



Volume 7, Issue 5

**May  
2024**

**Whitehall Township  
Public Library**

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# Whitehall Township Public Library **Library Lines**

Big news, library patrons! Some local library systems have grouped together to form the **Multi-District Lehigh Valley & Pocono**, and you now have access to over 1.4 million materials with your library card!

**Board of Trustees  
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**Director:** Susan Bielucke

The library will be **closed for Memorial Day** from Saturday, May 25 - Monday, May 27, and we'll resume normal hours on Tuesday. The library's regular hours are Monday - Thursday from 9 a.m. - 8 p.m. and Friday - Saturday from 9 a.m. - 4 p.m.

This is the last month before Summer Reading starts, but this month, we'll have a smaller reading challenge for kids, in addition to all of our other **programs**. Keep reading to find out more!

## **NEW: Expanded Library Sharing**

Your library card now gives you access to 1.4 million items and counting from more than 20 libraries! That's about triple the amount of books, audiobooks, DVDs, and more that you can now borrow with just a click, tap, or call.



Simply search, reserve, and pick up items here at Whitehall or at your favorite LCLC branch when notified (some restrictions may apply). To explore items across all 20+ libraries in our catalog, be sure to choose "Multi-District Lehigh Valley Pocono" from the library pull-down menu. On the confirmation screen when you reserve items, be sure to select or confirm the pick-up library of your choice.

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## **Libraries**

- **Lehigh Carbon Library Cooperative:** Coplay Public Library, Dimmick Memorial Library, Emmaus Public Library, Lehigh Area Memorial Library, Lower Macungie Library, Palmerton Area Library, Parkland Community Library, Public Library of Catasauqua, Slatington Public Library, Southern Lehigh Public Library, Whitehall Township Public Library
- **Lehigh Valley Library System:** Allentown Public Library, Bethlehem Area Public Library, Easton Area Public Library
- **Monroe-Easton-Bangor Library Group Libraries:** Bangor Public Library, Barrett Paradise Friendly Library, Clymer Library, Easton Area Public Library, Eastern Monroe Public Library, Pocono Mountain Public Library, Western Pocono Community Library

Whitehall Township



Public Library



**Regular Events****Adult Coloring Club:**

Thurs., May 2 & 16,  
11:00 a.m. – 1:00  
p.m. &  
Tues., May 7, 5:30  
p.m. – 7:30 p.m.

**Adult Book Talks:**

Thurs., May 2, 1:00  
p.m. – 2:00 p.m.

**A Good Yarn:**

Tues., May 21, 6:00  
p.m. – 7:45 p.m.

**Board of Trustees:**

Thurs., May 9, 6:30  
p.m.



Since **Smokey Bear** first appeared on a Forest Fire Prevention campaign poster in 1944, he's been inspiring Americans to practice fire safety. His original catchphrase was "Smokey Says – Care Will Prevent 9 out of 10 Forest Fires." In 1947, it became "Remember... Only YOU Can Prevent Forest Fires." In 2001, there was an outbreak of fires in places other than forests, and the catchphrase was changed again to "Only You Can Prevent Wildfires."

While Smokey mostly appeared on pictures and ads, there was a "real" Smokey bear for a little while, too. In 1950, rangers in New Mexico rescued a bear cub that had been injured in a wildfire. He was treated and named Smokey Bear after the character, and he spent most of his life in the National Zoo. Until his death in 1976, he was a symbol of wildfire prevention and wildlife conservation.

This year, it's the character's 80th birthday, and people all around the country are celebrating this beloved icon. The library is marking the occasion with a **reading challenge** for kids age 4 - 13. For **all of May**, Kids can pick up a bookmark with a collection of activities. Finish the challenge and return it to the front desk for a fun prize!

**Teen Zumba**

Calling all teens! Join us for Zumba sessions where dance, fitness, and fun come together for an unforgettable experience led by certified instructor Caressa James. Space is limited, and registration is required. We'll have this program at 4 p.m. on Thurs., **May 2, 9, 16, & 30**, and it's open to Grades 6-12.

**Happening Homeschoolers**

The library would like to provide a space for homeschool children to connect with their peers, so we've started a program called **Happening Homeschoolers**, which has a couple more sessions this spring. Kids in grades 2-5 can meet and participate in some fun activities on Wednesday, **May 8** at 1:30 p.m.



## Story Times

Registration is required for all story times.

### PA One Book

Join us to celebrate 2024 PA One Book ***Slug In Love*** by Rachel Bright at a special story time and craft. Appropriate for toddlers to kindergarten. We'll meet on Tues., **May 7** at 11 a.m. Registration is required.



### Storytime Yoga

Yoga and stories combine for a fun and mindful experience. This program is led by yoga instructor Larissa Noto from **The Lovely Little Lotus**. She'll hold two sessions for different age groups. The **Youth** (ages 6 - 10) session will meet on Mon., May 13 from 5 - 5:30 p.m. **Tots** (ages 2 - 5) will meet on Thurs., May 30 from 10 - 10:30 a.m.

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## Creation Station: Greenhouses

Let's get dirty! This month at Creation Station, to celebrate the spring, we'll learn about and make greenhouses together.

Creation Station is our monthly STEAM program for kids in Grades 3 – 6 can. This month, we'll meet on Wed., **May 15** from 6 - 7 p.m. Registration is required.



### Movie Night: ***Sgt. Stubby*** (PG)

This month's movie, shown Wed., **May 22** at 6 p.m., is in honor of Memorial Day. *Sgt. Stubby* is the true story of a stray dog who joins his new master on the battlefields of the First World War. For his valorous actions, Sgt. Stubby is still recognized as the most decorated dog in American history.

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## Adult Programs

### Healthy Living

Corrine Kanetski, registered dietician, will present a healthy living program about nutrition for adults on Thurs., **May 23** at 6 p.m. Registration is required.

### The Body of Abraham Lincoln

Join Mike Jesberger on Tues., **May 28** at 6:30 p.m. as he discusses the failed attempt to steal Lincoln's body from his tomb for ransom. He'll discuss the debate and decision on where the president was to be buried. Registration is required.



## 2024 Summer Reading Program

We'll start our 2024 Summer Reading Program "**Adventure Begins at Your Library**" on Saturday, June 15 from 1 – 3 with a fun **kickoff** event. The program runs from June 15 – August 3, and during this time, you can read books and log them in to earn prizes.

The **kids' finale** will be on Saturday, August 10 from Noon - 2 p.m., and the **adult finale** will be on Thursday, August 15 from 1 - 2 p.m.



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## Book Nook: National Walking Month

We are lucky to live in an area where the climate enables us to enjoy outdoor activities throughout the year, and we are luckier to have many parks and trails nearby to use. We also have the Lehigh Valley Mall – one of the few enclosed malls left and a fun place to walk through on a rainy day.

There are many benefits to walking: it burns calories, improves balance, lowers blood pressure, ramps up your immune system, stimulates digestion, increases melatonin (which aids sleep), alleviates joint pain, helps prevent varicose veins, improves bone density, improves blood circulation (which helps your brainpower), strengthens your heart, and helps you live longer. Even a 2-minute walk after eating reduces blood sugar levels. A few years ago, the 10,000 steps fad was popular, but studies since then indicate that most 30–50 year-olds need 7,000 steps (about 3.5 miles) and older folks between 2,700-4,400 steps (1-2 miles) a day, and you don't have to get all of them done at once.

Before you go out that door, make sure you have the proper walking posture. Stand tall with your abs tight (don't slump or arch your back). Keep your shoulders back and relaxed so you can swing your arms from your shoulder not the elbows. Keep your eyes up and focused 10-20 feet in front of you, and take a small step, rolling heel to toe. (Large steps strain your joints.) There are lots of YouTube demos if you need a visual aid. Please make sure you're wearing secure and comfortable shoes to avoid injuries. Now you're ready to go. You may want to take a water bottle if you plan to be out for a while or if it's hot.

Where? Start with your neighborhood until you build up stamina, then try a local park. The Ironton Rail Trail is perfect for beginners, and there's no shame being a "mall-walker" if you want air-conditioning. For more ideas, check out some library books. For information about walking, browse 796.51 in our nonfiction collection, and specific places with walking tours begin 917.4. For ambitious walkers, the Appalachian Trail is nearby, but there is also the D&L Trail. Right now, it is 165 miles long from White Haven to Allentown to Easton to Levittown but will be expanded. Or discover your own special walks. Best of all, ask a friend to join you.

~ Chris Andrews

## Some Nearby Trailheads

- **Lehigh Gap Nature Center (to Appalachian Trail, D&L, & more):** Osprey House, 8844 Paint Mill Rd., Slatington, PA 18080
- **Saylor Park (to IRT):** 299 N 2nd St., Hokendauqua, PA 18052
- **Whitehall Parkway:** Off S. Church St., Whitehall, PA 18052 (between Ruchsville Rd. & Columbia St.)
- **Other D&L Trailheads:** Off Main St., Slatington, PA 18080 (just west of the Lehigh River); 5974 Cove Rd., Laurys Station, PA 18059; 5281 River Dr., Laurys Station, PA 18059; Off PA-329, Whitehall, PA 18052 (just west of the Lehigh River)

