

APRIL
2022

LIBRARY
HOURS

MONDAY -
FRIDAY
9 AM - 6 PM

SATURDAY
CLOSED

SUNDAY
CLOSED



Jasenski to lead Homeopathy 101

On April 21st, Emily Jasenski will be joining us for Homeopathy 101: An Introduction. The program will be held in the third floor conference room at 1 p.m.

After the birth of her daughter five years ago, Emily began researching natural alternatives to traditional allopathic medicines for herself and her family. What she found led her to homeopathy.

"The beautiful thing about homeopathy is that there are no side effects. There are no contraindications. It's completely safe," she said.

Emily has been studying homeopathy for three years and is nearing the completion of her certification in the 200 year old practice. While not common in the United States, homeopathy is quite popular in Canada, Europe, India and Mexico.

"Most people, when they hear



Emily Jasenski

homeopathy, immediately think it's herbology, and it's not," she explained. "The difference is that you can't give an herb to just anybody. Depending on the medications they're on, there are a lot of contraindications with herbs, and some herbs can be very dangerous.

"I'm not against them. I use herbs all the time. But I use ones that I'm comfortable using, that I know about," Emily added.

"I always felt like everyone

doesn't have to be so ill. It's like I've known it in my bones it doesn't have to be this difficult. Homeopathy has proven there are so many other ways."

Since she has always had a passion for helping others find a natural pathway towards optimum health, homeopathy has been the perfect fit for Emily.

"I taught yoga for 17 years, and owned a yoga studio in Greenville," Emily said. "So I've dabbled in natural medicine and natural health for 20 years."

In addition to Emily Jasenski Family Homeopathy, she owns and operates Moon Hill Skin Care. Emily is also active on Facebook, where she posts fun and informative videos on everything from homeopathy to women's health. Her products can be found for sale at The Hive Collective on Broadway in Greenville or via her website, emilyjasenski.com.



GPL Puppet Pals hit the road!

The library's puppeteers hit the road on Thursday, March 24, to perform at Anthony Wayne pre-school.

The group held a morning and afternoon performance, each featuring four puppet shows intermingled with some fun songs for the kids.

Children's Department Supervisor Joanna Brown emceed the event while Amanda Olson, Marketing Specialist, and Caitie Welker, Cataloging, manned the puppets. Three of the shows were based on popular picture books, *I Want My Hat Back* by Jon Klassen, *Listen to My Trumpet!* by Mo Willems, and *Hedgehog Needs a Hug* by Jen Betton.

The puppeting trio performs once



The Greenville Public Library Puppet Pals are (left to right) Caitie Welker, Joanna Brown, and Amanda Olson.

a month at Story Times. Story Time is held every Tuesday and Wednesday at 11 a.m.

The GPL puppet troupe also travels to other schools and daycare centers and has a wide variety of

shows to offer.

For more information on the Puppet Pals and their traveling schedule, contact Joanna at (937) 548-3915. We hope to hear from you soon!

DCCA gives away tickets to two lucky winners



Darke County Center for the Arts donated tickets to see magician Daniel Martin on March 26. Katie Light (left) and Julie Oswalt (right) are pictured with library representative Kelly Minnich receiving their tickets. Congratulations ladies!



Local Republican Women's Club donate book

Recently, the Darke County Republican Women's Club donated a copy of the book, *We the People: The Constitution of the United States* by Peter Spier, to the library's Children's Department.

The book is geared towards children ages 5-8 but contains information vital to kids of all ages. All signers of the Constitution, as well as the history of the document, are highlighted.

The book is now available for checkout in the Children's non-fiction section. To place a hold, go to our website, greenville-publiclibrary.org, or call (937) 548-3915.



Children's Department Supervisor Joanna Brown receives a book donation from Delores Ely of the Darke County Republican Women's Club.

Sanitizing wipe donation



Wayne HealthCare recently donated four cases of Clorox sanitizing wipes to the library. Library representative Elois Hatfield, center, is pictured with Jordan Francis and Lauren Henry.

We deliver!

GPL Extension Services Department is currently accepting patrons to add to our monthly delivery schedule!




For more information, contact Susana at (937) 548-3915.

Practicing Mindful Wellness coming in May



Join us in welcoming Roseanne Scammahorn, PhD, Family and Consumer Sciences Educator from the Darke County Ohio State University Extension, on May 12 as she discusses mindful wellness practices to help us learn how to live fuller, happier lives.

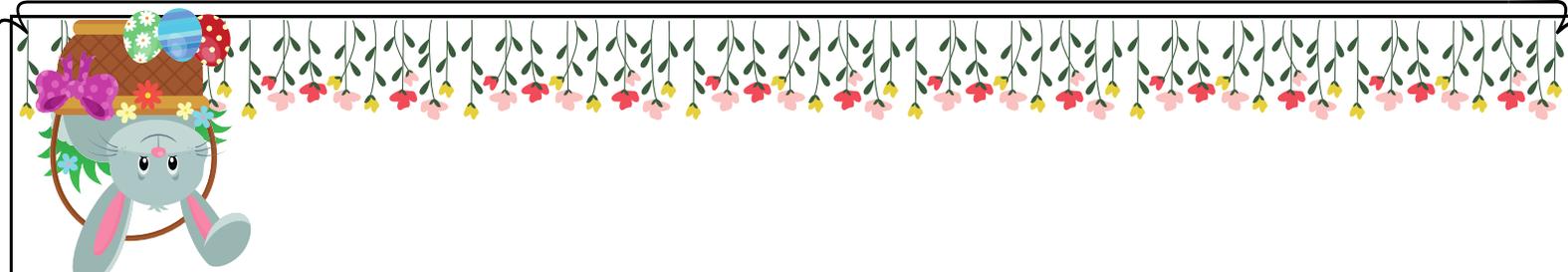
The program will be held at 11 a.m. in the third floor conference room. She will highlight the benefits of in-

tentional focus and outline a few practices to help us on the path to living mindfully.

"We've found that people who do mindful practices more routinely don't 'forecast' and borrow problems," Roseanne said. "It teaches your brain to stay mentally engaged for longer periods of time and being mindful in that present moment." She said it also allows us

to have better peace of mind, better quality of sleep, which then translates to overall better health.

Roseanne has been with the OSU Extension for over three years. She teaches a wide variety of programs including *The Health Benefits of Laughter*, *Self-Care for the Caregiver*, *Healthy Household Finances*, *Tai Chi*, and several classes on home resource management.



Greenville Public Library
520 Sycamore Street
Greenville, Ohio 45331