

# March Library News

Meriden Public Library

March 1, 2010

## Inside this issue:

SAT vs ACT Test	2
Pictures of Old Meriden	2
Movies	2
Medical Programs	3
Healthy cooking with kids	3
Scrapbooking	4
Book Discussions	4

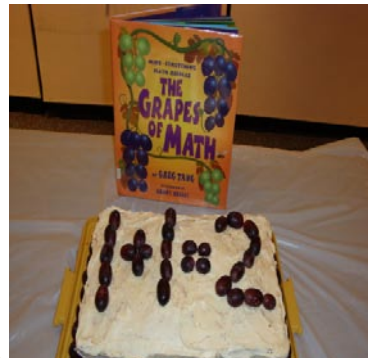
## Edible Book Festival - March 31

Calling all readers and bakers! Do you have a favorite book? Show off your creativity by bringing an edible book creation to the Meriden Public Library's **Edible Book Festival on Wednesday, March 31 from 6:30 to 8:00 pm.**

Bring in an edible creation that has something to do with books or is book shaped. It could represent the theme, title, or book cover of your favorite book. It can be made of cake, cookies, candy, nuts – whatever, as long as it is edible as we will be sampling your creation.

This program is free and all are welcome to enjoy the edible books. The edible books will be sampled at 7:00 pm. Coffee and tea will be provided.

Contact the Community Services Department at (203) 630-6349 if you have questions about this festival or wish to sign up.



"The Grapes of Math"  
Cake by Jan Franco  
(Edible Book Festival 2009)

## Acoustic Guitarist Peter Biedermann

Guitarist Peter Biedermann will be performing **on Saturday, March 27 at 2:00 pm** in the Meriden Public Library Griffin Room.

Mr. Biedermann is a guitarist that has been

writing and performing original instrumental music for over 30 years.

While his music covers a number of genres in the electronic and acoustic fields, the performance on the afternoon of Saturday, March 27<sup>th</sup> will

focus on original acoustic fingerstyle pieces in unique tunings on various 6 and 12 string guitars.

The program is free and all are welcome.





Time Traveler's Wife

Wednesday, March 3  
6:30 pm

**Movies in the  
Griffin Room  
at  
Meriden Library**



Where the Wild Things Are

Saturday, March 6  
2:00 pm

**FREE SAT/ACT Practice Test - April 3**



**When?**

Saturday, April 3  
10:00 am to 2:00 pm

**Where?**

Meriden Public Library  
Griffin Room

**Cost?**

FREE!

Would you like to take a practice SAT or ACT test? Kaplan Test Prep will be holding a practice test session at the Meriden Public Library on Saturday, April 3 from 10:00 am to 2:00 pm in the Griffin Room.

Come and get some extra practice before it counts. To sign up go to:

[www.meridenlibrary.org](http://www.meridenlibrary.org),  
click on "Adult events"

or

[www.kaptest.com](http://www.kaptest.com)

or

contact the Community Services Department at (203) 630-6349.



**Pictures of Old Meriden**

The Meriden Historical Society and Meriden Public Library will be presenting "Pictures of Old Meriden" in the Griffin Room on **Wednesday, March 10 at 6:30 pm.**

View and help identify old structures, scenes and streets of Meriden.



Come play **Scrabble**  
Monday March 8 and March 22  
2:00 to 4:00 pm  
Friends Room  
All skill levels welcome!

## A Trip Through the GI Tract

Join Dr. Thomas Jung from Midstate Medical Center on **Monday, March 22 at 6:30 pm** in the Meriden Public Library Griffin Room for "A Trip Through the GI Tract."

Dr. Jung will cover the signs, symptoms, and treatments of everything from acid reflux to diverticulitis and much more.

Contact Community Services at (203) 630-6349 to reserve a seat.



Did you know...  
you can choose to receive courtesy emails reminding you when something is due or overdue. You can sign up your email address in person at the library or sign up by logging in to your library account online.



## A Holistic Approach to Chronic Pain and Fatigue

Dr. David DeRosa, a licensed Chiropractor, will be presenting the program "A Holistic Approach to Chronic Pain and Fatigue" on **Monday, March 8 at 6:30 pm** in the Griffin Room at Meriden Public Library.

Dr. DeRosa will discuss how to increase your energy, vitality and youth; how to use trigger points to eliminate pain; natural approaches to preventing and handling arthritic pain; and understanding why you

have chronic pain.

This program is free and all are invited. Contact the Community Services Department to reserve a seat.



## Healthy Cooking With Kids

"My City Kitchen" with Kashia Cave invites children between the ages of 6 to 17 to come to the Meriden Public Library Griffin Room on **Tuesday, March 16 from 4:00 to 5:30 pm** to take part in the program "Healthy Cooking With Kids."

Ms. Cave will be presenting a cooking

demonstration that will show children how to make healthy choices in food that are delicious. Recipes and samples will be available at the end of the program.

The program is free but seating is limited. Contact the Community Services Department at (203) 630-6349.

Did you know...

That the public library does not keep any information about your reading habits? When you return your library materials on time, the library computer system deletes any record of your having checked out any specific title.

However, if you would like to keep a record of what you've read, you can sign up to choose to have your reading history saved. You can opt into this program by logging in to "my account" from the online Meriden Library Catalog at [www.meridenlibrary.org](http://www.meridenlibrary.org).

## Scrapbooking on a Shoestring



Have you ever wanted to scrapbook but felt you couldn't afford it? Well, now you can! Come to Meriden Public Library's Friends Room on **Monday, March 22 from 5:15 to 8:00 pm** and use our tools. You will have access to a die cut machine, decorative scissors, paper cutter, corner rounder, and stencils. Bring your photos, pages, an adhesive, and pens. Free handouts will be available and there will be a free demonstration on how to shape up your scrapbook.

This free program is one of three to give you an opportunity to get those photos in an album once and for all. The other two programs will be held April 26 and May 24 in the Griffin Room. Registration is requested and free paper will be provided for those who pre-register by calling the Community Services Department at (203) 630-6349 or sign up online at [www.meridenlibrary.org](http://www.meridenlibrary.org) under "Adult events."

### Teen Anime Club

Friday, March 26

3:00 pm in the Griffin Room

We will be watching an anime based on the manga series Tsubasa, written by the female group Clamp.  
For teens ages 13-18  
Snacks provided.

### Once Banned, Now Classic Book Discussion

Wednesday, March 23 – 6:30 pm

Griffin Room

"Native Son" by Richard Wright

### Lunchtime Book Discussions

Thursday, March 11 - Noon

Seminar Room

"Kabul Beauty School" by Deborah Rodriguez

### Writers Network

Tuesday, March 9 – Friends Room

Wednesday, March 24 – Griffin Room



Meriden Public Library

Information Desk

203-238-2346

Children's Services

203-630-6347

Community Services

203-630-6349

Circulation Desk

203-238-2344