

Library News

Vineland Public Library

1058 E. Landis Ave.
Vineland, NJ 08360

856-794-4244
www.vinelandlibrary.org

Self-defense for Women and Girls



Do you worry about your personal safety? Do you wish you had the opportunity to learn how to defend yourself against an attack? If so, the Vineland Public Library has the program for you!

On **Saturday, March 7 from 10:00 a.m. to 12:00 p.m.**, Vineland Public Library is offering a self-defense class for women and girls of all ages. This informative and interactive program will feature Black Belt Instructor Walter Miller. Mr. Miller will teach those that attend how to defend themselves against an attack. This free event is sponsored by the Friends of Vineland Public Library. It will take place in the library's Community Event Room located on the first floor of the library. For additional information call the library's Information Desk at (856) 794-4244 ext. 4243.

“Cushy Tea for Thee” Display & Demonstration

Visit Vineland Public Library on **Thursday, March 26th from 6:00 – 7:30 p.m.** for Adrienne Possenti's “Cushy Tea for Thee” demonstration! During this event, Adrienne will teach participants how to make pincushions from their personal tea cups and saucers. If you love crafts, this is the program for you!

Registration is required for this free program, sponsored by the Friends of Vineland Public Library. To register, please call the library's Information Desk at 856-794-4244 ext. 4243. Class size is limited to 20 people. Please bring your own tea cup and saucer the night of the program. All other pincushion supplies will be provided. “Cushy Tea for Thee” will take place on the second floor of the library in the Children's Event Room. Adrienne's pincushions will also be on display during the month of March in the exhibit case on the first floor of the library.



March 2015

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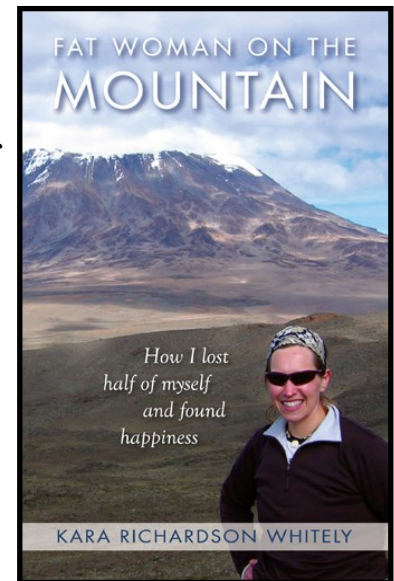


“Moving Mountains” at Vineland Public Library

Join the Vineland Public Library for “Moving Mountains” on **Monday, March 2nd from 5:30 – 7:30 p.m.** Kara Richardson Whitely, author and host of the program, will discuss how to conquer obstacles and reach goals. Kara will also sign copies of her book ***Fat Woman on the Mountain*** during the event. Copies of Kara’s book will be sold for \$15.00 each (cash or check only please).

Kara knew she could reach the summit of Mt.

Kilimanjaro. She had done it once before. That’s why, when she failed in a second attempt, it brought her so low. Struggling with food addiction and looking for ways to cope with feelings of abandonment, failure, and shame, Kara ballooned to over three hundred pounds. Deep in her personal gorge, Kara realized the only way out was up. She resolved to climb the mountain again—and this time, she would reach the summit without waiting for her plus-sized status to disappear. In 2011, Kara climbed Mount Kilimanjaro a third time—and reached the summit once again.



Kara, a motivational speaker, has written for *SELF*, *Every Day with Rachael Ray* magazine, and *Runner’s World*. She was recently featured on *Oprah’s Lifeclass*, and was one of *Outside Magazine’s* “127 Defining Moments” finalists. Kara wrote ***Fat Woman on the Mountain*** and has been featured in *Redbook* and *American Hiker* magazines. She finished her second book ***Gorge: My 300-Pound Journey Up Kilimanjaro*** while working



with author Cheryl Strayed in the French Alps. ***Gorge*** is the raw and inspiring story of her ascent from the depths of self-doubt to the top of the world. Her difficult trek speaks to every woman who has struggled with negative self-image. Honest and unforgettable, Kara’s journey is one of intense passion, endurance, and self-acceptance. (Bio by author)

Visit Vineland Public Library on **March 2nd** for this free, enlightening program, sponsored by the Friends of Vineland Public Library. The event will take place in the library’s Community Event Room, located on the first floor.

Children and Teens Early Childhood Presentation



Parents and caregivers of children ages 2 to 6 are invited to a lecture on a holistic approach to preparing their children for future success, featuring local educator Darren W. Palmer.

This event will take place on **Saturday, March 21 from 10:30 a.m. to noon** in the library's Community Event Room.

Registration is requested for this free program.

Topics covered will include:

- The physical development that occurs during early childhood
- Cognitive theories associated with childhood development
- Why emotional health predicts successful development of children and their readiness for school



Darren W. Palmer is a New Jersey Certified Principal and Instructional Supervisor who currently holds a position as an assistant principal at Vineland High School.

For more information, or to register for this free event, please call the Children's Department at 856-794-4244 ext. 4246

Clean Eating/ Healthy Living Program

Do you wonder if the foods you eat are making you sick? Are you ready to get healthy? Do you want your New Year's resolution to finally work? If so, Vineland Public Library, has the program for you! Visit the library on **Tuesday, March 24th from 6:00 – 7:30 p.m.** for a live well/ clean eating program, hosted by Lori Cooper. This free event, sponsored by the Friends of Vineland Public Library, will take place on the first floor in the Community Event Room.

The live well/clean eating program will cover topics like the current health epidemic and how food toxins affect health. Ms. Cooper will

also answer the question, “Do you know what you are eating?” and will provide strategies and potential products to combat unhealthy habits and develop a healthier lifestyle. At the conclusion of the event, the audience will have the opportunity to participate in a brief question-and-answer session. For all of this information and much more, be sure to stop by the library on March 24th from 6:00 – 7:30 p.m.

Registration is not required for this free program.

Walk-ins welcome!



April 2015 Free Events/ Schedule

- **Friday, April 3:** Library Closed
- **Thursday, April 16:** Writers Society Gathering, in the Community Event Room (5:00 - 7:30 p.m.)
- **Monday, April 20:** Bay-Atlantic Symphony Music Lecture, in the Community Event Room (6:00 - 7:30 p.m.)
- **Wednesday, April 22:** Adult Book Club Discussion of *Death Comes for the Archbishop* by Willa Cather, in the Community Event Room (2:00 - 3:00 p.m.)
- **Thursday, April 23:** Board of Trustees Meeting, in the Community Event Room (5:30 p.m.)

Business Specialist Bob Marino will host a series of free business courses from 5:30 - 7:30 p.m. on the following dates:

Please note, registration is required by calling 856-794-4244 ext. 4243.

- **Monday, April 13**
(Community Event Room)
- **Wednesday, April 15**
(Community Event Room)
- **Monday, April 20**
(Doris Tripp Memorial Room)
- **Wednesday, April 22**
(Community Event Room)
- **Monday, April 27**
(Community Event Room)
- **Wednesday, April 29**
(Community Event Room)