dance.

## Kaleigh Wren Chisholm celebrates fifth birthday

Kaleigh Wren Chisholm celebrated her fifth birthday July 8 at a party at Burger King in Marquette, Mi.

She is the daughter of Pete and Dawn Chisholm of K.I. Sawyer AFB in Gwinn, Mi.

Grandparents are George and Luci Bowen of Kings Mountain and Bill and Lois Chisholm of Raymond, N.H. Great-grandparents are Fred and Verda Bowen of Kings Mountain and the late Robert and Geneva Caveny of Kings Mountain.

Kaleigh's mother is the former Dawn Bowen.



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