



# BETWEEN THE

AUGUST 2016

**Walker Co. Health Initiatives partners  
with Huntsville Public Library**

## What does DASH stand for?

Twenty-three years ago in August 1993, a group of 50 distinguished researchers came together to develop an eating pattern that would lower blood pressure. After 12 months of study and research, the DASH\* study was designed and in a tightly controlled environment was tested on 459 volunteers over a period of 2 ½ years.

The results were astounding. Not only was blood pressure significantly lowered, but the DASH diet also was shown to reduce the development of hypertension, heart failure, heart attacks,



**D**ietary  
**A**pproaches to  
**S**top  
**H**ypertension

and kidney stones, and even to reduce the risk of developing colon cancer. Other studies have found that people tend to feel better and think more clearly. One significant outcome was the weight loss factor.

As a matter of fact, the U.S. Department of Agriculture now recommends the DASH Diet as the ideal eating pattern for all Americans.

The DASH Diet will feature in two upcoming adult programs at the library in August. Walker

County Healthy Initiatives will present "Eating Your Way to Lower Blood Pressure" on Monday, August 15 at noon and one week later will present "How to Manage Diabetes with DASH Diet," also at noon. Come to these free programs and learn how to eat your way to good health.

Search the library's catalog for nearly one dozen titles on the DASH Diet, including cook-books!

—Mary Kokot, Adult Services

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By Richard Lane, Public Services

Family historians, before the widespread availability of databases, relied on print materials and microfilm records to locate information contained in census records. Research frequently required travel to distant libraries in search of county census records and endless hours spent scanning microfilm. Our poor family historian often returned home road weary and suffering with pulsating migraines.

Fortunately today's genealogist and family historians have easy access to census records by way of electronic resources. Popular database services are convenient, quick and readily accessible. Still, we need to understand why we have a census and what census records can tell us.

The Federal Census is mandated by the U.S. Constitution. The framers of the Constitution were seeking to resolve the weaknesses inherent in our earliest governance under the Articles of Confederation. Representatives from the various states sought, among several issues, to balance the interest of the large and small states in order to form a "more perfect union." A bicameral Congress was created with a Senate with two senators from

each state and a House of Representatives. The House of Representative was established to provide proportional representation based on population. The primary function of the early census was to compile population counts in order to determine each state's representation in the House of Representatives. The census has been taken every ten years since 1790 and continues to establish each state's representation in the House of Representatives.

The 1790 census, the first federal census, provides little data beyond the names of the heads of households and the number of inhabitants in each household. Neighborhoods and communities are identified. Early American families frequently lived near each other and migrated in family groups. Researchers often are able to confirm identities by searching for names of the related heads of household found on adjoining pages.

Over the years Congress saw fit to require the census takers to collect additional information. Names and ages of all household members were, by 1850, included in the census schedule. Over the years enumerators asked increasingly complex questions about place of birth,

birth place of parents, occupation, education levels, household incomes and similar demographics. The data collected was intended to foster economic development.

Here are a few fun facts about the first and the most recent census. The 1790 Census Bureau Director was Thomas Jefferson. Jefferson had a staff of nine. Jefferson and his staff wrote a 56-page report summarizing the findings. The budget for the project was \$44,000 which equates to less than 1 cent per capita. The enumeration date was August 2, 1790. The U.S. population as of that date was reported to be 3,929,214. The population per square mile was 4.5 and the largest city, New York, had a population of 33,131. The 2010 census recorded 308,745,525 persons residing in the United States on April 1, 2010. The population per square mile was 87.4. The 2010 census cost was \$12.9 billion or \$47.78 per capita. An estimated 635,000 enumerators were employed to collect census data. The 2010 enumerators would equal almost 20% of the total 1790 U.S. population.

*(source: [www.census.gov/history/www/through\\_the\\_decades/](http://www.census.gov/history/www/through_the_decades/))*

## The Father of 3D printing: Charles Hull

Technology is involving every day. We have made the impossible possible in the last thousand years. One of the new discoveries of today's technology is 3D printing. 3D printing or additive manufacturing is a process of making three dimensional solid objects from a digital file. The creation of a 3D printed object is achieved using additive processes. In an additive process an object is created by laying down successive layers of material until the entire object is created.

In the late 1980s, Rapid Prototyping technology was developed to help manufacturers examine a product before it was released for mass production. In order to do this, they used Computer-Aided Design (CAD) software that could tell the Rapid Prototyping machines how to produce a physical object from the design.

In 1986, Charles Hull, an engineer patented the stereo lithography apparatus (SLA), marking this as the first origins for the 3D printing we know now. Hull was developing lamps for UV-curable resins when he first came up with his idea for 3D printing. His method uses UV light to cure and bond a photopolymer



resin which is built up layer by layer, this helped speed up the process for prototyping.

Hull then co-founded 3D Systems Corporation, a company that continues to pioneer and sell 3D printing technologies including the STL file format that allows

CAD software data to be translated for 3D printers to this day.

Through the 1990s and early 2000s, 3D printers were large, expensive machines used almost exclusively for industrial applications. Since then, numerous companies have entered the 3D printing market, bringing 3D printer prices down and quality up. This has made them ideal machines for eager hobbyists and small businesses.

In May 2014, Charles Hull was inducted into the National Inventors Hall of Fame with a 3D bust of him on display. The first ever 3D printer, the SLA-1 invented by Hull is also on display in the museum.

—Ashley Newsome, Teen Services

# Making Gutenberg Proud

While helping a patron at the circulation desk, a question arose about checking out material digitally. Thinking myself a pro at that by now, I began going through the steps of checking out an e-book from our online catalogue. I expected the next page after pressing the "check out" button to be the book.

Imagine my surprise when a website popped up, one that I knew and loved years ago but had almost forgotten. The page was Project Gutenberg, an online collection of literary works predominantly in English, which now contains over 50,000 items!

Started in 1971 by none other than the inventor of the e-book, Michael Stern Hart, Project Gutenberg, which can be found at [www.gutenberg.org](http://www.gutenberg.org), is operated by volunteers in an effort to digitize and archive cultural works and present them for free.

The aim of the Project Gutenberg, or PG, is to "encourage the creation and distribution of eBooks." PG is the first project to make digital format books freely available, predominantly drawing from works in the public domain, such as those with expired or free copyrights. Most of the items released are available in numerous formats to allow access from as wide a variety of users as possible.

Named after the inventor of the movable type printing press, Johannes Gutenberg, Hart's creation aims to do just what his fifteenth century inspirational predecessor did: bring literature to the people.

While a student at the University of Illinois, Hart was granted access to a mainframe computer and virtually unlimited access. He later expressed a desire to "give back" the gift by doing some-



thing of value. His initial goal was to make the 10,000 most consulted books publicly available, and believed that one day computers would be accessible to the general public and wanted to make works of literature available on them for free.

The computer used was one of a series of nodes on the precursor to, and what would eventually become, the internet. The first document Hart added to his project was the United States Declaration of Independence, the first Project Gutenberg e-text! The document was hand-typed from a copy Hart had been given after a fire-works show, but, due to the limited capability of the e-mail on the system, he instead made the e-text available to download. And that started the first digital library.

The collection and accessibility have grown vastly since then, starting with classics including Shakespeare, Mark Twain, Homer and even the Bible, each hand-typed. As the project grew, it attracted volunteers and programmers, and in 1989, almost two decades after the project started, image scanners and recognition software advanced and became available enough to allow book scanning to become a more effective alternative to hand typing. Today, Project Gutenberg is user friendly and hosts over 50,000 books available to the public and usable by almost any computer.

Through Project Gutenberg and its Partners, Affiliates and Resources, over 100,000 free e-books are available, and more are being added constantly.

This circulation clerk is proud to find this affiliation in our electronic collection, and can hardly imagine a better place to join and expand our catalogue.

*- Peirs Anderson, Circulation*

## PC and Xbox One Convergence

The summer update is now available for Xbox One, and with it comes some very exciting new changes. The Xbox One can now run Universal Windows Platform apps (UWP), play background music, improved My Games and Apps section.

UWP apps have been on the PC since July 2015 with the introduction of Microsoft's newest version of Windows, Windows 10. Their goal is to have 1 billion devices running Windows 10 within the next few years and one way of achieving this is to have Windows 10 run across all of your devices. The family of devices has a new addition that now has full Windows 10 capability. The Xbox One is that new addition. The idea of UWP apps is that they are device agnostic. So, if you use Netflix on your PC the same app experience will carry over to the Xbox One, and to Windows 10 Mobile ideally. The only thing that changes is the end user input method:

Mouse and keyboard on PC, Xbox controller,

and touch on mobile. An interesting side to this is that the Xbox One will now be open to more apps than ever before, making way for developers to reimagine TV and your living room.

The summer update also brings background music for the first time to Xbox One. You will be able to stream epic music from Pandora or Groove music in the background while playing your favorite game in full screen. There are many games out there that have less than ideal soundtracks when playing the game, but are still fun to play. Background music will elevate your game to the next level making it even more enjoyable to play.

Lastly, the update has improved the My Games and Apps section on the Xbox dashboard. Before all the games you owned whether they were installed or not appeared all jumbled in one place. The games and apps that are owned but not installed now



have their own section. There is also an installing section where you can see the download speeds and progress of the apps that are being installed. The Games and Apps section is now less cluttered and that is a welcome addition.

Microsoft has completed their initial Windows 10 journey of unifying the PC, Mobile phone, tablet, and Xbox One. You will begin seeing apps you never thought would be on a game console and that is exciting. What is your favorite part of the Windows 10 Anniversary update? Let us know on Facebook or Twitter!

*- Drew Nevlud, Tech Coordinator*

# When Adult Authors Write Children's Books

Typically, authors stick to one genre or one audience in their literary careers. However, if you walk the aisles of the adult and children's sections of the library, you'd be surprised at how many famous adult authors have also published children's books too! Some of their works can best be described as "certainly unique" while others became popular on their own merit.

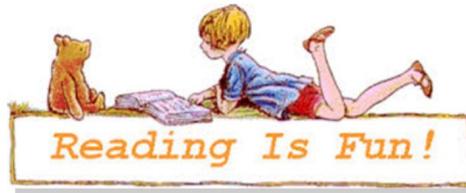
Writer Ian Fleming is best known for writing the James Bond series of spy novels. He wrote fourteen Bond novels during his lifetime, many of which were popularized in television shows or movies starring Hollywood notables like Sean Connery, Roger Moore, Pierce Brosnan, and most recently Daniel Craig.

After the birth of his son in 1952, Fleming took a break from characters that save the day and win the lady's heart to write *Chitty Chitty Bang Bang*, which wasn't published until after Fleming's death in 1964. The story tells of the Potts family whose father uses money from an invention to buy and refurbish a magical race car. The author's inspiration came from Count Louis Zborowski who raced in the early 1920s who had a car named Chitty Bang Bang. Fleming's children's book later became a movie starring Dick Van Dyke in 1968.

James Patterson has written many famous book series such as the Alex Cross series, Womens Murder Club, and NYPD Red as well as stand-alone works of fiction and nonfiction.

However, when his son turned eight, Patterson noticed he wasn't interested in reading. In a recent interview with TheGuardian.com, Patterson states, "I was thinking, well wait a minute here—if the son of an author doesn't enjoy books, what's going on with our kids in general?" Concern for his son as well as the next generation urged Patterson to write for a younger audience and he has since written over fifty children's and teen's books. He is most passionate about the books that get kids reading and enjoys being able to inject humor into his books which he isn't often able to do in his adult books.

Leo Tolstoy is most remembered for writing lengthy tomes such as *War and Peace*, which is considered one of the longest books published with over 500,000 words and 1400 pages. He also wrote *Anna Karenina*, which was declared in 2007 by *Time Magazine* after a poll of 125 authors to be "the greatest book ever written." Tolstoy certainly shortened his writing style when he wrote alphabet books and reading primers for a school he opened in 1849 on his estate. These books encourage a socially just world and attracted children's attention



through imaginative characters of hermits, kings, and talking animals.

Author Aldous Huxley's *Brave New World* is a masterpiece on futurism and technology's impact on societal values.

However, Huxley was also fascinated with children's literature. More than ten years after adult readers began enjoying his most famous novel, Huxley wrote a children's book called *The Crows of Pearl-blossom*. The story follows a family of crows who struggle to hatch their eggs due to the presence of a rattlesnake who lives at the base of their tree. The author was inspired by the Mojave Desert and wrote the story for his niece who often visited.

Playwright Oscar Wilde, best known for *The Importance of being Earnest* and *The Picture of Dorian Gray* also published children's stories such as *The Selfish Giant* and the *Happy Prince*, both of which contain themes common in fairy tales.

It is fascinating to see how some of the most popular writers of adult books have also been incredibly well-received in writing books out of their wheelhouse. Many did so to foster a new generation of readers or were inspired by their own children.

So, while a child reader who has enjoyed *Chitty Chitty Bang Bang* or *I Funny* might not be ready for James Bond and Alex Cross, adult reader may enjoy seeing their favorite authors in a new light.

—Rachel McPhail, Children's Coordinator



Check out the exciting Children's Programs at the Huntsville Public Library!

- Mother Goose Lapsits, 10:30 Mondays
- Storytime, 10:45 on Wednesdays AND Fridays
- Family Movie Night, 5:30, 2nd Friday of the Month
- Back to School Bash, August 17th 10:00 a.m.

Complete listings of events at [www.myhuntsvillelibrary.com](http://www.myhuntsvillelibrary.com)

For more information, contact Children's Coordinator Rachel McPhail, at 936-291-5910.