September 22, 2021

NaNoWriMo: The Olympics of Writing a Novel

Have you always thought of writing a novel, but needed some help? Are you planning on joining National Novel Writing Month (NaNoWriMo) this November, but aren’t sure you have the stamina? White Plains Public Library would like to help. With teaching writer Julia Rust, the Library is offering weekly workshops starting October 5th.

These include:
• four training sessions before the marathon, to help focus on the novel you’d like to create, and exercise your writing muscles in class. At the end of the four sessions, you’ll have plenty of tools in your toolkit to keep the writing pipeline open in November.
• three refresher/cheerleading sessions during November; to keep you on track and provide support and encouragement.
• one follow-up class to celebrate, and the opportunity to ask “What’s next?”

What are you waiting for? Go here and register!

This event is funded in part by Poets & Writers through public funds from the New York City Department of Cultural Affairs, in partnership with the City Council.

Younger writers can check out our NaNoWriMo pre-planning series for grades 4-12 on Thursdays at 4:00 p.m.

Brian Kenney  
Library Director  
CHEDULE  

We appreciate support from the White Plains Library Foundation for many of our programs. Events funded by the Foundation are noted with an ✯.
Explore Japanese Food Culture: Sushi, Pt. 2
Wednesday, September 22nd
7:00–8:00 p.m.

Now that you have learned the origins of sushi, how it has evolved into different forms and how to make it at home, we would like to introduce you to the nutritional...
benefits of sushi, what sushi chefs do to prepare the best sushi and how to enjoy sushi with sake/wine pairings! Click here to register.

Slow Reading Book Discussion
Monday, September 27th
2:00–4:00 p.m.
The first four meetings this fall are devoted to Edward P. Jones's Pulitzer Prize winning novel, The Known World (2003). While Jones's immediate subject is a black slave-owning couple and the black men, women, and children under their control, the larger world of the antebellum South is revealed in all its richness and variety. Chapters 4-6 will be discussed at this session. The book is available in our physical collection. OverDrive/Libby has both the eBook and digital audiobook. Leading the group is Ellen Lambert, who has a Ph.D. from Yale in English and taught high-school English at The Dalton School for over 25 years. Feel free to contact viewpoints and listen to different perspectives in a civic environment. These conversations are offered through a partnership with the League of Women Voters of White Plains, the Library, and the YWCA White Plains & Central Westchester. This month's topic is: "Social Justice in a Diverse Community." Click here for the Zoom Link.

Breath–Body–Mind: An Introduction
Wednesday, September 29th
7:00–8:00 p.m.
Stress affects our ability to manage anxiety, focus on work, and relate calmly and compassionately to others. Dr. Richard Brown and Dr. Patricia Gerbarg developed Breath-Body-Mind (BBM), a program of natural, self-healing, breath-based mind-body practices that can be used to manage stress effectively. Gerbarg briefly will review the scientific basis for the efficacy of these techniques. Dr. Brown will lead a sequence of movement and breath practices that will enable attendees to experience some of the beneficial effects of BBM. Brown, M.D. is Associate Professor in Clinical Psychiatry, Columbia University Vagelos College of Physicians and Surgeons. Gerbarg, M.D. is Assistant Professor in
Stories & Stuff
Thursday, September 30th
4:30–5:30 p.m.
Join us to listen to some stories and create a craft! Click here to register. Please provide an email address when you register so that we can arrange for you to pick up the craft materials and send you the Zoom link.

Understanding the Process of Becoming a U.S. Citizen
Monday, October 4th
6:00–7:00 p.m.
Community Relations Officer Shyconia Burden will discuss the naturalization application process. Learn what the eligibility requirements are before applying.

Future is Female Book Discussion
Monday, October 4th
2:00–3:00 p.m.
Ellen O’Connell, White Plains resident and retired English teacher, will moderate a discussion of The Distance Between Us (2013), a National Book Critics Circle Award Finalist by Reyna Grande, novelist, motivational speaker, and writing teacher. Available from the Library in print / CD Audiobook. Libby & OverDrive have both the eBook and digital audiobook. For information on attending, click here.

Clinical Psychiatry, New York Medical College. For more information, click here. For information on attending, click here.

Ellen at ellenzlambert@gmail.com or 914-582-4050 with any questions. For information on attending, click here.
and how to qualify for any exceptions and accommodations. Officer Burden will answer any questions about the citizenship and the naturalization process. Click here to register.

SENIOR LAW DAY RETURNS
THURSDAY, SEPTEMBER 30TH
10:00 A.M. to 12:30 P.M.

LOCATION: RIDGE ROAD PARK
287 Ridge Road, Hartsdale

REGISTER AT: 914 813-6300

A boxed lunch is available to those who register in advance.

An in-person event for your learning and enjoyment. This shortened Senior Law Day program will deliver the same benefits that you've come to expect:

- Practical advice from attorneys and experts on aging issues during these challenging times
- Personalized help via one-on-one consultations
- Free information and resources from Westchester government and nonprofit agencies

SCHEDULE
10:00 a.m. to 10:15 a.m. – Opening remarks
10:15 a.m. to 11:15 a.m. – Talks on Wills vs. Trusts, Resilience and Advocacy Techniques for Seniors, Elder Law 101, and resources available from Westchester Library System and the Senior Law Day Collaborative
11:15 a.m. to 12:30 p.m. – Private one-on-one consultations available with attorneys, financial planners and care managers

A separate Exhibitor tent with valuable information and giveaways will be open from 10 a.m. to 12:30 p.m. Held outside for everyone’s safety. PLEASE BRING A MASK WITH YOU. Free parking. Short level walks. Rest rooms easily accessible.
ArtsWestchester is seeking qualified youth to join its Young Adult Leadership Council which will take place October 2021 through May 2022. ArtsWestchester’s Leadership Council engages young adults 17-22 yrs. to meet twice monthly to plan, evaluate, attend, promote and develop ArtsWestchester teen programs including current Teen Tuesday & Thursday program as well as learning careers and college readiness skills.

Application Deadline Extended to:
Friday, October 1, 2021 at 5pm

Youth will be required to meet in-person 16 times total (two times monthly) from Oct – May to be a member the Leadership Council. In addition, youth will be expected to engage in a virtual discussion group as well as to meet virtually monthly one-on-one with a Youth Liaison. The Council will comprise of 15 youth that can serve on the Council multiple years for a maximum of 3 years.

A $500 stipend will be provided to cover the costs associated with transportation to ArtsWestchester.

For complete guidelines and application visit: 
https://artswestchester.submittable.com/submit

The Young Adult Leadership Program is an ArtsWestchester initiative made possible with support from the Institute of Museum and Library Services, Wells Fargo, Con Edison and Key Bank.

**Around the Web**

**Facts on Coronavirus.**

After student protests, a [Pennsylvania school district has reversed its ban on diverse books.](#)

[Who doesn't read books in America?](#)
Here's the tantalizing first trailer for Denzel Washington's *Macbeth*.

*It's Been a Minute:* Brandon Taylor wrote *Real Life and Filthy Animals* for his queer, Black friends.

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**Photo of the Week**

![Photo of the Week](image)

**Above:** Newly hatched baby snapping turtle in the Orchard Street Wildlife Corridor. 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.