



Volume 7, Issue 8  
**August  
2024**

**Whitehall Township  
Public Library**  
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**Inside This Issue:**

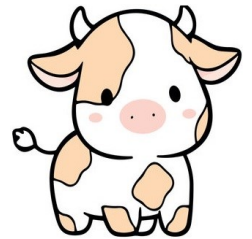
Teen Painting 2  
Virtual National  
Park Visit 2  
Regular Events 2  
Plant a Row 3  
Passport to Adventure 3  
Book Nook:  
Happiness Happens  
Month 3  
Story Walk 4  
Expanding  
Collections 4

# Whitehall Township Public Library **Library Lines**

This August, the summer is wrapping up, and so is our Summer Reading Program, but we still have a few more summer events before moving into our fall programming. The library is usually open 9 a.m. - 8 p.m. from Monday - Thursday and 9 a.m. - 4 p.m. on Friday and Saturday. We'll **close at 4 p.m. on August 7** to make room for our Community Heroes Night (see below). We'll be **closed all day from Sat., August 31 - Mon., September 2** for Labor Day, and we'll resume regular hours on September 3.

## Summer Reading Program

We're near the end of our Summer Reading Program, but you have until Sat., August 3 to register and log books.



**Kids' Finale:** On Sat., August 10, kids can enjoy games, face painting, balloon animals, and mini-moos (small live cows). The program runs from Noon - 2 p.m., but the mini-moos will be here from 12:30 - 1:30 p.m. only.

**Adult Finale:** On Thurs., August 15 from 1-2 p.m., adults can gather for book-themed trivia, activities, and snacks.

## Community Heroes

Meet some of the people that help keep our community safe and check out some of their vehicles and equipment! We'll have visitors from the police company, the fire department, the ambulance corps, sanitation workers, and more. This program is open to all! No registration is required.

The library's **parking** lot will be closed to attendee traffic and parking. Please park at Whitehall High School Parking Lot and walk over to library lot for event, which will be on Wed., **August 7** from 5 - 7 p.m.





## Teen Painting

The Lehigh Valley Decorative Painters will guide teens through an **ostrich painting** project on Thurs., **August 1**, from 9:15 a.m. - 1 p.m. You don't have to have any experience, because the painters will walk you through the techniques. Make sure you wear something that you don't mind getting messy! We'll have all the supplies for this project, but supplies are limited. Registration is required, and walk-ins won't be accepted.

## Virtual National Park Visit

Do you want to see new sights from around the country? Travel from the library and visit **Hawai'i Volcanoes National Park**. We'll learn about the active volcanoes within the park, as well as the geology, history, and culture of the island. This program by Adult Virtual Adventures will be presented virtually in the library on Thurs., **August 1** at 6:30. Registration is requested.



## Death Café

Join us for snacks as we discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. No registration is required. This group will meet on Mon., **August 19** at 6:30 p.m.

## Regular Events

- **Adult Coloring Club**
  - Thurs., August 1 & 15, 11:00 a.m. – 1:00 p.m. & Tues., August 6, 5:30 p.m. – 7:30 p.m.
  - The library has some supplies, but you're also welcome to bring your own.
- **Adult Book Talks**
  - Thurs., August 1, 1:00 p.m. – 2:00 p.m.
  - Here, we talk about whatever we're reading right now or just finished.
- **Board of Trustees Meeting**
  - Thurs., August 8, 6:30 p.m.
  - Members of the public are welcome to attend our meetings.
- **A Good Yarn**
  - Tues., August 20, 6:00 p.m. – 7:45 p.m.
  - Come whether you work with hooks or needles, yarn or thread.
- **Creation Station: Bubble-ology**
  - Wed., August 21, 6:00 p.m. – 7:00 p.m.
  - For Grades 3 - 6. This month, learn about what makes a strong bubble. Registration is required.
- **Movie Night: *Birds of Paradise***
  - Wed., August 28, 6:00 p.m.
  - Two birds rely on their friends as a case of mistaken identity leads them on an adventure, teaching them that it's who you are on the inside that matters most.



## Plant a Row

Do you want to help your community get healthy? The library is acting as a drop-off location for **Plant a Row Lehigh Valley**. If you have extra produce in your garden or buy some from the store, you can leave it here, and volunteers will take it to centers where it will go to local families in need. This year, we'll collect for Plant a Row every Monday from **June 10 - October 7** except September 2, when we'll be closed for Labor Day. Drop-off hours are from 9 a.m. - 4 p.m.



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## Passport to Adventure

Get a chance to win great prizes, including an iPad! Pick up your **Passport to Adventure** at our circulation desk and visit any LCLC library and/or Allentown Public Library to get your passport stamped and enter the raffle for a prize from that library.

Visit 6 libraries, and you'll also have a chance to win the grand prize of an iPad! Visit all 12 and you'll get two chances to win the grand prize! All ages are eligible, and this adventure is open through Sat., **August 31**.

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## Book Nook: Happiness Happens Month

One psychological model suggests that there are only six human emotions: happiness, anger, sadness, fear, surprise, and disgust. What we may consider as other emotions are a combination. For example, jealousy is anger plus sadness. Different parts of the brain “light up” we experience emotions, and remarkably, there is little overlap. Happiness uses the right frontal cortex, the precuneus, the left amygdala, and the left insula. Depression is the most-studied emotion, which is usually low serotonin levels. But high serotonin levels result in diarrhea, nausea, muscle spasms, and seizures, not happiness.

There is still much to research. Behaviorists rely on people to self-report to amass data on their frequency of smiling, laughing and helping others as a measure of happiness. Finland is the happiest country. Hawaii is the happiest state, Louisiana the least. Day-light Savings Time makes people happy. Saturdays are the happiest days.

Research on happiness by entities such as Purdue University, the American Heart Association, and the Scripps Institute have shown the health benefits of being happy: improvement of relationships, productivity, health behavior including exercise, immune system functioning, altruism, overall success, and reduction of stress, pain, high blood pressure. Furthermore, the physical effects of smiling, even a forced smile, releases neuropeptides, endorphins, dopamine and serotonin, with the immediate result of reducing pain. Music therapy is a new field being studied for happiness. Dancing releases endorphins, too.

Scripps has guidelines for happiness and well-being: practice gratitude (identify all the good things in your life); manage your desires (what you really need); take care of yourself; practice mindfulness (stay focused in the present); and compete against yourself not others.

If you need a little help to get started, we have many books on happiness scattered in our nonfiction section. These include religion (200s), social sciences (300s), and medicine (600s) but the majority can be found in 158 and 158.1. We also have lots of children's books. Just use the subject heading “happiness” in our catalog to find them or ask for help at the front desk.



## Story Walk

The library is putting its second Story Walk up at the **Ironton Rail Trail**. Kids can walk a small section of the IRT to find a story and some fun activities. You can find the story by starting at Saylor Park (near the kilns) then crossing the road and heading west towards the train caboose. The sign with the first pages is at the start of this trail section. The current book on display is *Little Owl's Day* by Divya Srinivasan. Please tag us on Facebook or e-mail us at [helpdesk@whitehallpl.org](mailto:helpdesk@whitehallpl.org) if you read it.



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## Expanding Collections

The library has a constantly-changing collection to meet community needs, but we had a few notable additions this summer.

### Birding Backpacks

If you're visiting our Story Walk at Ironton to read about Little Owl, you might also want to check out some real birds while you're there. Each of our Birding Backpacks contains a map, binoculars, and more! These backpacks are in the same case as our museum passes and hotspots.

You can check out one backpack per family. You can have it out for 1 week with 2 renewals as long as no one has it on hold. There's a \$5 per day late fee.



### Read-Along Books

Each of our read-along Wonderbooks is a print book with a ready-to-play audiobook inside, perfect for young readers or those looking to improve their literacy skills. Press play to read along with your favorite books and then switch to learning mode for literacy learning and fun. Patrons age 5 and up can check out up to 6 Read Along books at a time, for 3 weeks each.

These items are difficult to replace, so please handle with care so that all of our patrons can enjoy them. Also, these books talk out loud, so please use headphones if you play them in the library. If you see a flashing red battery light, you can return the book to a staff member for charging or use your own micro USB cord.

### Multi-District Resource Sharing

This is the biggest change, and the one that lets you borrow the most new materials. The Lehigh Carbon Library Cooperative is now partnering with the Lehigh Valley Library System (Allentown, Bethlehem and Easton libraries) and libraries in the Poconos and Bangor to offer expanded resource sharing - more than 20 libraries in total! You can 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, pick "Multi-District Lehigh Valley Pocono" from the library pull-down menu. On the confirmation screen when you reserve items, you can select or confirm the pick-up library of your choice.