



# Marcellus Free Library February 2020

32 Maple Street  
Marcellus, NY 13108

315-673-3221  
marcelluslibrary.org



**Memoir and Meaning**  
**What's the point of your memoir?**  
**Led by author/journalist David T. Tobin**  
**Mondays: February 24, March 2, 9 and 16**  
**2:00 to 4:00 pm**  
**Friends Community Room - Registration required**

We recollect, we write, we search our memories and ultimately, what are we trying to get at? What can our memoir writing reveal to us?

This four-week workshop is designed to assist those who have memoir writing underway. Maybe you're actively writing, maybe you started something and put it down months or years ago, it could be just a page. This workshop requires that you bring your own writing to the first class and we will work on it for the three subsequent weeks.

Dave Tobin is a long-time writer for the Post-Standard and an author of two biographies.



**UNDOCTORED**  
WHY HEALTH CARE HAS FAILED YOU AND  
HOW YOU CAN BECOME SMARTER THAN YOUR DOCTOR  
6 Steps to Seizing Control Over Your Health  
**WILLIAM DAVIS, MD**  
#1 New York Times Bestselling Author of *Wheat Belly*  
and *Wheat Belly Total Health*

**Something new! Health and Wellness Book Club**  
**UnDoctored by William Davis, MD** (available to borrow)  
**Wednesday, February 26: 6:00 pm to 7:00 pm**  
**Led by Dr. Gregory Steencken, MD**  
**Medical Director of Immediate Care West**

Join us on for our very first Health and Wellness Book Club! We will discuss *UnDoctored: Why Health Care has Failed You and How You Can Become Smarter Than Your Doctor* by William Davis, MD. The book covers many topics including diet, exercise, supplementation and more. Future books will focus on health and wellness, but may also cover financial and legal aspects of health care, mental health, legal and illegal drugs, specific illnesses or injuries, even fiction with a medical theme. Let us know if you

have ideas for books you would like featured. **The Health and Wellness Book Club will meet every other month.**

Dr. Steenchken is Board-Certified in Emergency Medicine and Sports Medicine and has over 15 years of experience taking care of people in emergency departments, urgent care clinics, orthopedics clinics, sporting event sidelines and the slopes of Song Mountain. Those experiences have brought him to develop an interest in helping people take control of their own health and well-being. Learn more at [www.GregorySteenckenMD.com](http://www.GregorySteenckenMD.com).



### Winter 2019 Story Time Sessions for children\*

**Preschool Story Time for children ages 4 through 6  
Tuesdays at 10:30 am through April 21.**

Registration is required at [marcelluslibrary.org](http://marcelluslibrary.org) (click on events), call the library at 315-673-3221 or in person at the front desk.

**Toddler Story Time for children ages 18 months to 3 years  
accompanied by an adult. Wednesdays through April 22.**

**Two sessions: 9:30 and 10:15 am.** Registration is required at [marcelluslibrary.org](http://marcelluslibrary.org) (click on events), call the library or in person at the front desk. *\*Please note: There will be no Story Time Sessions during the week of February 17 through February 21 (Winter Break) and when the Marcellus*

*Schools are closed due to weather.*

### Winter Break Activities for Children



**Family Puzzlemania! Hosted by the Puzzle Lady  
Sunday, February 16: 2:00 to 4:00 pm  
Friends Community Room**



**Mindful Kids Yoga with Carrie Empie  
Registration for all classes is required  
[marcelluslibrary.org](http://marcelluslibrary.org) (click on events) or call 315-673-3221**

### Special Winter Break Sessions

**Monday, February 17: 10:30 am - 3 years and up class  
11:30 am to 12 noon - 8 years and up INCLUDING ADULTS. Please bring a yoga mat.**

For our new 8 years and up including adults classes: these sessions will focus on meditation and breathing for a healthy mind, foundational asanas for flexibility, strength, relaxation and restoration for the young yogi. This class is designed to teach strategies for self awareness, empowerment, teamwork, strength and of course have lots of FUN! All levels welcome. Bring your mat, water bottle and a blanket for relaxation if you prefer. See you on the mat!



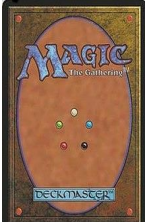
## Winter Break Activities for Children continued....

### Shoot For The Stars! Wednesday, February 19

9:45 to 10:15 am: General Story Time with Miss Cheryl

10:30 to 11:00 am: Rocket Launch Craft with Alyson Esposito

1:00 to 2:00 pm: **STEAM Activities for kids ages 6 to 10 years** with Bette Tucker. **REGISTRATION** for this activity **ONLY** is required - online, call or in person at the circulation desk.



### Monday night is Trading Card Game Night at the Library

February 3, 10, 17 and 24: 6:00 to 8:00 pm

*Monday, February 17 at 6:00 pm*

*Safe Place to Game Night with Cameron and TCG Player*

**Knitting Classes with Heidi Busa**  
**Mondays: February 10, 17, 24 and March 2**  
**6:00 to 8:00 pm - please register**  
**Local History Area**  
**For beginners to accomplished knitters!**

This knitting class will teach the basics (casting on, knit and purl stitches, binding off) as well as how to read a pattern. There will be a choice of two patterns to start with and then the class will proceed based on our progress. No matter what level you are, we will build your knitting skills so you can become a more confident knitter!

#### **PATTERNS ARE AVAILABLE TO PICK UP AT THE LIBRARY**

**Pattern #1 The Erie Hat** (pictured above) you will need to bring to class:

DK weight yarn - One 16 inch size 6 circular needle - One stitch marker

**Pattern #2 No-Pattern, Oddball Fingerless Mitts** (above) you will need to bring to class:

Worsted weight wool - about 200 yards and size 6 straight needles

Please register online at [marcelluslibrary.org](http://marcelluslibrary.org) (click on events), call the library or at the front desk.



### Trivia Night at the Library hosted by Jake Widrick

Thursday, February 20 at 7:00 pm

**Friends Community Room - please register**

Free to play - BYOB (bring your own bottle) and snacks

The 2019-2020 MFL Trivia Season is well under way! Ending in May, teams will be competing for the season grand prize: MFL Trivia Champion Tshirts and some other swag, including your name engraved on the MFL Champions Cup. Feel free to register like normal on a monthly basis, but also email Jake directly at [jwidrick@onlib.org](mailto:jwidrick@onlib.org) to let him know your team name.



### Upstate Medical University HealthLink Seminar

**It's a Joint Effort: Hip and Knee Pain**

**Tuesday, February 11: 6:00 to 7:00 pm**

Register with Healthlink directly at 315-464-8668 or [info@upstate.edu](mailto:info@upstate.edu)

Presenter Emil Azer, MD, Board Certified Joint Replacement Surgeon

Assistant Professor of Orthopedic Surgery, Upstate Medical University



**Library Hours**

**Monday** 9 am to 8 pm  
**Tuesday** 9 am to 8 pm  
**Wednesday** 9 am to 8 pm  
**Thursday** 9 am to 8 pm  
**Friday** 9 am to 5 pm  
**Saturday** 10 am to 2 pm  
**Sunday** 1 to 5 pm

**CNY Reads One Book! *There, There* by Tommy Orange**  
**Discussion at the Marcellus Library: Wed., March 25**  
**Led by Alan NaPeir.** Books available to borrow at the Library.

**Paper Crafts with Alyson Esposito**  
**Wednesday, February 5 at 6:45 pm**

**Friday, February 7 at 1:00 pm and 2:15 pm**

Please register with Alyson directly: 315-604-6467 or email  
 Alyson.esposito3440@gmail.com



**Friends of Marcellus Free Library Meeting**  
**Wednesday, February 26 at 11:30 am**  
**Friends Community Room**

Our program speaker will be Ryan Novak from the Chocolate Pizza Company. Please bring a bag lunch. Dessert and beverage will be provided. New members and guests are always welcome!

During the month of February, a free pair of tickets from the Gifford Author Series to see the New York Times

Bestselling author Paula McLain on Tuesday, April 14, 2020 will be raffled. She is the author of *Circling the Sun* and *The Paris Wife*, which has been published in 34 languages. Her newest novel is *Love and Ruin*. The event will be held at the Mulroy Civic Center, 421 Montgomery St., Syracuse at 7:30 pm. The raffle table will be set up in the lobby and the drawing for the tickets will be held on Friday, February 28. One entry per person please.

The Friends are anticipating making beautiful book page roses for Library Lovers Month as well. These will be available to purchase in the lobby throughout the month of February, or until sold out.

Currently the Friends have a vacancy on their Board for a Vice President. We would welcome your support and expertise! If you have an interest or any questions about what this position entails, email the Friends at marcelluslibraryfriends@gmail.com.



**Family Movie Afternoon**  
***Abominable***  
**Sunday, February 9**  
**2:00 pm**  
**Friends Community Room**

**Coming next month**  
***Frozen 2***  
 Sunday, March 8 at 2:00 pm

**Movie Afternoon for Adults**  
***Harriet***  
**Thursday, February 20**  
**1:00 pm**  
 Friends Community Room



Like the Library on social media!



**February Artist is Patrick Reagan**  
 of Marcellus

**Marcellus Free Library**  
**Wednesday, February 5 at 6:30 pm**

*The Feather Thief*  
 by Kirk Wallace Johnson

**March 4 at 6:30 pm**

*The Nest*  
 by Cynthia D'Apris Sweeney

