

Beyond the Shelves

Friends of the HPL Newsletter

Vol. 2 Issue #3

March always feels like a fresh start—windows cracking open, birds getting chatty again, and everyone feeling just a little more optimistic. It’s also a month packed with purpose. We’re celebrating **Women’s History Month**, honoring the women who’ve shaped history and the ones shaping our everyday lives right now.

At the same time, we’re taking a moment to spotlight **sickle cell anemia**, a genetic condition that affects thousands of families—especially in the African American community, and **colorectal cancer awareness**, a reminder that early detection saves lives. Talking about these issues helps us support one another with knowledge, compassion, and action. By learning and talking about it, we help create a community where people feel seen, supported, and empowered.

So here’s to March: a month of learning, celebrating, and showing up for one another in ways big and small.

Together, these themes make March a month of strength, resilience, and hope. Let’s step into it with open hearts and a renewed commitment to lifting those facing health challenges, and keep building a community where knowledge, compassion, and connection make all the difference.

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Billie Humphrey, HFL President

From the President's Desk

The Friends of the Harrington Public Library have been busy planning activities for March and April.

Beginning on March 5 at 6 p.m. we will participate in the DoMore24 program, Delaware's largest single-day charitable event. This is a 24-hour opportunity to make a cash donation to support the library's initiative to support your community. Visit domore24delaware.org during this 24-hour period to donate.

We have an exciting event planned mid-March. Teatime with Friends is an afternoon tea to be held on Saturday, March 14, starting at 2 p.m. in the library meeting room. This is a community outreach event for adults who might be interested in becoming members of the Friends of the Harrington Public Library.

The tea party will feature fancy teacups, various black teas, selected herbal teas, white tablecloths, fancy tea pots, China teacups and custom floral decorations. The menu includes delicious baked scones, mini tea sandwiches, and a variety of delicate desserts. Between the savory course and the dessert course, you will learn about the Friends organizations and our activities. Not to be bored, we will play some tea party games, and the winners will receive prizes.

And, best of all, Teatime with Friends is FREE. If you would like to attend, just register on our website Harrington.lib.de.us not later than March 6. Space is limited to 40 adult participants.

Mark your calendar for our traditional Bag Book Sale and Bake Sale on April 11. This is a chance to purchase one of our large re-usable bags and fill it with as many donated books as will fit. Besides the gently used books, we have an enormous selection of popular DVDs, CDs and puzzles. As in past years, after you gather your bag of books, stop by our bake sale table. All items are homemade by our awesome members.

If your Saturday is busy and you can't attend the book sale, don't worry. On Thursday, April 9, there will be an early opening event with refreshments. By attending on April 9, the large re-usable shopping bag will cost a little more, but you have the advantage of first choice from the book, DVD, CD and puzzle selection. On April 10, we'll have the book sale for a few hours during the daytime. Whether you shop on Thursday, Friday or Saturday, come early for the best choice. Every purchase supports the Friends of the Harrington Public Library in our efforts to bring quality library services to the Lake Forest community.

More fun is coming in May. Watch for details of upcoming events in the April newsletter.



What Literacy Means to Me

Linda Spires, HFL V. Pres.

Literacy is the doorway through which we experience life to the fullest. It's not simply learned, it grows with you, it's understanding the world and being able to relate to it.

I am the youngest of 4 siblings and, as such, I listened and learned from many sources growing up in my home. The early nursery rhymes and picture books, listening to records, watching tv on a 9" Admiral in the living room. Watching my brothers play board games and then finally being included. From being read to, to reading for myself.

Reading, watching, listening, being able to converse and convey my needs and desires...it was like going from darkness to light, from black and white to living color.

Words, books, began to shape my belief system and lifelong interests. Reading the Bible, playing various roles in the Church plays, memorizing scripture verses. Reading stories of courage, faith, forgiveness and hope gave me a moral vocabulary. Listening to music, learning how to read music, to sing and play an instrument. Being in the school choir and band....such fun!!

I often took the dictionary in the bathroom with me so I could learn the correct spelling, pronunciation and meaning of new words. I loved going to school and always did well, especially in English, my favorite subject. I was the literary editor of my high school yearbook. My very first paying job was working in my high school Library after classes.

Knowledge and education provided the pathway to my lifelong career in nursing. Not only did I provide care, I also became a nurse educator, instilling clinical excellence, critical thinking, compassion and caring in all my students. And, as a nurse, I realize how critically important it is for people to be able to read a prescription bottle, take medications properly, know how to describe their symptoms and concerns to a doctor. So important to be able to read and understand the nutrition label on the foods they buy to maintain healthy diets.

Literacy is a sacred gift and I am especially grateful for our Library and the dedicated staff there who joyfully and creatively invest their time and talents to advance literacy for all. There are no age, gender or nationality requirements...it is available to all who want to broaden and enrich their lives.



March arrives with a sense of movement and new beginnings—and we feel that same gentle momentum in the work of our Friends. Every membership is a seed planted in hope: hope that stories matter, that neighbors deserve access to joy, and that community grows when we nurture it together.

If you're already a Friend, thank you for helping our library flourish. Your presence, your time, and your generosity make a real difference. If you're not yet a member, this is a beautiful moment to join us. There's room for every kind of contribution, every personality, every passion.

To learn more about who the Friends are and how you can get involved, join us for **Tea Time with Friends** on **March 14 from 2:00 to 4:00 PM**. Enjoy tea, tasty treats, lighthearted games, and a warm introduction to what membership offers. Guests will receive a small token gift and have access to Friends membership literature to learn more about how we support our library. Current Friends are encouraged to bring neighbors and community friends who might enjoy connecting with the library.

Seating is limited to 40, and this event is for adults. Please RSVP by March 6th by registering at [Harrington Public Library - LibCal - Delaware Libraries](https://www.harringtonlib.org) or by calling the Library at (302) 398-4647.

Together, we're cultivating a place where curiosity blooms, kindness takes root, and everyone belongs. We're looking forward to seeing everyone and making new Friends on March 14th.



Caring for Our Minds, One Page at a Time

Billie Humphrey

During the big snowstorm in late February, I stayed inside and spent some time reading the *Washington Post*. A February 21st article caught my attention, “These activities could postpone Alzheimer’s by 5 years, study suggests”. As part of the baby boomer generation, mental decline is a very real concern for us.

The study provided suggestions for each stage of life.

- 1) Early life (before age 18): being read to and reading books; access to newspapers, atlases and globes in the home; and learning a foreign language for more than five years.
- 2) Midlife: Reading and writing; having household resources like magazine subscriptions, dictionaries and library cards; visiting a museum.
- 3) Late life (around age 80 or older): Doing crossword puzzles, playing games such as chess and checkers.

As I read, I thought of our local library and how its resources fit with these suggestions.

Early life patrons have access to age-appropriate books, CD, DVDs of their choosing, magazines and newspaper. Each week, there’s a chance to listen to Miss Michelle read to the children. And, as always, there are toys to stimulate imagination.

Notice that library cards are specifically mentioned in the article. A library card gives midlife patrons access to any book in the entire Delaware library system. For our busy life, e-books are available online and you can conveniently read them or listen to audio books from your phone, tablet or other electronic device. The private study rooms in the library provide opportunities for small meetings, or for solitary space where you can practice presentations or speeches. With free internet, you can research any topic. If you lack a computer, desktops computers are free to use in the library. Also, for convenience, laptops and chrome books can be checked out using your library card.

For all ages, the library has an assortment of puzzles and games. The library staff provides creative, informative and fun programs for teens and adults. There are book clubs, crafting programs, STEM programs. Look for the schedule on the library’s website.

The study’s co-author, Andrea Zammit, emphasizes that having a busy and active mind identifies a relationship to Alzheimer’s. It does not prevent the decline.

Even though we still don’t have a prevention for Alzheimer’s disease, our library is there for us.



A Different Lesson About Women's History Month

By Janel "Jaycee" Miller

Chances are, you know that March is Women's History Month. Chances are, because of this, you will hear about many women who deserve to be remembered for the great work they do or did while alive.

I'll leave those kinds of stories to those better versed. Instead, I'll do something I am a bit better at, which is bringing the lesser-known details of life to others as much as possible.

For instance, the reason March is Women's History Month (as opposed to October, May or any other month). During the Second International Socialist Women's Conference in 1910. Its leaders, especially German activist Clara Zetkin, "wanted to mobilize working women in a setting apart from the mainstream feminist movement, which they felt overlooked working women in favor of the bourgeois."

Then in 1921, Zetkin successfully suggested that March 8 – the same date of a workers' strike that also served as the impetus for the Russian Revolution – become International Women's Day. In time, many European countries followed suit.

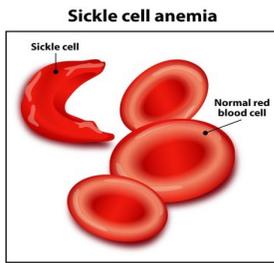
This brings me to the next point on this topic I wanted to share: how Women's History Month came to be in the United States. It started as a weeklong celebration in 1978, when the Education Task Force within the California group, the Sonoma County Commission on the Status of Women, organized and held a "Women's History Week."

(Other communities followed suit the following year – and in the pre-social media era, that's pretty darn impressive, if you ask me.)

In 1980, the organization then known as the National Women's History Project (now the National Women's History Alliance) convinced then-President Jimmy Carter to designate the week of March 8, 1980, National Women's History Week.

Fast forward to 1987, when Congress passed a public law that turned the weeklong commemoration into a monthlong one. Similar resolutions – along with requests to the U.S. President to proclaim the monthlong celebration – occurred from 1988 to 1994. Starting in 1995 and every year since, the President of the United States has issued a proclamation designating March as "Women's History Month."

Last but not least, the annual Women's History Month celebration has a theme. In the past, these motifs have included the simple "Moving Forward Together!" in 2025 to the mouthful in 2016, "Working to Form a More Perfect Union: Honoring Women in Public Service and Government."



Knowledge Is Power: Let's Talk Sickle Cell

Understanding Sickle Cell Anemia

Sickle cell anemia is an inherited blood disorder that affects the body's red blood cells—the cells responsible for carrying oxygen throughout the body. In most people, these cells are round and flexible, allowing them to move easily through blood vessels. In sickle cell anemia, however, some red blood cells become rigid and shaped like a crescent or “sickle.” These misshapen cells can break down too quickly, leading to anemia, and they can also block small blood vessels, causing episodes of significant pain and other complications.

What Causes It

Sickle cell anemia is present from birth and occurs when a child inherits two copies of the gene for abnormal hemoglobin—one from each parent. This altered hemoglobin causes the red blood cells to take on their sickled shape. The condition is most common among people of African, Mediterranean, Middle Eastern, and South Asian descent, though it can affect individuals of any background.

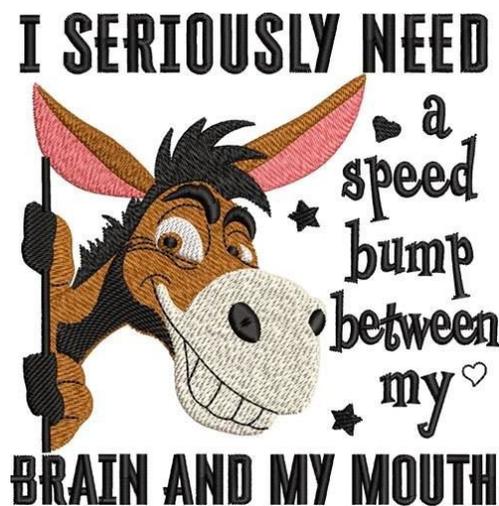
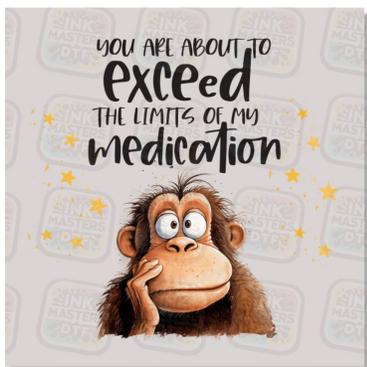
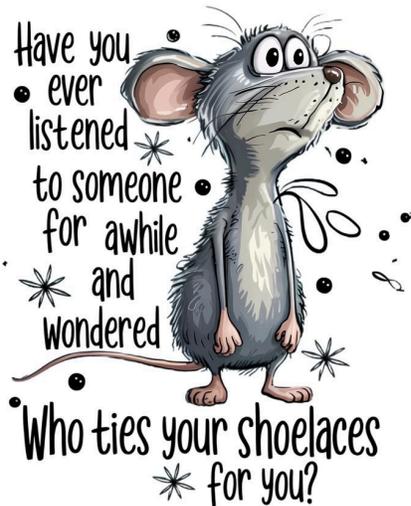
Why Awareness Matters

Sickle cell anemia affects an estimated 600 Delaware residents, with the vast majority identifying as part of minority communities. Early diagnosis and consistent care can make a meaningful difference in quality of life. Children and teens receive care primarily through Nemours Children's Health, which currently supports more than 250 young patients, while ChristianaCare's Adult Sickle Cell Program serves roughly 200 adults across the state. Many families—especially those in Kent and Sussex Counties—travel long distances for specialized care, making community awareness and support especially meaningful. As Delaware continues working toward stronger statewide data collection and resources, understanding the impact of sickle cell disease helps us stand with our neighbors who live with this lifelong condition every day.

For more information:

Centers for Disease Control and Prevention — Sickle Cell Disease
Delaware General Assembly, House Concurrent Resolution No. 154 (2024)
Sickle Cell Disease Association of America (SCDAA)

Humor Corner



“Common sense is like deodorant. The people who need it most never use it.”



Director's Corner

By Marleena Scott, HPL Director

Happy March! Did you know that March is National Nutrition Month. This year the Academy of Nutrition and Dietetics has embraced the slogan "Discover the Power of Nutrition." We here at the library are planning on celebrating National Nutrition Month by opening our free little pantry here at the library and continuing our after-school snack program for children 17 and younger. The Friends of the Harrington Public Library are also participating in Do More 24 Delaware, a statewide giving campaign on March 5th–6th.



This year, the Friends of the Library want to support the Harrington Public Library in combating food insecurity in our area. The library currently feeds snacks to between 300 and 400 children a month, and you may be wondering why the library wants to expand by offering a pantry for all members of the community. The answer is simple, we are committed to improving literacy rates in our community, and we start that process by helping to meet people's basic needs.

According to the Delaware Literacy Alliance, 20.3% of adults in Delaware have a low literacy rate. In comparison, according to Feeding America, the food insecurity average in Delaware is 13% and for children the average goes up to 18.1%. These numbers support the idea that our low literacy rates may be tied to our high hunger rates. According to Maslow's hierarchy of needs, which was developed by Abraham Maslow a specialist in human behavioral psychology, there is connection between the fulfillment of basic human needs and wants. In short, if people's basic needs like hunger are not met then they are not striving for personal fulfillment needs. The stress of hunger and trying to fulfill that need hinders the brain's capability to grow and learn and improve. By adding a food pantry to our snack feeding programs at the community center that is the library we hope to bring in new people who will not only be fed physically but will take advantage of all our resources and start their journey moving up the pyramid. Can you imagine someone coming in for food, then noticing our telehealth resources and using those resources to improve their lives for themselves and their families? The library is so much more than books, and I can easily imagine this scenario happening because I have seen the impact that a caring organization can make on a community. Our motto at the Harrington Library is that we are where community matters, we also feel that the literacy rates of our community matter and getting people to a place where they can think about literacy also matters. I hope everyone considers donating this March to our Do More 24 campaign, so we can do more of what matters.



Colorectal Cancer: What You Need to Know

By Janel “Jaycee” Miller

The American Cancer Society recently released data that suggests, depending on your point of view, both good news and bad news about colorectal cancer.

The good news: the incidence of colorectal cancer is declining in people aged 65 and older, and since 2011, the incidence rate of this disease has been stable in those aged 50 to 64 since the same year.

The bad news: the incidence rate has increased by 2% annually in people aged 50 to 54 and those younger than age 50. In addition, 53,550 people died from the disease in 2023.

Let’s return to some good news. The folks at Christiana Care say there are ways to lower one’s risk for this disease. In recognition of March’s designation as Colorectal Cancer Awareness Month, three such ways are listed below.

1 Exercise regularly. This doesn’t mean running a marathon every week. Even a 30-minute brisk walk is better than nothing at all.

2 Eat low-fat foods as much as possible and also increase the number of fruits and vegetables you eat (sorry, things like fried zucchini and fried mushrooms are not usually appropriate here).

3. Avoid or lower your alcohol use.

I can’t definitively say which prevention method for colorectal cancer is best for you, but I can encourage you to consider talking about ways to prevent this disease with your doctor, whether or not you have a family history of the disease.

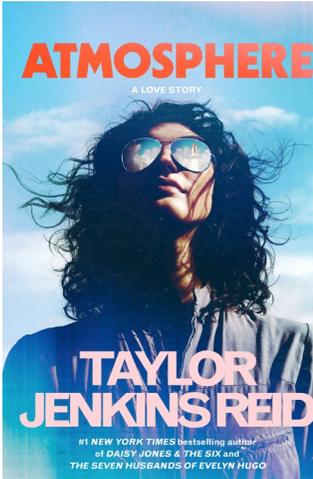
Additional Reference: colorectalcaner.org

HFL
2025-2026 Sponsor



Book Club Read of the Month:

Atmosphere



Joan Goodwin has been obsessed with the stars for as long as she can remember. Thoughtful and reserved, Joan is content with her life as a professor of physics and astronomy at Rice University and as aunt to her precocious niece, Frances. That is, until she comes across an advertisement seeking the first women scientists to join NASA's space shuttle program. Suddenly, Joan burns to be one of the few people to go to space.

Selected from a pool of thousands of applicants in the summer of 1980, Joan begins training at Houston's Johnson Space Center, alongside an exceptional group of fellow candidates: Top Gun pilot Hank Redmond and scientist John Griffin, who are kind and easygoing even when the stakes are highest; mission specialist Lydia Danes, who has worked too hard to play nice; warmhearted Donna Fitzgerald, who is navigating her own secrets; and Vanessa Ford, the magnetic and mysterious aeronautical engineer, who can fix any engine and fly any plane.

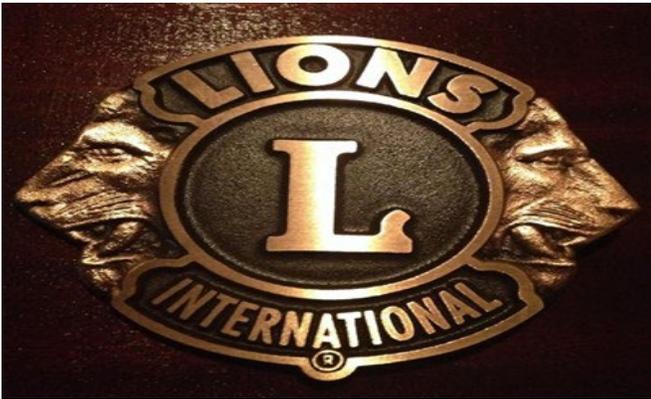
As the new astronauts become unlikely friends and prepare for their first flights, Joan finds a passion and a love she never imagined. In this new light, Joan begins to question everything she thinks she knows about her place in the observable universe.

Then, in December of 1984, on mission STS-LR9, it all changes in an instant.

Fast-paced, thrilling, and emotional, *Atmosphere* is Taylor Jenkins Reid at her best: transporting readers to iconic times and places, creating complex protagonists, and telling a passionate and soaring story about the transformative power of love—this time among the stars.

**MARCH BOOKCLUB WILL MEET
MARCH 26TH AT 5 P.M.**

2025-2026 SPONSORS



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OPENING HOURS: Mon – Sat: 7am – 10pm; Sun: 7am – 9pm

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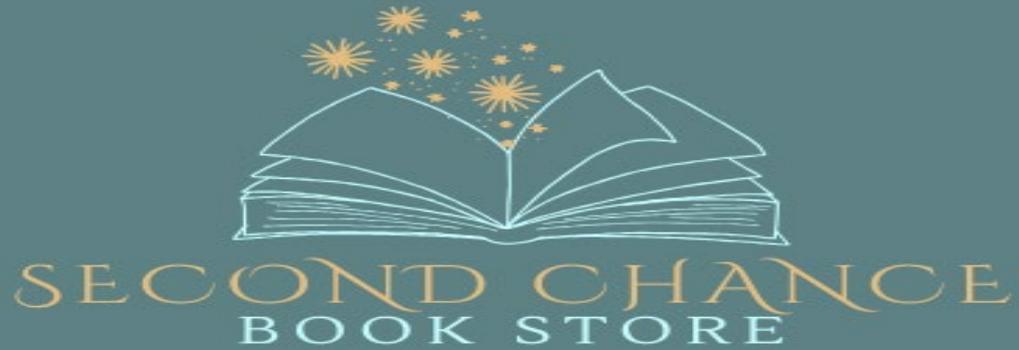
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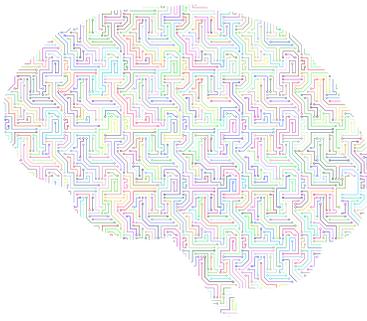
i.g. Burton Auto Group

Proud to Support the Harrington Library...

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
– Dr. Seuss



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Brain Teasers



1. What famous Irish holiday is celebrated on March 17?
a) St. Patrick's Day b) St. Andrew's Day c) St. David's Day
2. Which season begins in March in the Northern Hemisphere?
a) Summer b) Spring c) Winter
3. What famous physicist was born on March 14, 1879?
a) Isaac Newton b) Albert Einstein c) Nikola Tesla
4. What is celebrated on March 8 globally?
a) Earth Day b) International Women's Day c) Human Rights Day
5. What major basketball event takes place in March in the United States?
a) NBA Finals b) March Madness c) NCAA Draft
6. Which famous author of "The Cat in the Hat" was born on March 2, 1904?
a) Roald Dahl b) J.K. Rowling c) Dr. Seuss
7. What is celebrated on March 20 or 21 each year to mark equal day of light & dark?
a) Earth Day b) Spring Equinox c) International Day of Happiness
8. What historical event took place on March 15, 44 BC?
a) Fall of the Roman Empire b) Assassination of Julius Caesar c) Founding of Rome
9. What is the name of the Hindu festival that usually occurs in March?
a) Diwali b) Holi c) Navratri
10. What significant day is celebrated on March 14?
a) Pi Day b) National Science Day c) International Literacy Day
11. What famous artist was born on March 30, 1853?
a) Pablo Picasso b) Vincent van Gogh c) Claude Monet
12. Which famous composer, known for "The Four Seasons," was born on March 4, 1678?
a) Johann Sebastian Bach b) Antonio Vivaldi c) George Frideric Handel

Brain Teasers II

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**ANSWERS FOR TRIVIA
AND SUDOKU ON PAGE
18**

MARCH EVENTS

UPCOMING EVENTS

5th & 19th 5:00

**Dungeons & Dragons

6th 10:00

Homeschool Horizons

11th 3:00

Teen Game Night

13th & 27th 10:00-2:30

Creative Hands- Adult Crafting

13th & 27th 3:00

Teen 3D Printing Club

17th 5:30

**Adult Craft Night

20th 10:00-12:00

Homeschool Huddle

23rd 2:30

Adult BINGO

24th 4:00

Teen Craft Night

26th 5:00

Adult Book Club

FRIENDS

Tea Time with Friends
 Join us for Tea, Tasty Treats & Games

Saturday, March 14th 2-4 pm
 A Welcome Event for New and Prospective Members
 in the Harrington Public Library Conference Room
 @ 101 Little Mastens Corner Rd, Harrington

*This event is for Adults and Free of Charge.
 Seating Limited to 40 - Reservations Required by March 6th
 Please go to our calendar to register:*

harrington.lib.de.us
 Or use our QR Code here

Friends of the
Harrington Public Library
 Where Community Matters

WEEKLY

Daily- FREE SNACKS under 18!

Monday- Craft Kits for Kids!

Monday- TeleServices Specialist 12-4

Wednesday- Storytime 10:45

Weekdays- After School Hangout 2:30-4:00

HOURS

Monday: 9:00-4:45

Tuesday: 11:00-6:45

Wednesday: 9:00-4:45

Thursday: 11:00-6:45

Friday: 9:00-4:45

Saturday: 10:00-1:45

** Program REQUIRES Registration**

101 LITTLE MASTENS CORNER RD HARRINGTON DE 302*398*4647 HARRINGTON.LIB.DE.US

And the Answer Is...

TRIVIA ANSWERS:

- | | | | |
|------|------|------|-------|
| 1. A | 4. B | 7. B | 10. A |
| 2. B | 5. B | 8. B | 11. B |
| 3. B | 6. A | 9. B | 12. B |

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ANNUAL BAG A BOOK SALE

TWO Days of Books, Treats and Community Fun



PRESALE DAY

\$10 Bag a Book

FRIDAY APRIL 10

3:00 to 6:00 PM

OPENING DAY

\$5 Bag a Book

SATURDAY APRIL 11

9:00 AM to 1:00 PM



1:00 to 2:00 PM Only

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Harrington Public Library - Conference Room

Tables full of surprises: bestselling fiction, cozy mysteries, kids' favorites, cookbooks, history, cds/dvds, puzzles, and unique finds added throughout the sale.

Thank you for supporting your library!

For More Info: Call 302-398-4647 or Visit: <https://harrington.lib.de.us>

All proceeds benefit programs and events at the Harrington Public Library





Shamrock Milk Shake

allrecipes.com

Ingredients:

- 2 cups vanilla ice cream
- 1 ¼ cups milk
- ¼ teaspoon mint extract, or more to taste
- 9 drops green food coloring
- 2 tablespoons chocolate syrup, or to taste
- 2 tablespoons whipped cream, or to taste
- ½ teaspoon green decorator sugar, or to taste

Directions:

1. Blend ice cream, milk, mint extract, and food coloring together in a blender until smooth.
2. Drizzle chocolate syrup around the inside of 2 tall glasses; pour shake into the glasses. Top with whipped cream and green sugar.
3. Enjoy!

Friends of the Harrington Public Library
101 Little Mastens Corner Road
Harrington, DE 19952