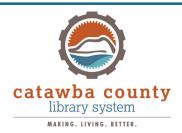
Library Connections

OCTOBER 2018



828.465.8664









www.catawbacountvnc.aov/librarv

explore grow

connect

HEALTHY BUILDING COMMUNITIES

The Catawba County Library, in its ongoing role as a community center, connects people to the resources they need for improved quality of life. From actively promoting early childhood literacy to helping patrons develop valuable career skills to expanding technology's reach, the Library is at the forefront of the county's mission to make living better.

That work also includes fostering healthy minds and bodies. October is Health Literacy Month, and its goal is to improve society by sharing health information in a way that it's readily understood and allows people to make informed decisions about their own health care. At the Library, we merge action and education, offering opportunities for physical exertion while talking about wellness in practical terms and demonstrating that it's all accessible, necessary, and self-determining.

People realize that the library is a hub for reliable, trustworthy information, and they know that our programs are designed to offer them tangible benefits at a low cost. So, we forge partnerships to bring them the resources they need, whether that's fitness instructors, medical guidance, meal planning, gardening, or any of a variety of healthfocused services. Our role as a community center permits us to be a clearinghouse for information; if people don't know where to turn, they understand intuitively that the library will help and advocate for them.

Catawba County's initiative for nurturing healthier residents, LiveWell Catawba, operates through partnerships with Healthy People Healthy Carolinas, Catawba County Public Health, Frye Regional Medical Center, and Catawba Valley Medical Center.



HEALTHY EATING



ACTIVE LIVING



DISEASE PREVENTION



LOVING THE LIBRARY

In addition, the Library plays an integral role in supporting the program's goals of healthy eating, active living, and preventing chronic disease. Through programs like bilingual Zumba, yoga for all ages, low-impact chair dancing, and ongoing workshops focused on revamping meals to be better for you, the Library entices people of all backgrounds and interests to help themselves.

The Library also assists people in acquiring critical information on essential topics like health care, insurance, and aging. Whether these resources are in print or in digital format, we make them available so that navigating complex health issues isn't nearly so daunting. And with the Library's new assistive technology offerings, people with different needs can take advantage of this information. Software programs will actually read website pages aloud to people, translating them if necessary, and large-button keyboards and enhanced roller balls will permit folks to manipulate computer peripherals on their own. Achieving good health, after all, is about more than an optimal heart rate.

As researchers at the University of Pennsylvania have determined in a recent study, libraries have natural strengths that position them favorably to build a culture of health. Thanks to our diverse efforts, we're already committed to doing that for the people of Catawba County – and have been doing it for a good while now. If there's something you'd like to see us do to further those efforts, please contact us at 828.465.8665 or via email at mylibrary@catawbacountync.gov. Your health matters, and we're here to help!

MAIN IN NEWTON

828.465.8665

Children / Teens / Families

Tuesdays from 4-6 pm Children are invited to read to trained therapy dogs Nicole, Lexie, or Fudge. Call to make an appointment.

Ready to Learn Storytime Wednesdays & Thursdays at 10 am Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

STEAM: Batty for Bats *Tuesday, October 2 at 4 pm* Children are invited to learn fun facts about these flying mammals and create batty crafts!



Winter Squash Tuesday, October 9 at 5:30 pm We'll talk about varieties of winter squash and the ways to enjoy them: as inexpensive additions to a casserole or soup, served on their own in a meal, or even as dessert. We'll also share recipes and tastings. Program presented in English and Spanish.

Dictionary Day! Tuesday, October 16 at 4 pm Families are encouraged to celebrate National Dictionary Day with us. We'll play word games that the whole family can enjoy!

STEAM: Campfire Stories and S'mores! Tuesday, October 23 at 4 pm Children and teens are invited to share entertaining campfire stories as we explore the science behind making the best s'mores!

Hotel Transylvania 3: Summer Vacation Tuesday, October 30 at 4 pm In this newly released film, Drac's family of monsters enjoys a vacation cruise. Rated PG.

Adults / Career / Tech

Zumba

Zumba
Mondays in October at 6 pm
Kick off the week with this dance/movement
activity that's too much fun to call exercise.
Appropriate for every skill and ability level and
open to ages 14+ (parental signature required
for those under 18). Note: October 15, 22,
and 29 classes will be held outside, weather
nermitting. Rain location to be announced. permitting. Rain location to be announced.

WorkLife Wednesday: Resumé Tune-Up Wednesday, October 3 from 10 am-2 pm Whether you need to write a resume from scratch or you need to update the one you already have, book your 30-minute, individual session by calling 828.465.8665.

Folk Art Block Puzzle

Saturday, October 6 at 2 pm
Try your hand at making a block puzzle in folk art style using bright colors and stenciled shapes. Supplies are provided. Ages 12 and up. Please call 828.465.8665 to reserve a space.

Excel Basics

Monday, October 8 at 11 am Learn the basics of Excel, a spreadsheet program that lets you store, organize, and manipulate data. This class will teach basic functions like AutoSum and AutoFill.

Air Fryer Basics

Tuesday, October 9 at 4 pm
Learn the basics of cooking with an air fryer and discover the most successful uses of this popular appliance. Class size is limited, so please register by calling 828.465.8665.

Excel: Formulas and Functions

Wednesday, October 10 at 11 am Learn to create basic formulas or use already created functions to add numbers together, calculate a mortgage payment, or search for variables. Basic Excel skills required.

Excel: Graphs and Pivot Tables

Thursday, October 11 at 11 am
Learn how to give your presentations extra
oomph by generating visual data using graphs
and pivot tables in Excel. Basic Excel skills are necessary.

Time to Get Spooky
Thursday, October 11 at 6 pm
Create a tombstone yard decoration while we watch the Halloween cult classic, Hocus Pocus. Supplies provided; registration is required to make a tombstone (call 828.465.8665), but come as you are to see the movie. Ages 10+.

Dreamland Community Read Series



In cooperation with CVCC's community-wide read of Sam Quinones' critically acclaimed Dreamland: The True Tale of America's Opiate Epidemic, the Library is presenting communityfocused programs to inform members and help them make use of available resources.

Performance Reading Friday, October 12 at 10 am CVCC's Play Production class will present a reader's theater-style performance of selected passages from the book. Students will bring to life certain stories that Quinones highlights, offering oral interpretations of a text not originally intended for the stage. *Note*: Additional performances will take place on CVCC's campus on October 3 at noon (East Wing Auditorium) and October 5 at 11 am (Black Box Theater, East Campus).

Addiction and the Brain Tuesday, October 16 at 10 am While the workings of the human brain are the subject of much medical research, the pathways of addiction are becoming better understood. This short film will illustrate areas of the braid in the short film will the short film will the short film will be the short film will short fill the will short fill the will short film will short fill the will short fill the will sho of the brain impacted by substance use. It will be followed by a discussion facilitated by Josh Clay of The Cognitive Connection.

Fighting Recreational Opioid Use Wednesday, October 17 at noon in the East Wing Auditorium on CVCC's campus This seminar is presented by the Hunter Dalton #HD Life Foundation, which commemorates a young man from Cornelius, NC, who passed away from drug use. The Foundation provides education and resources to help prevent the use of potentially lethal recreational drugs.

Southern Pens Book Club

Saturday, October 13 at 10 am This month's read is *The Song Poet: A Memoir* of *My Father* by Kao Kalia Yang. November's selection will be *Code Girls: The Untold Story of* the American Women Code Breakers of World War II by Liza Mundy.

Advanced Gardener: Edible Landscaping with

Tuesday, October 16 at 6:30 pm Dr. George Place offers tips on incorporating berries, nuts, tree fruit, and vine fruit into your landscape design for a beautiful food production system.

Make the Med Flip: The Souper Bowl

Wednesday, October 17 at 10 am Based on the Mediterranean Way program, this workshop will center around sharing recipes and tasting different soups using Medfriendly ingredients. Call 828.465.8665 to register.



Microsoft Word: Resumés

Wednesday, October 17 at 11 am
Learn how to build a professional looking resumé using basic formatting tools in Microsoft Word, a word processing application.

Limitless Theatre: Old MacDonald

Wednesday, October 17 at 4:30 pm The Green Room Theatre's Limitless Theatre for Exceptional Actors (comprised of teens and adults with special needs) presents its unique version of *Old MacDonald Had a Farm*. The short, action-packed program is a great opportunity to introduce young children to live theater and is entertaining for all ages.

Screenprinting with the Digital Cutter Tuesday, October 18 at 6 pm

Get hands-on experience with screenprinting using our TechConnect space's new Silhouette digital cutter. We'll be using a vinyl decal cut by the Silhouette digital cutter to print a design using a silkscreen technique and paint.

Making Hmong-style Eggrolls Saturday, October 20 at 1 pm

Learn to make your own crispy, delicious eggrolls and customize them to your taste with different vegetables. Space is limited; please register by calling 828.465.8665. *Program* presented in Spanish.

eBay for Beginners

eBay for Beginners
Monday, October 22 at 11 am
Interested in making a little cash selling your
unwanted items? This workshop will show
you how to set up an account, upload photos,
and list your items on the widely used auction
platform. We'll go over listing fees, seller's
fees, shipping, and how ratings work.

Piece of Cake Book Club

Tuesday, October 23 at 3 pm Want to read 10 great books per year? PoCBC meets on the fourth Tuesday of each month. October's selection is The Territory by Tricia Fields. November's selection is Austenland by Shannon Hale.

WorkLife Wednesday: Search Smart Wednesday, October 24 at 10 am If it's been a while since you searched for a job, or if you keep hitting dead ends with your standard searches, come learn some extra savvy job search strategies. Class size is limited, so please register by calling 828.465.8665.

3-D Basics

Wednesday, October 24 at 4 pm Learn the foundations of 3-D printing: what it is, how it works, and where you can find resources to get, create, and share 3-D printable files.

The Art of Food: Halloween Edition

Thursday, October 25 at 6 pm We'll explore a lot of fun ways to turn food into Halloween-themed works of art. Expect to taste Witch's Broomsticks, 'Pumpkin' Deviled Eggs, and more!

"Ask a Master Gardener" @ the Library Now it's easy to get professional gardening recommendations anytime. Just submit your questions to an "Ask a Master Gardener" question box at the library.

CLAREMONT 828.466.6817

Adults / Career / Tech

Crafternoon: Book Pumpkins Thursday, October 11 from 3-5 pm Celebrate fall by creating your own pumpkin from paperback books. All materials will be provided. Adults and teens are welcome.

Technology Tutoring: Bring Your Own Device Thursday, October 18 from 3-4:30 pm Need help with eBooks, apps, or programs? Call the library to book a 30-minute session. Come with device, charger, and password.

Upcoming: Books Between Friends Book Club Tuesday, November 27 at 6 pm Join us in November, when we'll have a BYOB (bring your own book) session, where attendees are invited to speak briefly about a book they've enjoyed this past year.

"Ask a Master Gardener" @ the Library Now it's easy to get professional gardening recommendations anytime. Just submit your questions to an "Ask a Master Gardener" question box at the library.

> CONOVER 828.466.5108

Children / Teens / Families

Baby Bounce

Wednesdays at 5 pm (*note time change!)
This sweet, 20-minute story time features rhymes, bounces, sensory play, and singing for our youngest learners. Playtime follows.

Ready to Learn Storytime

Fridays at 4 pm (*note time change!)
Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

Hickory Ballet & Performing Arts: Storytelling Through Dance

Saturday, October 6 at 11 am This performance group will demonstrate how to communicate a story without using words. Dancers will tell the tale of a popular ballet, show their skills, and teach participants some new steps.

Limitless Theatre: Old MacDonald

Wednesday, October 10 at 4:30 pm Join us as the Green Room Theatre's Limitless Theatre for Exceptional Actors (comprised of teens and adults with special needs) presents its unique version of Old MacDonald Had a Farm. The short, action-packed program is a great opportunity to introduce young children to live theater and is entertaining for all ages.

Teen Book Share: Scary Stories/Zombie Felties Friday, October 12 at 4:30 pm

Join us to share a favorite scary novel of your choice and then make zombie felties, those cute embroidered likenesses of objects, animals, and other creatures!

Yoga for All Ages Friday, October 19 at 5 pm This satisfying class is great for beginners, families, and advanced students! Please bring your own mat or towel. Come early to check out our selection of yoga books and DVDs.

Halloween Party
Friday, October 26 from 3:30-5:30 pm
Trick-or-treat at the library with crafts, games, pumpkin painting, and an ooey-gooey feeling station. Costumes are encouraged! Ask us about our Halloween costume drive!

Adults / Career / Tech Healthy Living for Busy Moms Tuesdays, October 2, 9, 23, and 30 at 6 pm Is a busy schedule keeping you from optimal health? That ends now! In the second half of this 8-week series, we'll address health and wellness topics like nutrition, meal planning, exercise, and stress management. Participants can ask questions, receive peer support, and discover ways to overcome their health barriers from a certified health coach. Call 828.466.5108 to sign up.

Catawba Valley Writers Club
Tuesday, October 16 at 6 pm
Join us for our monthly meeting, as fellow writers discuss, evaluate, and share their works. If you enjoy writing fiction, poetry, or creative non-fiction, or just take delight in putting words on paper, this group is for you. Expect friendly fellowship and lively literary conversation! conversation!

Author Talk: Lou Berney

Tuesday, October 16 at 6 pm Join the library in welcoming Edgar Award-winning author Lou Berney, who will discuss his latest novel, November Road, a gripping crime novel set in 1960s America. Berney will take audience questions and sign books. November Road goes on sale October 9.



Murder Mystery Dinner Saturday, October 27 at 11 am

Enjoy a meal and a good mystery! Follow the clues and discover the murderer – before it's too late! Adults and teens are welcome! Registration is required since space is limited.

828.428.2712

Children / Teens / Families

Ready to Learn Storytime

Thursdays at 10 am Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

Limitless Theatre: Old MacDonald

Wednesday, October 24 at 4:30 pm Join us as the Green Room Theatre's Limitless Theatre for Exceptional Actors (comprised of teens and adults with special needs) presents its unique version of *Old MacDonald Had a* Farm. The short, action-packed program is a great opportunity to introduce young children to live theater and is entertaining for all ages.

STEAM: Punkin' Chunkin'

STEAM: PUNKIN CHUNKIN
Saturday, October 27 at 11 am
It's back! Elementary-age children are invited
to build a small catapult and "chunk" a candy
pumpkin to see who can propel it the farthest
and the most accurately. The competitive and the most accurately. The competitive program prompts kids to use their engineering and critical thinking skills. It can be a little tough, but it's a lot of fun! Make sure to register by calling 828.428.2712 or visiting the circulation dock. circulation desk.

Adults / Career / Tech

The Power of Positive Parenting
Tuesday, October 2 from 6-7:30 pm
There's no single right way to be a parent, but parents can make the job easier by developing positive, loving relationships with their children through encouragement, attention, and good communication. This seminar provides practical tips for managing common parenting challenges with positive approaches.

Raising Confident, Competent Children Tuesday, October 9 from 6-7:30 pm Children are more likely to be confident, to succeed at school, and to get along well with others when they develop certain life skills. This seminar will give parents tips on how to help children become self-confident and capable people.

Using NoveList Plus
Wednesday, October 10 at 4:30 pm
Looking for a new author? Hoping to find a
title similar to a favorite read? Join us as we
explore NoveList Plus, the library's database
that helps readers uncover more of what they like. Learn how to easily navigate this user-friendly site and have questions answered by a trained librarian.

Gardening with Native PlantsSaturday, October 13 at 11 am
Anelle Ammons from the Catawba County Cooperative Extension will help you get started gardening with native plants. She'll also talk about why you'd want to grow native plants and share the names of great specimens for your landscape.

Raising Resilient Children

Tuesday, October 16 from 6-7:30 pm One of parenthood's most important tasks is helping children learn to deal with their emotions. This seminar provides tips for teaching children how to bounce back after day-to-day disappointments or struggles.

Advanced Gardener: Edible Landscaping with

Tuesday, October 23 at 6:30 pm Dr. George Place offers tips on incorporating berries, nuts, tree fruit, and vine fruit into your landscape design for a beautiful food production system.

SHERRILLS FORD-TERRELL

828.466.6827

Children / Teens / Families

Ready to Learn Storytime

Wednesdays & Thursdays at 10 am Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

Baby Bounce

Fridays at 10 am

This sweet, simple, 30-minute story time features rhymes, bounces, sensory play, and singing for your youngest learners.

Saturday, October 13 at 10 am Join us for a special weekend storytime with songs, sensory play, crafts, and stories designed to prepare preschoolers to learn.

PAWSitive Reading
Thursday, October 4 from 3:30-5:15 pm
Have a "PAWS" itive
reading experience!
Come read to a certified
therapy dog. Grades K
and up. Registration is
required. Call or stop by
to sign up for a 15-20 to sign up for a 15-20 minute session.



Canvas Creations

Monday, October 8 at 4 pm Sign up to paint a spooktacular Halloweenthemed canvas. Worried about your artistic abilities? Don't be! Examples and traceable artwork will be offered, and supplies and snacks will be provided – just bring your imagination. Open to 6th graders and up. Registration required.

LIBRARY CONNECTIONS OCTOBER 2018

Student STEAM: 4-H Bright Ideas Club

Tuesday, October 9 at 6 pm Join us as we explore the forces and concepts of science and engineering. Each meeting, we'll complete hands-on projects based on the 4-H program guides. Please register to attend. Designed for ages 7-16.

STEAM Explorers: Candy Catapults Wednesday, October 17 at 4 pm Kids 7-13 are invited to learn about science concepts and get hands-on experience. This month, we'll engineer catapults and compete against friends to see who can launch their candy the farthest. Registration required.

Pre-K STEAM: Tinker Time

Monday, October 22 at 4 pm Children 3-6 are invited for guided play and learning in our Construction Zone. Kids can show off their building skills, play pretend with construction toys, enhance fine motor skills, and much more! Registration recommended.

Adults / Career / Tech Mystery Mavens Book Club

Tuesday, October 2 at 6:30 pm The Mystery Mavens book club welcomes new members and is open to the public. Join us this month for a lively discussion of *Strangers on a Train* by Patricia Highsmith. Our November selection is *House Rules* by Jodi Picoult.

Ask A Master Gardener: LIVE!

Tuesday, October 9 from 4:30-7:30 pm Catawba County Extension Master Gardeners will be here in person and can help with all of your gardening questions. Bring samples of plants gone wrong if you'd like!

Crafting Your Cover Letter

Monday, October 1 at 6 pm and Monday, October 15 at noon (identical sessions) You've identified the job you want and have spruced up your resumé. That's all you have to do, right? Not so fast! Every resume should have a great cover letter to go with it. Discover what makes a cover letter effective, and view examples of do's and don'ts.

"Ask a Master Gardener" @ the Library Now it's easy to get professional gardening recommendations anytime. Just submit your questions to an "Ask a Master Gardener question box at the library.

> SOUTHWEST 828.466.6818

Children / Teens / Families

Ready to Learn Storytime Thursdays at 11 am

Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

Baby Bounce

Thursdays at 2 pm This sweet, 20-minute story time features rhymes, bounces, sensory play, and singing for our youngest learners (birth-24 months) Playtime follows. (*Note:* On October 18 and 25, we'll have free play time but no staff program.)

STEAM: Hummingbirds

Join us to explore the life of a hummingbird and make a flying hummingbird craft, mix up hummingbird water, and draw a hummingbird.

Paws to Read with Mini

Tuesdays, October 9 and 23 from 4-6 pm Elementary-aged children are invited to read to Mini, a certified therapy dog. Please sign up for a 15-minute session. Grades K and up.

STEAM: Slugs, Snails, and Slime Thursday, October 24 at 2 pm

Homeschool families are invited to join us at this afternoon session as we learn about the importance of slime, slugs, and snails! Hands-on crafts and projects will all be slime related!

Fire Safety

Saturday, October 27 at 10 am
Families with children of all ages are invited to observe fire safety month as the Hickory Fire Department leads an informative discussion. Afterwards, a fire truck in the parking lot will be available for exploration. A great photo op for everyone!

STEAM: Halloween

Monday, October 29 at 5:30 pm Children of all ages are invited to an engaging, spooktacular night of learning and fun. We'll enjoy lots of hands-on experiments and activities, including a special Halloween safety presentation!

Adults / Career / Tech One-on-One Technology Tutoring

Fridays, 11 am-3 pm Bring in your phone, tablet, or laptop – or use one of the library's desktop computers – to get help with technology questions. Register for a 20-minute session by calling 828.466.6818.

Computer Class: Photos & Phones (& Tablets)

Tuesday, October 9 at 6 pm Do you enjoy taking photos with your phone or tablet? Do you know what to do after you have the pictures on your device? This class will teach you how to print, share, or save your photos with a few simple techniques. photos with a few simple techniques.

Book Club

Tuesday, October 9 at 6 pm Our **new** book club is open to the public. Join us this month for a discussion of The Hamilton Affair by Elizabeth Cobbs. Our November selection will be Meet Me at the Museum by Anne Youngson.

Catawba Songwriters

Tuesday, October 16 at 6 pm Adults and teens are invited to share their musical talents while learning from one another. Bring a finished song or one that's in progress to share with the group.

"Ask a Master Gardener" @ the Library Now it's easy to get professional gardening recommendations anytime. Just submit your questions to an "Ask a Master Gardener question box at the library.

ST. STEPHENS 828.466.6821

Children / Teens / Families Ready to Learn Storytime Wednesdays & Thursdays at 10 am

Tuesday evenings at 6 pm Songs, sensory play, crafts, and stories designed to prepare your preschooler to learn.

Random Acts of Kindness Jars Friday, October 5 at 4 pm

Teens, take a moment to create a "random act of kindness" jar in celebration of National Do Something Nice Day. All materials are provided. Please register in advance.

Crafternoons: Face Painting for Halloween

Thursday, October 18 at 4 pm

With Halloween just around the corner, learn how to "make-up" your own mask. Examples will be on display for inspiration. Parental assistance is requested for younger children. All materials will be provided.

Fire Safety: Firefighters in Protective Gear

Thursday, October 25 at 4 pm October is Fire Prevention Month, and the St. Stephens Fire Department will present a program for children of all ages. Firefighters will dress in protective gear to teach kids how the uniform works and what it looks like. The goal is to showcase firefighters as friendly public servants. Children will also learn when to call 911 and how to exit a home in a fire. Plus, the fire truck will be here!

Hotel Transylvania 3: Summer Vacation

Friday, October 26 at 4 pm In this newly released film, Drac's family of monsters enjoys a vacation cruise. Enjoy popcorn and a drink with the movie. Rated PG.

Trick-or-Treat at the Library

Wednesday, October 31 from 3-6 pm Children of all ages are encouraged to dress up in costume and drop by the library to show off their creativity and get some candy in return!

Adults / Career / Tech
What Kinds of Careers Are Out There?

Wednesday, October 10 at 10 am We'll introduce you to the online version of the Occupational Outlook Handbook to explore careers and filter searches by income, entry level, and education. The tool is an excellent place to start when you're trying to find practical information about careers, and it's helpful for students making decisions about the future. We'll show you how to access and navigate the handbook

Adult Coloring Club: Halloween

Saturday, October 13 at 2 pm Come relax by coloring your stress away. We'll provide the holiday-themed coloring sheets, markers, and crayons to help you get started.

Foster a Child, Change a Life Monday, October 22 from 6-7 pm Catawba County Social Services will present an educational program about the child welfare system in Catawba County. They'll explain the critical need for foster parents and share how you can get involved.

Learn a Language Online Wednesday, October 31 at 10 am Thinking of learning a new language? Mango is a versatile software program with over 70 options to choose from. It also offers 17 ESL courses and includes a user-friendly mobile app. If you're ready to expand your horizons and prepare to travel, make sure to see what Mango offers.

Early Voting at the Library

From October 17 through November 3, residents have the opportunity to participate in early voting at one of five county locations.
The sites involved include the Main Library in Newton, Conover Station, the Sherrills Ford-Terrell Branch Library, the Southwest Branch Library, and the Highland Recreation Center.

Dates and times are as follows:

• Oct 17-19	7am-7pm
	8am-1pm
• Oct 21	1pm-5 ['] pm
• Oct 22-26	7 [;] am-7 [;] pm
• Oct 27	8am-1pm
• Oct 28	1pm-5 ⁻ pm
Oct 29-Nov 3	<mark>2</mark> 7am-7pm
 Nov 3 	8am-1pm

When you vote at a library, make sure to take a few minutes to check out our resources and see what's new!

For more details about voting, please contact the Board of Elections at 828.464.2424.