



## Library Staff

### Library Clerks

Connie Higginson  
Lupe Lopez Lopez  
Carolina Malavasi  
Angie Ulrich

### Library Technicians

Susan Church  
Maridza Vasquez

### Interim Director

Laura Renker

Charlotte Endorf  
presents  
Nebraska Spirit:  
The North Platte  
Canteen

Friday, April 21,  
11:00 am

Bethlehem Lutheran Church  
8th & Hawthorne  
All are welcome to attend.

## Spring and New Recipes

by Susan Church

April showers are wonderful, but the May flowers can't be beat! With the changing landscape, we find we want less of the comfort foods, choosing instead a lighter fare. There are some new cookbooks on the shelves that might help you.

Start with *The Wellness Mama Cookbook: 200 Easy-To-Prepare Recipes and Time-Saving Advice for the Busy Cook* by Katie Wells. The book is filled with simple, delicious recipes, meal plans, time-saving tips and advice that will take the guesswork out of dinner. How about Meat Loaf Cupcakes, Sweet Orange Chicken, Chicken BLT Club Wraps, or No-Bake Meyer Lemon Bars? Yes, please.

*Complete Children's Cookbook* by Dorling Kindersley Publishers is chock-full of recipes to get you and your budding young chef into the kitchen. Each recipe is illustrated with step-by-step instructions. Grab an apron and start with Oat and Honey Muffins for breakfast, Rainbow Salad for lunch, Marinated Lime Chicken with Cheesy Shortbread for dinner. Finish the day off with Upside-Down Apple Cake. With all that experience in the kitchen, you can turn your chef loose in the kitchen the next day! Or not.

The next title, *Classic German Baking* by Luisa Weiss, doesn't quite fit the bill for "lighter" fare, but the food looks and sounds amazing! Take Pflaumenstreuselkuchen for example. Even if you don't know what it is, it sounds...exotic! Actually, it is Yeasted Plum Cake with Streusel. Now, doesn't Pflau...well, that really long word, sound so much more appealing than the English version? Recipes cover cookies, cakes, yeasted cakes, breads and rolls, Christmas favorites and more.

For the inner (or maybe not so inner) bacon lover, there's *Bacon Freak: 50 Savory Recipes for the Ultimate Enthusiast* by Rocco Loosbrock. It contains just what you would expect: recipes that all contain bacon! Bacon Apple Pie Nachos. Deep-Fried, Bacon-Wrapped Brownie Bites. Bacon Beer Stew. And just when you think it can't get any more crazy, how about a Bacon Mocha Martini?

Lest you be overwhelmed by the thought (and consumption) of these wonderful culinary treats with summer (and swimsuit season) just around the corner, you also might want to check out *The Bikini Body: 28-Day Healthy Eating & Lifestyle Guide* by Kayla Itsines. Kayla gives a 28-day meal plan with the recipes included. She also includes a 28-day beginner workout guide.

So whether it's American, German or child cuisine, the Food Network channel has nothing on your library!

## What's Happening?

The library will be closed **Saturday, April 15**  
and **Monday, April 17**.

**April 21** Charlotte Endorf presenting  
"Nebraska Spirit: The North Platte Canteen" @  
Bethlehem Lutheran Church, 8th & Hawthorne  
@ 11:00 am

### Preschool Story Time

All Story Times begin at 10:30 am

**April 6** Once Upon A Time

**April 13** What's Growing in My Garden?

**April 20** Rhyme Time

**April 27** Water Critters



## Behind Closed Doors

by Maridza Vasquez

In American society there are certain topics that are still avoided as they may be uncomfortable to bring up. These may include but are not limited to: mental health illness, sex, addiction, and miscarriages. It can be embarrassing to seek out professional help when needed, which may lead to inaccurate information being passed along. That is why this month I wanted to highlight some of the books that we have as part of our collection that may be of help to start those difficult conversations, whether with a loved one, a professional, or even yourself. Remember these books are only meant as guides and not meant to replace professional help in instances where it is needed.

*Changing Minds: The Go-To Guide to Mental Health for Family and Friends* by Mark Cross is a book that covers a wide array of mental illnesses and cuts through the taboos and myths associated with mental illness. This book is a wonderful guide that includes how to get help, what treatments are available and how to live successfully with a mental illness. According to the National Institute of Mental Health research on mental health epidemiology shows that mental disorders are common throughout the United States, affecting tens of millions of people each year and that overall, only about half of those affected receive treatment.

*American Hookup: The New Culture of Sex on Campus* by Lisa Wade. This book has valuable information for parents, educators, and students that would like to understand our current sexual culture and how we got here. Another great book is *Seductive Delusions: How Everyday People Catch STIs* by Jill Grimes. This is a good educational book that shows how much misinformation there is about sex and sexually transmitted infections. Dr. Grimes gives explanations on different STI's along with real-life stories of cases she has handled. According to the U.S. Department of Health and Human Services adolescents ages 15-24 account for nearly half of the 20 million new cases of STD's each year.

*The Craving Mind: From Cigarettes to Smartphones to Love - Why We Get Hooked and How We Can Break Bad Habits* by Judson Brewer covers many different types of addictions, including addiction to love, self, and technology. It also gives some tips on how to beat our addictions.

*Grieving the Child I Never Knew: A Devotional for Comfort In the Loss of Your Unborn or Newly Born Child* by Kathe Wunnenberg and *Anchored* by Erin Cushman are both new additions to our collection to help those who have suffered a miscarriage, tubal pregnancy, stillbirth, or early infant death. According to the Mayo Clinic 10-20% of known pregnancies end in miscarriages, meaning the fetus is still in the first 20 weeks of pregnancy. And according to the CDC 24,000 babies are born stillborn, meaning they were between 20-37 weeks or more completed pregnancy weeks. That is about the same number of babies that die during the first year of life and it is more than 10 times as many deaths as the number that occur from Sudden Infant Death Syndrome (SIDS).

I would also like to mention that we have Grief Kits available. We have a set for children and a set for teens that may help to explain and comfort when death occurs. Each grief kit comes with a teddy bear upon checkout that is for the child to keep.

We understand that there may be some uneasiness about checking out books on these subjects. We want you to be assured that it is library policy not to disclose "circulation records" which includes all the information identifying what a patron borrows. This is your library and we want you to feel comfortable using it.

## Backyard Flowers

by Connie Higginson

It is hard to believe that we are in the month of April already. The signs of spring are here. Grass is turning green, flowers are blooming, and buds are out on all our trees. We had a gentle winter this year compared to some, which has totally confused our trees and flower gardens. The beautiful weather has put me in the mood to get my backyard ready for summer. I am always looking for new and different ideas for my yard. Your library has a nice selection of books you might find interesting and helpful to create a beautiful relaxing yard.

Several books that you might enjoy are *Ever-Blooming Flower Garden* by Lee Schneller and *Beds and Borders* by Better Homes and Garden. I thought both books were good and gave me ideas for rock gardens, raised flower beds, and planting flower beds using a selection of plants from short to tall. Come check out our selection of books, so you can sit back and enjoy your beautiful yard this summer. (Maybe you'll even find time to sit and read a book or two!!!!)



## Celebrate Nebraska

by Laura Renker

It was officially Nebraska's 150<sup>th</sup> birthday on March 1, 2017. Why not celebrate all year long? There is no better way to appreciate Nebraska than to visit some of its unique attractions and places of natural beauty. To help figure out some places to visit, read *Off the Beaten Path Nebraska: A Guide to Unique Places* by Hannah McNally with Diana Lambdin Meyer. Here are just a few favorites listed for the southeastern part of the state.

Indian Cave State Park is a public recreation and historic preservation area along the Missouri River just 10 miles from Brownville. There is a preserved cave with prehistoric petroglyphs (rock carvings made by pecking directly on the rock surface using a stone chisel and a hammerstone). Indian Cave State Park also has 22 miles of scenic hiking and biking trails as well as beautiful camping and picnicking spots.



Homestead National Monument commemorates passage of the Homestead Act of 1862 and the lives and accomplishments of all pioneers and the changes brought about by the Homestead Act. This act allowed a person to claim up to 160 acres of land if that person was able to live on the land for five years and improve it. The monument is on a site that includes some of the first acres successfully claimed by Daniel Freeman. It is located near Beatrice.



The Holy Family Shrine is located off of Exit 432 on Interstate 80 between Lincoln and Omaha. It is comprised of a beautiful chapel made of glass and wood with a stream of water running in the middle aisle. It is surrounded by prairie grass up high on a hill. It provides a calm and spiritual place for travelers of all faiths to find peace and comfort.

The International Quilt Study Center and Museum located at 1523 N. 33<sup>rd</sup> Street in Lincoln is always fascinating. They have different exhibitions during the year. You do not have to be a quilter to appreciate the beauty and workmanship that goes into these pieces of art. Currently, they are displaying the Japan Quilt Show and Log Cabin quilts by Luke Haynes.



To learn more about our great state read, *Nebraska: 150 Years Told Through 93 Counties* by David Hendee of the Omaha World Herald. The author brings the state's history to life by telling the stories of people, places and events in all 93 counties of Nebraska. Photographs from the newspaper are included throughout the book.

To help you plan excursions to different places and events, pick up a free copy of *Visit Nebraska: Our Official 2017 Spring/Summer Travel Guide* by Nebraska Tourism. Included in the travel guide is a calendar of various events all over the state. Look through it so you don't miss such events as Junkstock in Waterloo, Nebraska Chautauqua in Seward, Germanfest in Syracuse or Comstock Rock in Comstock.

Be sure to check out the upcoming events this summer in the Crete community. CPL's Summer Reading Program is quickly approaching, *Reading by Design* will be held in June. The Saline Total Eclipse Weekend Celebration in August. More details at a later date.

## Spring into Spring...with Carrot Cake!

by Susan Church

After talking about cookbooks and recipes on page 1, it was determined that a recipe was needed on page 3. A recipe that could be used for that Easter get-together sounded like just the ticket.

### Carrot Cake (with a surprise ingredient!)

1/2 c. shortening	1 egg	Dash salt
1 c. sugar	2 c. all-purpose flour	1 c. shredded carrots
1 can (10 3/4 oz.) condensed tomato soup, undiluted (surprise!)	1 1/2 tsp. baking soda	1/2 chopped walnuts
	1 tsp. ground cinnamon	1/2 c. raisins or dried currants, opt.



### Frosting

1 pkg. (8 oz.) cream cheese, softened	3 c. confectioners' sugar	1 tsp. vanilla	1 Tbsp. milk	chopped walnuts, opt.
---------------------------------------	---------------------------	----------------	--------------	-----------------------

In a large bowl, cream shortening and sugar. Add soup and egg: mix well. Combine flour, baking soda, cinnamon and salt; beat into creamed mixture. Stir in carrots, walnuts and raisins or currants. Pour into greased 10" fluted tube pan. Bake at 350° for 45-50 minutes or until cake tests done. Cool in pan 10 minutes before removing to wire rack to cool completely. In another bowl, combine the first four frosting ingredients; beat until smooth. Frost cake; top with walnuts if desired. **Yield:** 12-16 servings. Recipe from the Taste of Home website.

**CRETE PUBLIC  
LIBRARY**  
305 EAST 13TH  
STREET

Library Hours  
Monday, Wednesday, Friday & Saturday  
10:00 a.m. - 5:30 p.m.

Tuesday & Thursday  
10:00 a.m. - 7:30 p.m.

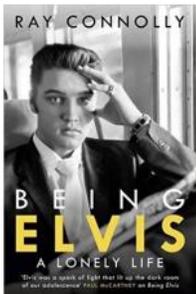
Sunday - Closed

Please call us for information about story times,  
or check out our web site at  
[www.crete-ne.gov/library](http://www.crete-ne.gov/library)

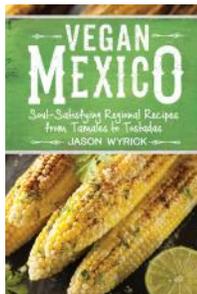
April  
SHOWERS  
BRING  
May  
FLOWERS



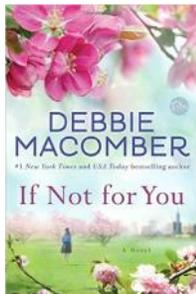
## New Arrivals



*Being Elvis: A  
Lonely Life* by  
Ray Connolly



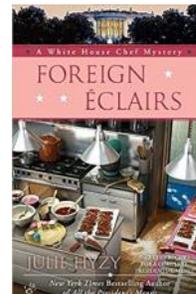
*Vegan Mexico*  
by Jason Wyrick



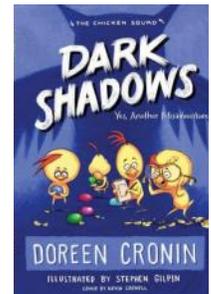
*If Not For You*  
by Debbie  
Macomber



*The Tea Girl of  
Hummingbird  
Lane* by Lisa See



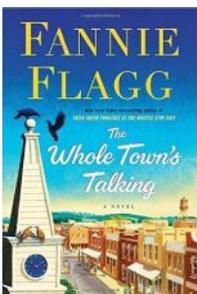
*Foreign Eclairs*  
by Julie Hyzy



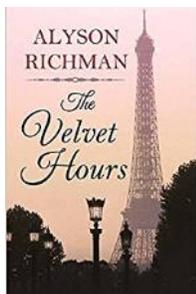
*Dark Shadows*  
by Doreen  
Cronin



*Killing Thyme*  
by Leslie  
Budewitz



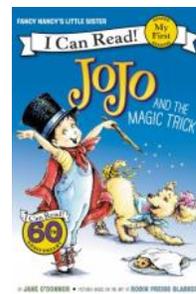
*The Whole  
Town's Talking*  
by Fannie Flagg



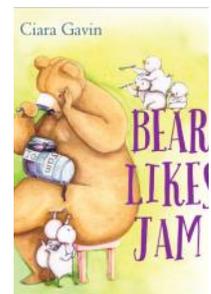
*The Velvet  
Hours* by Alyson  
Richman



*The Heartbeats  
of Wing Jones* by  
Katherine Weber



*JoJo and the  
Magic Trick* by  
Jane O'Connor



*Bear Likes Jam*  
by Ciara Gavin