The Southwest Georgia Library for Accessible Services is a part of your public library and the National Library Service for the Blind and Physically Handicapped, serving Baker, Brooks, Calhoun, Clay, Colquitt, Decatur, Dougherty, Early, Echols, Grady, Lanier, Lee, Lowndes, Miller, Mitchell, Quitman, Randolph, Seminole, Terrell, Thomas, Webster & Worth counties.

(229) 248-2680, 1-800-795-2680, or lbph@swgrl.org

Staff: Susan Whittle, Director & Subregional Librarian, Kathy Hutchins, SWGLAS Supervisor, Arlene Freeman, Outreach Coordinator

March 2013

St. Patrick’s Day

One legend has it that St. Patrick would use the shamrock to explain the Trinity – Father, Son and Holy Spirit. The word “shamrock” comes from the Gaelic word “seamrog” (In Irish, it means “summer plant”) meaning “trefoil” (three leafed) or “little clover”. In Arabia, it is called shamrakh. It was a sacred emblem in Iran and to the Persian triads.

It is also a sacred plant among the Druids. Shamrock is the national flower of Ireland. Many Irish people wear a shamrock on St. Patrick’s Day. This explains the color green and shamrocks on St. Patrick’s Day. Irish tradition has it that if you do not wear green on St. Patrick’s Day, you get pinched!!

Patrick’s mission in Ireland is said to have lasted for thirty years. It is believed he died in the 5th century on March 17, which is the day St. Patrick’s Day is commemorated each year.

The first year St. Patrick’s Day was celebrated in America in 1737 in Boston, Massachusetts. The first official St. Patrick’s Day parade was held in New York City in 1766. As the saying goes, on this day “everybody is Irish!” Over 100 U.S. cities now hold Saint Patrick’s Day parades.
New Georgia Libraries for Accessible Statewide Services Director

Pat Herndon has been hired as Director of GLASS, effective March 12, 2013.

Pat has extensive work in medical libraries, and was responsible for creating the Shepherd Spinal Center Library in Atlanta. She has previous experience conducting outreach and public relations for library services to the disabled community, and has been a public library branch manager for the past 8+ years.

Pat was selected by a team including Julie Walker and myself, and the directors of GLASS Libraries: Kathie Ames, Delana Hickman, and Susan Whittle. The group was particularly pleased with her enthusiasm for LBPH services, the variety of relevant library experiences that she brings to the table, not to mention her leadership experience.

Fred’s Head

Do you know about Fred’s Head? Fred’s Head from the American Printing House for the Blind (APH) is an online way to access scads of information about many topics. This blog has tips, tutorials, in-depth articles, and resources for and by blind or visually impaired people. The blog is named after Fred Gissoni of APH’s Customer Relations Department. You can use this site to subscribe to really simple syndication (RSS) feeds, read newsletters, articles, and learn about topics as varied as computer games, knitting, preschool, or social security. To learn more, visit their website at www.fredshead.info.

Not Getting the Books you Want?

Too many of the same type book. Maybe it is time to update your preferences! Give us a call so we can add new authors or subjects to your account. We are here to help you and make sure you are getting a variety of books. Check the Talking Book Topics for the newest additions to add to your wish list of books. Keeping your request list full and adding new authors or subjects will help us make sure you are getting the books you love.
Master Recipes with Assistance from the Southwest Georgia Library for Accessible Services

If you watched season three of Fox TV’s reality cooking show “MasterChef,” you remember the big smile that lit up Christine Ha’s face every time she impressed the judges with her bold flavors -- and especially when her three-course meal of Vietnamese comfort food won Ha the “MasterChef” title. What casual viewers may not have realized right away is that the amateur cook from Houston, Texas is blind. In 2003 Ha was diagnosed with neuromyelitis optica (NMO), a rare neurological condition that deteriorates the optic nerves and spinal cord. By 2007, Ha had lost most of her vision. But she had regained her love of reading, with help from the National Library Service for the Blind and Physically Handicapped (NLS). “[NLS] reignited my love for literature. It was what kept me sane when I went through my first bouts of NMO,” says Ha, who also authors the blog theblindcook.com. “When I went through some of my worst health issues in 2003 -- complete paralysis from my neck down due to spinal inflammation, and complete blindness -- all I could do was lie in bed and listen to NLS audiobooks.”

NLS, part of the Library of Congress, oversees a free reading program for U.S. residents and citizens living abroad who are blind, have low vision, or cannot hold a book because of a physical disability. NLS patrons may choose from tens of thousands of books and dozens of magazines in audio, including dozens of cookbooks, such as “O, the Oprah Magazine Cookbook” and titles by Julia Child, James Beard, and other famous foodies. NLS also loans the portable playback equipment needed to read the audiobooks. Computer savvy patrons may access books online through the NLS Braille and Audio Reading Download (BARD) service.

Ha, who is pursuing a master of fine arts degree at the University of Houston, always has a book checked out from NLS. Recently she was reading Gail Caldwell’s “Let’s Take the Long Way Home”. And she currently is working on her “MasterChef” cookbook, which is set for a spring 2013 release.

The Southwest Georgia Library for Accessible Services, in partnership with your public library and NLS, provides free materials in audio format for patrons who are blind and/or physically handicapped. Curious cooks who are blind and/or physically handicapped can sharpen their skills in the kitchen by listening to books including The Art of Simple Food by Alice Waters or The Family Style Soul Food Diabetes Cookbook by Roniece Weaver. Please call the Southwest Georgia Library for Accessible Services at 229.248.2680 or 1.800.795.2680 for more information on how the Southwest Georgia Library for Accessible Services can help blind cooks become master chefs.
Information presented in this newsletter will be provided in alternative formats upon request.

Online Catalog for ordering library books: [http://webopac.klas.com/glass](http://webopac.klas.com/glass)
Call the library for your log-in and password.

**NOTE:** Please submit information or news that you would like to share to Kathy Hutchins.