September 1, 2021

Back to School: Alleviating Anxiety and Concerns

Our Panelists

Rachel Goldman, Ph.D.
Joseph L. Ricca, Ed. D.
Peter Richel, MD, FAAP

Last year was, to put it mildly, a not-as-expected school year. While things are looking better for the coming year, you and your children may have some concerns. Tonight at 7:00 p.m., a panel of childcare and School District professionals will be on-hand to discuss and answer questions about what to expect in this school year. During Back to School: Alleviating Anxiety and Concerns, our panelists will cover the recurring themes of questions and concerns submitted below. Note: the panel will not be able to answer questions specific to individual children or families during the program.
Join the program and our panelists on Zoom **tonight at 7:00 p.m. here**. A Spanish language translator will be present during the Zoom program. Thank you to NewYork-Presbyterian Hospital for providing translation services.

**Joshua Carlson**  
Manager of Youth Services  
[ jcarlson@whiteplainslibrary.org ]

We appreciate support from the **White Plains Library Foundation** for many of our programs. Events funded by the Foundation are noted with an ✯.

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**Labor Day Closings**  
Please note that the Library will be closed on **Saturday, September 4th through Monday, September 6th** for Labor Day Weekend. The Library will reopen with regular hours from 10:00 a.m. to 9:00 p.m. on Tuesday, September 7th.

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**✯ Poetry Slam & Open Mic Tonight**  
7:00–9:00 p.m.  
Join Zork and Kristen for the First Wednesday Poetry Slam! Pre-registration is required to try and accommodate as many poets as possible. Register [here](#) to attend or perform. Please be sure to provide an active email address as we will contact you to confirm whether you will be performing or just attending.

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**Regeneration Art Exhibit**  
On display through
Friday, September 3rd
“Regeneration” looks at a future focused on climate justice. The exhibition includes drawing, collage, mixed media, photography, painting and poetry. Participating artists are Stephanie J. Alvarado, Isabella Bannerman, Diane Brawarsky, Carlos Mateu, Gina Randazzo and Ed Young.

Deep Relaxation
Sound Bath
Thursday, September 9th
7:00–8:00 p.m.
Experience a soothing, immersive sound meditation with exquisite crystal bowls and gongs, Tibetan and Himalayan bells, hand pan, rain sticks, ocarina, shruti, didjeridu, and other objects. Daniel Lauter is an integrative sound specialist, meditation and mindfulness guide, and leading composer and instrumentalist in the field of therapeutic sound for over 35 years. Check out this relaxing and transforming virtual experience! For more information, see www.meditationdj.com. Click here for information on attending.

Genealogy: Discovering Your Patriot Ancestor
Monday, September 13th
New Movies Streaming in September  
[Click here](#) for a list of some exciting new titles available on hoopla and Kanopy this month.

What you need to know about [Marvel's Eternals](#).

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7:00–8:00 p.m.  
Think you may have an ancestor who served in the Continental Army or contributed to the Patriot cause in the Revolutionary War? Learn where to look and how to verify the information. The program will also touch upon entrance requirements for the Sons/Daughters of the American Revolution. For information on joining, [click here](#).

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September LibraryReads  
[Here](#) are the books published this month that librarians across the country love.
WHITE PLAINS YOUTH BUREAU

AFTER SCHOOL PROGRAM
LEARN, EXPLORE & GROW.

WHAT WE OFFER:
- Homework Help
- STEM (science, technology, engineering, math)
- Sports
- Gardening
- Reading
- Art

REGISTRATION FEE:
- $371 per month (4 Weeks)
- Extended day until 6:30 pm
- $48 per month

SCHOLARSHIPS AVAILABLE!
(copy of 2020 1040 tax form required)

REGISTRATION OPENS
JUNE 21, 2021

FOR MORE INFORMATION CALL US AT
914-422-1378 OR VISIT www.whiteplainsyouthbureau.org
Learn English as a Second Language

In-Person Classes in White Plains or Online

English as a Second Language: Courses for Beginners to Low Intermediates (to level 4). Westchester Community College English Language Institute offers both in-person and remote options for this course with four beginner levels (0-3) and one low intermediate level (4). Begin the process of learning and actively practicing basic vocabulary, grammar, speaking and listening skills necessary for daily living, employment and post-secondary education.

IN-PERSON CLASSES
held at the White Plains Education and Training Center
303 Quarry St, White Plains, NY 10601

Beginner Morning Accelerated Immersion ESL (Levels 0-2)
ELI-ESL 2029WL-UA, M/T/W/Th, September 14-November 2, 9:00 am-12:00 pm
Online Placement Test: 9/14, 9:00 am First class: 9/22
ELI-ESL 2029WL-VA, 25 M/T/W/Th, November 3-December 21, 9:00 am-12:00 pm
Online Placement Test: 11/3, 9:00 am First class: 11/9

Beginner Evening Accelerated Immersion ESL (Levels 0-2)
ELI-ESL 2029WL-UP, 25 M/T/W/Th, September 14-October 28, 6:30-9:30 pm
Online Placement Test: 9/14, 6:30 pm First class: 9/20
ELI-ESL 2029WL-VP, 25 M/T/W/Th, November 2-December 21, 6:30-9:30 pm
Online Placement Test: 11/2, 6:30 pm First class: 11/8

ONLINE CLASSES

Morning ESL (Level 1 & 2 only)
ELI-ESL 2019WL-TWRA Tues/Wed/Thurs Mornings
25 classes, Sept 14-Nov 23, 9:00 am-12:00 pm
Online Placement test: Tuesday, 9/14, 9:00 am
1st class on Wednesday, 9/29

Evening ESL (Level 3 & 2 only)
ELI-ESL 2019NRL-TWRP Tues/Wed/Thurs Evenings:
25 classes, Sept 22-Nov 23, 6:30-9:30 pm
Online Placement test: Wednesday, 9/22, 6:30 pm
1st class on Wednesday, 9/29

COST: $22 via credit card at time of registration = BOOKS purchased at first class for approx. $40

For information/registration
LibraryESL@sunywcc.edu
914-606-6607

Around the Web

Facts on Coronavirus.

The story of J.P. Morgan's Personal Librarian — and why she chose to pass as white.

Check out the first 3D-printed steel bridge recently unveiled in Europe.
We can't build back better without libraries.

A guide to the most important locations in the Sally Rooneyverse.

Photo of the Week

Above: A Katydid on Hosta on Orchard Street. By Al G.

We want your photos! In each issue of This Week on Martine we feature one patron submitted photo that was taken in White Plains. 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.