

Marble Columns



Newsletter of the Friends of the James Blackstone Memorial Library



Spotlight on Branford Author *Pandemic Overeating--May Have Underlying Causes*

The author from Branford for this issue speaks candidly about an especially timely issue. Gina Macdonald says that Covid-19 is having an impact on most of her clients as social isolation has increased which tends to be a way in which eating disorders thrive.

College students who especially may have returned home early and possibly not returning to their campus, many who have intrapersonal issues with their primary relationships are experiencing more struggles around food, body image, self-acceptance and control.

It is more difficult for parents as well as they tend to "walk on eggshells" - not knowing how much to comment on their observations or how much space to give. Gina stresses the importance of physical and emotional boundaries in her book, *Mind Your Own Body-A Body Image Handbook*. Among the unhealthy boundaries that she highlights are:

Allowing others to define you.

Giving as much as you can for the sake of giving.

Expecting others to answer your needs.

Allowing others to direct your life.

Macdonald explores the concept that body image issues contribute to eating disorders which have the highest mortality rate in the USA. Eating disorders are among the consequences of a society that emphasizes thinness and appearance which are not always attainable goals. Teens are especially vulnerable when social media is employed. Additionally we have all seen TV commercials featuring exercise and diet regimes with the latest piece of workout equipment being demonstrated by some hot-looking model who is well muscled and lean.

Gina's book goes beyond diet and exercise focusing on the involvement and power of one's mind to create a personal body image that is suitable for each individual and not mass produced. She addresses societal influences, self-esteem, and the value of nutritionists in helping with body/mind connections.

Macdonald provides a section in *MYOB* detailing experiential approaches to healing

negative body image. In it are included activities for one to do ranging from drawing, to yogi, to breathing techniques.

Since 1993 she has worked at three CT-based hospitals including Hartford Hospital and treatment centers such as the Renfrew Center of Ct and Walden Behavioral Care. It was through her own personal experience in college struggling with an eating disorder that led her to the field of dance/ movement therapy/ and creative art therapies at Lesley College to understand the perceptual distortions and denial-based styles of thinking that became a way of coping for her clients.

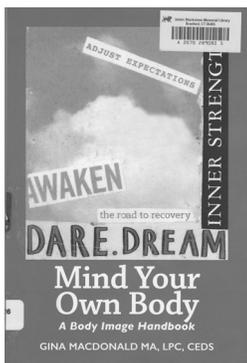
In July Gina gave a Zoom presentation through the Blackstone Library on eating disorders. Gina Macdonald has a private practice specializing in the treatment of eating disorders. Her practice is listed as Virginia E. Macdonald MA, LPC, CEDS, 225 Montowese St., Branford.

Gina Macdonald's book, *Mind Your Own Body-A Body Image Handbook*, is available at the Blackstone Library.

-Alpha Coiro



Gina Macdonald



Book Sale News

The Friends of Branford's Blackstone Library has voted unanimously to cancel its annual September book sale under the tent on the Branford Town Green due to the seriousness of Covid-19 infection.

The most important factor in making this decision is maintaining the health and safety of all of the volunteers and attendees. This is also in accordance with Gov. Lamont's guidelines to curtail the pandemic.

The Friends have collected thousands of books and audio/visual materials from last September through March, which have been carefully

sorted. This inventory will be available for purchase to the public. In order to allow for adequate safe distancing, a series of smaller sales will be held at a new location: River Run Business Park, 59 School Ground Rd, Unit 6 (in area of Woodwinds and Chowder Pot Restaurant). Remember this is not at the library or town green.

Masks must be worn and social distances kept. A restricted number of shoppers will be admitted into the warehouse at the same time. This protocol will be followed all days of the sales which will run selected weekends, Fri – Sun, 9 AM – 2 PM.

The schedule of sales is as follows:

Aug 14– Aug 16, Children's, Young Adult

Aug 21 – Aug 23, Adult Fiction, Mystery, Classics, Science Fiction

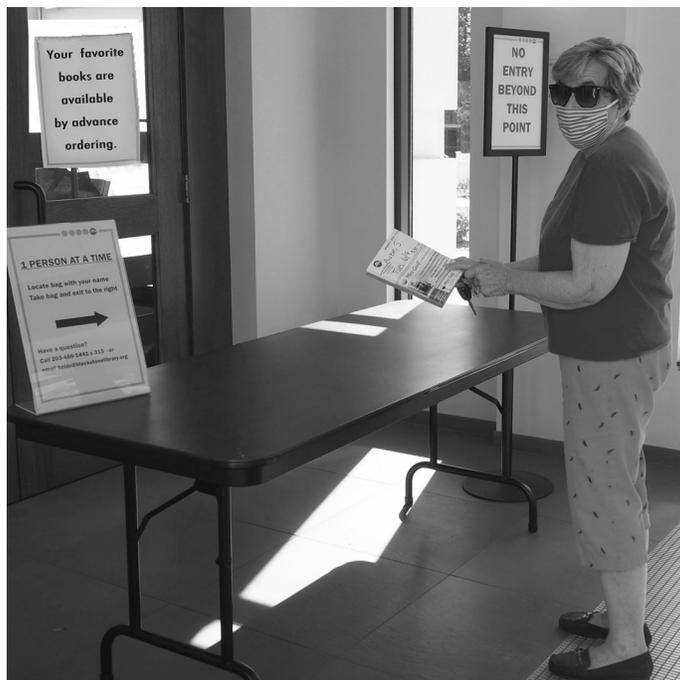
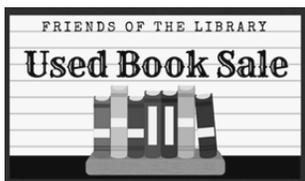
Aug 28 – Aug 30, Art, Music, Biography, History

Sept 11– 13, Cookbooks, DVDs, CDs, Crafts, Audio-books

Money raised by the Friends supports Blackstone Library services, including Hoopla and Kanopy streaming service, children's programming, scholarship for professional development opportunities, and equipment purchases. Over \$100,000 has been donated to the library in the past two years through the Friends' efforts. It is hoped that despite the consequences of COVID-19, economic gains will continue and also provide an expanded source of recreational reading for the people of Branford.

Check the Blackstone Friends' Facebook page-- www.facebook.com/JBMLfriends. Call 203.488.1441; or email friends@blackstonelibrary.org for further information and if you are interested in volunteering. Thank you for your continued support.

-Alpha Coiro



Blackstone patron, Susan Aube, eagerly procures a copy of *The Splendid and the Vile, A Saga of Churchill, Family, and Defiance During the Blitz*, the best-seller written by Erik Larson, through the contactless pickup service here. Photo by Diane Puchalski.



Thanks to all of you who submitted poems for this issue. Those for which we didn't have space will be utilized in future issues. And if you would still like to offer one of your own design, please forward it to friends@blackstonelibrary.org Thank you.

IF I WAS A BOOK...

Hmmm, let me see
I know what won't be me.
Definitely not a romance.
I'm just not the type.
Maybe more of a mystery,
A whodunit for sure.
I can be sneaky and oh so sly
Yet so innocent as I look you
in the eye.
You would never believe it
was me
Right up to the last page.
Yes, If I Was A Book
Definitely me, it's a mystery.

Geraldine Reider

ANIME

With eyes so large and skin so
fair, it's hard to walk away.
Their velvet voice and ser-
pent tongue, control the

things they say.

You want to live a life that's
yours, free from their impish
glee.
But deep inside the depths of
you, you know you'll never
flee.

They draw you well into their
world, with promises and lies.
With the truth of their inten-
tions, cleverly disguised.

Your life can never be the
same, but somehow that's
alright.

With their bodies draped
about you, there is safety
through the night.

Carolanne M. Geissler

STORM IN A PANDEMIC

Spring storm arrives with
wind and rain
that rattles windows and
pushes against doors,
huffing and puffing I'll blow
your house down it growls
but we know how this goes,
we've done this before,

so we set out candles, search
for matches, batteries,
hope the giant maple in the
yard can persevere again—
check to make sure the base-
ment doesn't flood too bad
that the roof in the kitchen
doesn't leak,
that I remembered to close
the bedroom window—
it was warm last night...or was
I?...

I wake often now, press palm
against my forehead
relax when it's only a flash and
not a fever,
breathe deeply and pray when
I still can
because we don't know how
that goes—
that other storm that's still
raging
that doesn't show on the ra-
dar map
and won't blow out to sea
anytime soon,
that will still be here when the
sun returns tomorrow,
when I put the candles away
in the drawer,
when I look those windows to
the yard,
to the giant maple, her leaves
in wait,
and my neighbor in her mask
in her garden
moving dirt and planting seeds
that will grow despite the
storm,
we know they will.

--Jen Payne, ☺May, 2020

Coming soon...
In the future look
forward to another
"novel" fund-raising
approach by the
Friends of the
Blackstone Library
which will be an online
virtual sale of gently
used books and literary
items.

A Message from our Treasurer

During these unprecedented
times, more than ever, non-
profits need your partnership
and financial support.

Congress, understanding the
impact the COVID-19 virus
has had on non-profits, add-
ed a charitable contributions
tax deduction provision in the
CARES ACT passed March 27,
2020.

For this year only, up to \$300
of your cash contributions
made to charitable organiza-
tions in 2020 can be deduct-
ed from your taxable in-
come. This is a change from
prior years when deductions
for charitable contributions
were only allowed when
itemizing deductions.

With this provision, we hope
you will take advantage of
this **one-year change** and
make a donation to
the *Friends of the Blackstone
Library*. Your donation is de-
ductible and will help the
Friends support library re-
sources that so many have
come to rely on.

-Jonathan Grande



**Friends of the James Blackstone
Memorial Library**
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August—Women’s Suffrage Month

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August 26 is Women’s Equality Day, marking a century since the 19th Amendment was made law. But did you know that women of color remained largely disenfranchised despite passage of the 19th Amendment? In fact, it was not until the Voting Rights Act was passed on August 6, 1965, that African American women were able to vote. Here are two books that reveal the stories behind the women who were powerful forces in the enactment of this legislation. Both are available through the library.

[Demanding Justice: a story about Mary Ann Shadd Cary](#)

by Jeri Ferris
Mary Ann Shadd Cary spent her entire lifetime fighting for civil rights and equality for African Americans. Born a free African American in the

1820s, Cary started schools for black children and wrote books and articles. She was also the first black woman to publish a weekly newspaper and to enter law school. Never afraid of offending anyone, Cary demanded justice for herself and for her fellow African Americans. A veteran suffragist from Washington, D. C., Cary worked as a journalist, teacher, lawyer, and politician. Born in Wilmington, Delaware, she was perhaps the first African American suffragist to form a suffrage Association.

[Suffrage: Women’s Long Battle for the Vote](#)

by Ellen Carol Dubois
Honoring the 100th anniversary of the 19th amendment, the author explores the full scope of the movement to

win the vote for women through portraits of its bold leaders and devoted activists. DuBois begins in the pre-Civil War years with foremothers Lucretia Mott, Elizabeth Cady Stanton, Susan B. Anthony, and Sojourner Truth as she explores the links of the woman suffrage movement to the abolition of slavery. She shows how suffrage leaders persevered through the Jim Crow years into the reform era of Progressivism and introduces Carrie Chapman Catt and Alice Paul, who brought the fight into the 20th century. The book also features African American women, led by Ida B. Wells-Barnett, who demanded voting rights even as white suffragists ignored them.

-Alpha Coiro