Contactless Curbside Pickup Starts
June 15: Here’s How It Works

We are excited to be offering Contactless Curbside Pickup starting next Monday, June 15. This service will be offered Monday-Friday, 10:00 a.m. to 4:00 p.m. Every White Plains cardholder can request three items a day and pick them up during those hours. You can borrow books, movies, music, and audiobooks for yourself or your children. Here’s how to get started:

- **Call (914) 422-1400.** We’ll ask for your name, library card number, phone number, and email.
- Let us know what you are looking for. If you have a specific book or movie, great! If you want us to pick out items for you, let us know the last few books or movies that you really enjoyed. We’ll hang up and start searching.
- Once we have collected your titles, we will call you back to review and to check the items out to you. You will have three days to pick up the material.
- Drive to the Library Monday-Friday, 10:00 a.m. to 4:00 p.m. and when you pull in to our cut-out, call (914) 422-1490 and provide your name. Stay in your car, and a library worker will leave your items—bagged and with your name prominently on the exterior—on a table in front of the Library.
- Walking? Just give us a call when you get to the corner of Martine Avenue and Martin Luther King or South Lexington, and we’ll leave your items on the table.
- Retrieve your items and enjoy.
- **Please don’t engage our staff in conversation.** If you have questions, call (914) 422-1400.
- To return materials, use the book drop on the left of the entrance, open every day 24/7. Please keep the bags—they are reusable, recyclable, and biodegradable.
We are not accepting book donations at this time.

Questions? Reply to this email.

Take care,

Brian Kenney
Library Director
bkenney@whiteplainslibrary.org

Photography Prompt

Calling all photographers — professional and amateur — of all ages: to celebrate National Photography Day on June 15th, we’re asking for your submissions and have provided prompts on our website. Photographs submitted will be shared in our weekly newsletters (adult submissions in This Week on Martine and kids and teen submissions in What’s the Story?), and they will be added to our Documenting COVID-19: White Plains Experiences collection.

What is the Alexander Technique?
Tonight, June 10th, 7:00–8:00 p.m.
Join Dan Cayer for an interactive introduction to the Alexander Technique, a set of skills for releasing tension, improving posture, and increasing well-being. The Alexander Technique is part of the curriculum at such institutions as Julliard and the Mayo Clinic for its ability to improve health and functioning and change habitual patterns of tension and stress. Learn how to sit and breathe with ease, as well as a lying-down practice to recharge the body and mind. A certified Alexander Technique teacher and meditation practitioner, Cayer has led workshops throughout the country and in the United Kingdom. For more details, see dancayer.co. To attend the event, access this Zoom link at 7:00 p.m. tonight.

*All wellness programs are supported by the White Plains Library Foundation.

Antiracism Resources for Teens & Adults

In Edge Librarian Kathlyn Carroll's latest post on our website, she writes: "By no means can I speak as any kind of authority, but I’m committed to continuing to educate myself, to examine my own thoughts and behavior, and to speak up when I witness racism. I'd like to share some of the resources that have helped me learn so far, as well as the ones on my up-next list." See her list of resources here.

Book Chat

Friday, June 12
10:00-11:30 a.m.
Do you want to share what you're reading or find your next read? Join us for some lighthearted conversation in our new Book Chat. There is no assigned reading, just
share what you're thinking about your latest read, new releases, and favorite titles. To attend the event, access this Zoom link on Friday, June 12th at 10:00 a.m.

Coping with COVID: Living with Uncertainty

Monday, June 15
7:45-8:45 p.m.

*This program will present strategies for dealing with the many unknowns and feelings of powerlessness. Exploring the concept of radical acceptance, which helps us accept what we cannot change and take control over what we can, allows us to feel free rather than trapped. Dr. Joanna Fava is a licensed psychologist specializing in the treatment of anxiety, depression, and post-traumatic stress, and a Clinical Assistant Professor of Psychology in Psychiatry at Weill Cornell Medicine. To attend this event, access this Zoom link at 7:45 p.m. on Monday, June 15th.

Understanding and Responding to Alzheimer's Behavior

Wednesday, June 17
2:00-3:00 p.m.

*During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. This program will help attendees identify common triggers for
behaviors associated with dementia and learn strategies for addressing common dementia-related behaviors. *Registration is required through our online calendar here.*

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**Around the Web**

**Facts on Coronavirus.**

There's been a run on anti-racist books.

#PublishingPaidMe reveals stark disparities between payment of white writers and writers of color.

2,500 rare texts from Islamic world to go online for free.

As states push to reopen, many libraries are having to figure out their own way forward.

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**Photo of The Week**
Above: I pass by this sign at the main entrance of the Post Road School when I walk from my house in Prospect Park to my local bank. The school is empty, the school yard is empty. But think of the last line on the sign: #positivevibes. I call this photo "#positivevibes." Photo by Yukiko "Ann" U.

We want your photos! In each issue of This Week on Martine we feature one patron submitted photo that was taken in White Plains during the current COVID-19 pandemic. To submit your photography for a chance to be featured, visit our submission page, upload a photo, and fill out our form with a short description of the photo and your name.