

Beloit Daily News
May 2016

Those of you who know me know that I have a bit of a competitive streak in me. You walked 12,000 steps today? That's nice. My Fitbit says I walked 15,412. You paid \$22.95 for that sweater? Poor thing. I just bought the same one and only paid \$18.95. You can run a 6 minute mile? Well, I have to admit you have me beat on that one. As much as I want to win at just about everything, winning at sports was never really an area in which I excelled.

I was an average athlete in high school and I didn't participate in any sports in college (wait, does sleeping until noon count as a sport?). I could hit a softball, I could shoot a free throw and I had a mean volleyball serve. But I couldn't hit homeruns, I couldn't nail three-pointers, and I couldn't get up over the net to spike a volleyball to save my life. I'm not very coordinated and to be honest, I don't like to sweat. If I have to break a sweat I would rather have it be from lifting a heavy book than from doing an Iron Man competition.

Whether sports are your thing or you would rather spend all day every day reading the Beloit Public Library is the place to be all summer long. Kids 12 and younger will enjoy sports and fitness programs including a martial arts demonstration, hip hop dancing and a visit from the Beloit Bombshells Roller Derby Team. Teens can participate in the Teen Battle of the Books event held on July 23rd and teens and adults alike will have a chance to read some of their own poetry and prose at the Open Mic event on August 10th.

All of the Summer Library Club programs start on Saturday June 11th with a Kick-Off event at the library from 1:00 to 3:00 p.m. Kids can sign up for the Reading Program and participate in Summer Olympics games and crafts. Teens and adults can learn about the Every Step Counts walking program and sign up for the Reading Programs as well.

For more information about Summer Library Club Reading Programs and events for all ages visit www.beloitlibrary.org or stop in and pick up a brochure. In the meantime, be sure to check out these new books coming soon to your Beloit Public Library:

The Games: A Global History of the Olympics by David Goldblatt. ...Goldblatt delivers a magisterial history of the biggest sporting event of them all: the Olympics. He tells the epic story of the Games from their reinvention in Athens in 1896 to the present day, chronicling classic moments of sporting achievement from Jesse Owens to Nadia Comăneci, the Miracle on Ice to Usain Bolt. (Book Description)

Younger Next Year: The Exercise Program by Chris Crowley and Henry S. Lodge. Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness, it's a guide that will show every reader how to live with newfound vibrancy, strength, endurance, confidence, and joy... (Book Description)