The NOTIFLYER

Newsletter # 67 The FRIENDS of the MIMS / SCOTTSMOOR LIBRARY May 5, 2014

BOOK DISCUSSION GROUP

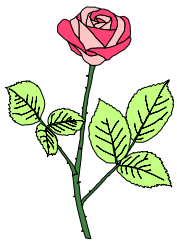
Thursday, June 5 at **1:30pm** Mims/Scottsmoor Library Book Club. "The Aviator's Wife," a novel by Melanie Benjamin, will be discussed. This book "pulls back the curtain on the relationship of one of America's most extraordinary couples: Charles Lindbergh and Anne Morrow Lindbergh." Copies are available for checkout at the Reference Desk. The public is invited. Free.

CHILDREN'S ACTIVITIES

Preschool Story Times: **Fridays** at **10:30 am**

MOTHER'S DAY CRAFT

Wednesday, May 7, at 3:00 pm, children of elementary school age are invited to make a special Mother's Day Card and bouquet. This craft is a free activity, but please call (264-5080) to register your child/children. All materials will be provided.



"A YEAR OF NO SUGAR"

Cutting back on sugar makes good sense, especially considering how much sugar Americans eat and how often sugar is linked to unhealthy lifestyles. Could you go a year without sugar? In the book, *Year of No Sugar: A Memoir*, author Eve Schaub challenged her family to do just that. Although the family agreed to this diet (with a few exceptions, such as birthday parties, special events meals, and once-a-month dessert) they became acutely aware of the hidden sugars and the kinds of sugars that are found in many foods. Reading this book could inspire positive changes.

ORGANIC GARDENING

Thursday, April 17, 6:30pm Lucia Chankersingh, Master Gardener, will explain how organic gardening techniques will enhance your Florida gardens. Free.

LANGUAGE

"The finest language is mostly made up of simple, unimposing words."
George Eliot

INSTANT COMMUNICATION

Learn beginning computer: Contact Beth, our lovely Reference Librarian, to sign up for a series of four computer sessions for $20.00. Call (**264-5080**) to learn class dates for: Introduction to a Computer (how to turn it on); Internet Basics; Using E-mail; and Word Processing (writing letters, adding underlining and italics, etc.)

ELECTION OF OFFICERS

The Friends will meet on **Thursday, May 8 at noon**. All members are invited to attend, and people interested in joining are encouraged to attend our small, friendly meetings. Officers for the upcoming year will be elected. Please help select your new officers. We truly need some new people to volunteer to be officers for a year! We'll explain how easy it is to be an officer here. Don't be a s*omebody* who thinks *everybody* will do the job that *anybody* can do, with the result that *nobody* volunteered to do it!

If you are not a member of the Friends, you may join by paying the annual dues of only $5.00.

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"SALT, SUGAR, FAT"

Author Michael Moss, a 2010 Pulitzer Prize Winner, explains in his new book how some food giants deliberately designed foods to be so appealing that many Americans, including children, became hooked on unhealthy snacks. "Salt, Sugar, Fat" (2013) is not only fascinating, informative, and well-researched, but also possibly scary!

Do you think of the grocery store as a "battlefield" as you venture down the aisles, deciding what is worth buying and what might be dangerous to your health? Such an image is may be appropriate. Indeed, the overwhelming scientific evidence presented in the book could have you shaking your head in disgust at what's being done to some food products.

Who controls our food supply? Why do consumers put up with such products and continue make it profitable for companies to sell these products? Is it lack of knowledge? Since nutrition and food safety are subjects important to almost everyone, we need to stay informed and inform friends and family, too.

Considering today's rising rates of diseases such as diabetes, heart disease, and hypertension, you may decide that what you don't know about your food and food sellers **can** hurt you!

WORDS

"Man does not live by words alone, despite the fact that sometimes he has to eat them."
Adlai Stevenson

SPECIAL THANKS TO MR. ROBERT MURRAY

Friends of the Mims/Scottsmoor Library are pleased to honor Mr. Robert Murray of Mims, who deserves a standing ovation for his volunteer work at our Book and Bake Sales. A member of Friends for more than ten years, he enthusiastically answered the plea (in this newsletter) for workers with muscle to help set up, organize, and take down the many books that attract buyers to our sales. In addition, Mr. Murray participates in the regular Wednesday work party at our library.

Friends appreciate his willingness to work as long as needed to complete the tasks, while remaining cheerful the entire time! Mr. Murray, who retired last year after twenty years at Kennedy Space Center, says he has always enjoyed the benefits of the Brevard County Library System. He especially likes listening to audio books while driving. He also noted the library's valuable service of finding almost any book he wants. If the book is not at our library, our library will order it from another library; the book will be delivered to our library (at no cost) for convenient pickup.

Thus, Friends wholeheartedly thank Robert Murray for his outstanding contributions to our library and to our community.

PHYLLIS WILLIAMS

Sad news comes to Friends that Phyllis Williams has passed away. Phyllis, a Lifetime Member of Friends, was always friendly, always gracious, and always supportive of Friends and of our library. A dedicated and energetic volunteer, she kept our refrigerator stocked with cold drinks, and she assisted with Book and Bake Sales as well. We will all miss Phyllis.