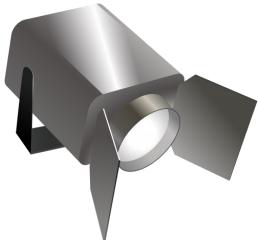


# Marble Columns



Newsletter of the Friends of the James Blackstone Memorial Library



## "There is no sincerer love than the love of food." *George Bernard Shaw*



Mark & Amy Schadle



Sandwiched in between the triangular intersection of Chestnut and Main Streets of the Branford Center historic district sits a 2-story pale yellow building dating to circa 1850 which once served as the dwelling of Timothy Beach. In front is rooted a well-manicured garden of perennials and herbs. Here lies the home of G-Zen, a plant-based, organic eatery. Its menu boasts vegan and vegetarian cuisine. The restaurant represents the presence of Chef Mark Shadle and Chef Ami Beach Shadle. Together they take the concept of "Farm to Table" to complete levels by growing the organic ingredients, serving them fresh at the restaurant and then composting the waste. In 2020 G-Zen was featured in Travel + Leisure magazine's "Best Vegetarian Restaurants in USA." Also, Food Network named G-Zen "One of the best vegan restaurants in the nation." This year G-Zen hit its tenth anniversary in Branford.

At the helm is Mark, executive chef and co-owner. For more than 20 years of his culinary career he has impacted the natural foods move-

ment. In June 2010, Mark had the high honor of being invited to the White House by First-Lady Michelle Obama and is currently involved with the "Chefs Move to School" initiative that involves working directly with students. Mark is best known within the public eye from his over 22 years spent as the executive chef and co-owner of It's Only Natural Restaurant in Middletown. In 2011 Mark sold his share of It's Only Natural to pursue other projects.

Executive raw foods chef and co-owner is Ami who is an accomplished author, certified holistic nutritionist, and a raw foods educator. She has been recognized for her work both nationally and internationally. Ami is also the founder/CEO of G-Monkey mobile and G-glo Organic Juice Fast.

Another creation of Ami's and Mark's is G-Monkey, the nation's first fully vegan and sustainable food truck launched in 2011. The G-Monkey operation has offered vegan and organic food to folks in the Greater Hartford and New Haven areas.

One of the first things that comes to mind is the enigmatic name of the restaurant. According to Mark and Ami G stands for Green Business ethics and plant-based cuisine and Zen represents Living Mindfully--to be in a state of peace and balance in one's body.

"G-Zen can proudly say that in more than 8 months of Covid we have never shortened our extensive menu... because of a devoted culinary team and our incredible customers we were able to continue to dazzle our community... Without our incredibly supportive fan base G-Zen could not be here today and we are forever grateful," expresses Ami.

Mark and Ami have collaborated in penning a cookbook with others entitled *Peace Begins on Your Plate* featuring over 120 plant-based recipes and lifestyle tips. The cookbook is also meant to be an adult coloring book containing pen and ink drawings for users to set intentions of gratitude and interact with its content. Paperback in format; 196 pp. The recipes range from dressings and sauces to entrees, desserts, soups.

*Continued inside...*

# February and March Madness



Did you know that February and March are noticeably the most common birth months for outstanding basketball players?

Just look at some of these examples. **Michael Jordan--Feb 17, 1963; Mahershala Ali--Feb 16, 1974; Charles Barkley; Feb 20, 1963; Julius Erving- Feb 22, 1950; Stephon Marbury- Feb 20, 1977; Mike Krzyzewski- Feb 13, 1947; Shaquille O'Neal- Mar 06, 1972; Jackie Joyner-Kersee--Mar 3, 1962; Fran Harris-Mar 12, 1965; Michelle Edwards--Mar 06, 1966; Teresa Weatherspoon- 1965-12-08; Yolanda Griffith-- Mar 01, 1970; Adrienne Johnson--Feb 05, 1974.**

You may wish to expand your knowledge of some of these b-ball hoopsters by obtaining one of these resources available in various formats through the Blackstone Library. Also try using the Library's Search Catalog on its website.



## ***Shaq Uncut: My Story***

By Shaquille O'Neal with Jackie Macmullan

In this candid new autobiography the four-time NBA champion and a three-time NBA Finals MVP discusses his colorful career, NBA victories, and his thoughts on major NBA names like Kobe Bryant, Phil Jackson, and Pat Riley. (adult)

## ***Salt in his shoes: Michael Jordan in pursuit of a dream***

By Roslyn Young

Michael Jordan, who was smaller than the other players, learns that determination and hard work are more important than size when playing the game of basketball. (children)

## ***Full Court Press***

By Lauren Kessler

A season in the life of a winning basketball team and the women who made it happen. (adult)

## ***Maya Moore***

By Jeff Savage

Maya Moore was a basketball

star long before she joined the Minnesota Lynx. During her high school career, Maya helped her team win 125 games to only 3 losses. At the University of Connecticut (UConn), Maya led the Huskies to four amazing seasons and two national championships. Not surprisingly, she was the first pick in the 2011 Women's National Basketball Association (WNBA) draft. In the WNBA, Maya has helped the Lynx become one of the league's most feared teams. (children)

## ***The Story of the WNBA***

By Ellen Labrecque

Women's basketball has been around for more than 100 years, but only in the past two decades has a pro league grown into prominence. Trace the key events that helped the WNBA bloom into today's national powerhouse. (children)

## With Appreciation!

Beginning with this issue groups of volunteers among the Friends will be saluted. The first of these is the dedicated group that oversees the Children's Section at all of the book sales. We thank them for all of the time and assistance they donate all year round.

During the annual book sales put on by the Friends of the Blackstone Library, the chil-

dren's book group is very important. Made up of former teachers and other retirees who love books, this group of volunteers works all year around to sort, clean, and individually price the thousands of donated children's books offered for sale. Donations continue to pour in this year, and the children's sorters are looking forward to a May spring sale at our warehouse as well as a fall

sale.

The current members of the group are Susan Rowan, Micky Fazzino, Pat Mooney, Evelyn Moulton, Andrea Schieckel and Barbara Johnson. The joy they see when children find the books they are looking for and unexpected books they are not looking for is gratification and intrinsic reward for this group's time and effort.

# A Message from our Treasurer

During the pandemic, The Friends of the Blackstone Library has remained committed to their mission of supporting the needs of the Blackstone Library. With that commitment in the last fiscal year, the FJBL is pleased to report we were able to gift \$32,826 to the library. Our two main sources of income are our Annual Friends Library Book Sale and online

book sales through Amazon. During the pandemic online book sales increased to help partially replace some of the lost revenue from not being able to hold the annual library book sale on the Branford Town Green. This year instead of holding the sale on the Green we did have a small book sale held over several weeks at our ware-

house on School Ground Road.

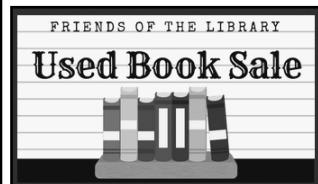
Our expenditures this year were minimal outside of the costs involved with our two sources of income. Our largest overhead cost is the rented warehouse where books are stored for the annual book sale and Amazon book sales are processed.

-Jonathan Grande

## **Virtual Program— Sponsored by the Friends of Blackstone Library: *What should I grow in my Medicinal Herb Garden?* February 20 at 2 - 3:00 pm**

Get a head start on your spring gardening with the mother daughter duo from Grounded Goodwife! The right herbal “superstars” can treat common ailments like colds and flu, inflammation, minor cuts, infections, pain, muscle spasms, anxiety, poor digestion, and insomnia. But where should you begin?

*Registration is required to receive a link to these online events. See EventBrite link on library website.*



The Spring Sale for 2021 is scheduled for the weekends of **May 15<sup>th</sup> and May 22<sup>nd</sup>** in the warehouse at 59 School Ground Road as was done in 2020.

The Fall Sale on the Branford green is slated for **9/30/21 to 10/3/21**. Plans are tentative and are still in progress.

Other Issues are as follows:

- River Run lease is due to

expire in May 2021. Operational space both at River Run and VSC is challenging for sorting and storing books. Team discussed the need to obtain more workspace to better support Book Sale Sorting, Online Sales and Virtual Book Cart sales. If you have any thoughts or space to offer, please contact Joe Genua, at [friends@blackstonelibrary.org](mailto:friends@blackstonelibrary.org)

- Sales and continued COVID19 pandemic in 2021. The Committee will continue to monitor and determine best plan for sales next year with the uncertainty of the pandemic.



## Story Time-No One Noticed

It started one day ages ago.  
She became quieter  
And no one noticed.  
She shut herself away  
And no one noticed.  
She disappeared a little more each day  
And no one noticed.  
Then she became even more quiet and sadder  
Until finally she disappeared completely  
And still no one noticed.

By Geraldine Reider

## **Continued from front page...**

The following is an excerpt from the book for Raspberry Apple Crumble:

### **Ingredients:**

3 Granny Smith apples peeled, seeded, and sliced  
1 lemon, juiced  
2 cups fresh raspberries  
1 cup flour  
½ cup Florida Crystals® natural sugar  
1/2 cup coconut oil  
¼ teaspoon nutmeg

### **Method:**

1. Preheat oven to 375F.
2. Peel and core apples and slice each into 8-10 pieces.
3. Arrange in baking dish sprayed with vegetable oil and squeeze lemon juice over them.
4. Drain raspberries and sprinkle over apples.
5. Mix flour and sugar in bowl. Cut in coconut oil with knife until mixture is crumbly.
6. Bake for 25 minutes until top is golden brown.

Recipe reproduced with permission.

A portion of the proceeds of the book is donated to animal welfare. Peace Begins on Your Plate is a reader's feast even for those carnivores among us! It is available online at <http://www.g-universe.shop/> for \$34.99+ tax, and available to borrow at the Blackstone Library.

*All comments should be forwarded to the Editor, Alpha Ciro at [friends@blackstonelibrary.org](mailto:friends@blackstonelibrary.org)*

-Alpha Ciro



## Friends of the James Blackstone

### Memorial Library

P.O. Box 51

Branford, CT 06405

Non-Profit  
Organization  
U.S. Postage  
PAID  
Permit No. 117

***Return Service Requested***



#### Board of Directors 2020–2021:

Alfred Bertoline, President

Barbara Barrett, Vice President

Jonathan Grande, Treasurer

Judy Stebbins,

Assistant Treasurer

& Membership Chair

Ellen Carucci, Secretary

Alpha Coiro

Robert DiGioia

Jonathan Clark

Joe Genua

Mary Hally

Hatsie Mahoney

Andy McKirdy

Pam Roy

John Smith

Callista Stoddard

Carol Titcomb

Helen Wong

Karen Jensen, Library Director

Member Ex-Officio

## From the President

"There aren't many truly public places left in America. Most of our shared spaces require money or a certain social status to access. One place, though, remains open to everybody. The public library requires nothing of its visitors: no purchases, no membership fees, no dress code. You can stay all day, and you don't have to buy anything. You don't need money or a library card to access a multitude of on-site resources that includes books, e-books and magazines, job-hunting assistance, computer stations, free Wi-Fi, and much more. And the library will never share or sell your personal data." \*

As we transition from 2020 with the excitement for better things to come in 2021, I refer to the words above and think how lucky we are to have the James Blackstone Memorial Library as part of our community. This is our public place, which is open to all with an incredible staff performing welcoming services. I am so proud to be a member of the Friends of the James Blackstone Memorial Library whose sole purpose is advocacy and raising funds to continue these benefits to our community. Members and volunteers, please join me with a New Year's Resolution to rededi-

cate yourself to serving this community treasure.

\*"The Complicated Role of the Modern Public Library", Humanities Magazine, Jennifer Howard

-Al Bertoline