



# the ORLA newsletter.

MARCH 2021

## SUSTAINABILITY + BUYING LOCAL



Core Goods Co-Owner Ashley Sheffer  
Shares Sustainability Tips for Beginners



Support Your Library This Month  
in the 2021 Week of Giving



Exciting Updates Making Waves at the  
Franklin Public Library



## TENDER IS THE FLESH

AGUSTINA BAZTERRICA

"This book put me THROUGH IT-- I'm talking headaches, nausea, anxiety. An incredibly awful concept with a raw, honest and detailed execution. Though I didn't want to put it down, my body often forced me to. I was pleased that the author didn't sexualize

some of the scenes in this story that easily could've been, and instead presented the treatment of the human cattle, or 'head', exactly as it was seen by the characters: normalized. This makes the story even more horrifying & solidifies the inhumanity of what this fictional society has come to. If there was ever a part of you that wondered what human meat tasted like, you won't want to think about it ever again after reading this (you might even become a vegetarian!). Breeding humans like cattle was never something I thought I'd enjoy reading about, but the author made sure to keep me hooked from the first page until the conclusion. Cannibalism = never a good thing. Got it."

-- Natalie Cubbon, Oil Region Library Association

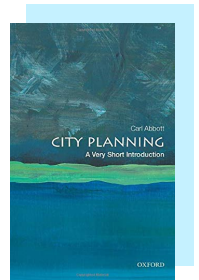


## CITY PLANNING A VERY SHORT INTRODUCTION

CARL ABBOTT

"I've read a few books from the 'Short Introduction' series and this one was absolutely fascinating! I love when I read something and it makes me look at the world in a slightly different way. This book details (quickly) the common ideas and forces that go into creating a city, as well as their pitfalls. Though it sounds boring, this book is very accessible to non-experts. It reads more like a series of lectures than a non-fiction book. The focus is on suburbia vs. city, city centers and what that means, different communities and how they clash, zoning and bias, keeping cities whole when they grow, nature in cities and rebuilding after disaster. There is a lot of information in this little book and I learned quite a bit about something I originally knew nothing about."

-- Amanda Barker, Cooperstown Public Library



## I'LL BE THE ONE

LYLA LEE

"Fan fiction lovers, look no further! Meet Skye: a plus sized, K-pop loving, singer and dancer who nails her audition to be on her favorite competitive TV show. She meets great friends along the way, making you feel like you're a part of their group. Skye also meets the famous and very good looking Henry Cho, who despite being famous, has a much more complex personality. However, it's not as glamorous as it seems. Skye faces the fat-phobic beauty standards from the judges, her fellow competitors and even her mother. I think this book has a lot of refreshing, diverse characters who appeal to an audience that loves a cheesy, feel-good story. At first, I was scared I wasn't going to understand the references to K-pop (as I am a One Direction fan) but surprisingly, it wasn't overpowering enough to make me feel left behind. Readers who loved "To All the Boys I Loved Before" by Jenny Han and "Fangirl" by Rainbow Rowell will definitely enjoy Lee's YA novel." -- Kira Douth, Oil City Library

**Want more?**

Check out our Bite Size Book Reviews on  **YouTube**

# THE GIVING IS ON.

Bridge Builders Community Foundations encourages philanthropy and supports community development by inviting local non-profits to participate in the annual Week of Giving to help raise awareness and provide financial support to important local causes! We are appreciative of their efforts and excited to participate.



## Why should I donate through BBCF's Week of Giving rather than directly to my library?

- **It's easy!** It takes as little as 2 minutes to make a positive impact on your libraries.
- **Your donation goes further!** A dedicated match pool and potential prizes increase your donation!

## What forms of donations are accepted?

- **Online** - via [www.bbcfgives.org](http://www.bbcfgives.org). Minimum online donations are \$25. All major credit/debit cards accepted. The deadline is 5 pm Thursday, March 18.
- **Cash or Check** - Write a check to one of our libraries with "WoG" in the memo and drop it off at your local branch Monday Mar. 15 - Wednesday March 17 so we can turn it in before the Thursday deadline.

**Donations are tax deductible!** - You'll receive a donation receipt to use for your tax returns.

## How will my information be used?

BBCF will provide our libraries with your name, email, billing address, phone number, and contribution amount shared unless you choose to give anonymously. In that case, we will just be made aware of an "anonymous" gift in the amount you chose to contribute.

# HOW TO DONATE

1

Visit the BBCF website at:  
[www.bbcfgives.org](http://www.bbcfgives.org)



2

Search for the library  
you want to support:

3

\$25

\$50

\$100

Choose the amount  
you'd like to give!



# talking

## SUSTAINABILITY + BUYING LOCAL

with Ashley Sheffer, Co-Owner of  
**CORE  GOODS**



### Why support local?

When it comes to food, buying local means it travels a shorter distance to get to the store, meaning less of a carbon footprint. It also tastes SO much better. There's nothing like a salad made with lettuce eaten the same day it was harvested. In general, supporting local keeps money in our region's economy and creates more jobs here, especially if the business you are supporting also purchases items from local businesses. Like at Core Goods, we buy products from more than 20 other local businesses and farms, so when you support us, you're supporting a whole community of businesses. It's a lot about connections, too. You can have conversations with the farmers, artists, chefs, or whoever is preparing what you are purchasing. You can ask them questions, learn about their processes, and, most importantly, get to know them as a person. It feels good to know you are supporting your own neighbors, who are often putting their heart into what they do.

### What kinds of sustainability efforts have you or your business made?

We consider ourselves a "low waste" store. We're not completely zero waste, but we offer many ways for people to shop in a sustainable way. They can use their own containers or paper bags for dried goods in the bulk bins, shop for produce without any packaging, and return glass jars, like for yogurt. We also do our best to avoid food waste, make broth from vegetable scraps, and compost the other scraps we can't use. Buying from local businesses means less travel, too, like mentioned above.

### What value have you seen from your sustainability efforts in your business & personal life?

Simplicity is something I've really learned to appreciate from living more sustainably. It has helped my life feel less cluttered. Besides less packaging, I feel less of a need to buy new things. Sustainability and minimalism often go hand-in-hand. It also feels good to know I'm doing what's right for the earth, both personally and in my business, and a lot of it is fun and satisfying. For example, composting isn't just about putting your food scraps in a bin outside and forgetting about it--you get to watch those food scraps break down into compost, then add that compost to your garden to provide nutrients for new plants to grow. It's a whole process that makes you feel more connected to the earth.

### Do you have any tips for individuals who want to start being more sustainable & environmentally friendly?

Start small! You don't have to do everything at once. Start by doing something simple like using your own bags at the grocery store or switching plastic water bottles for a reusable one. Once you're comfortable, try out a few other practices and before you know it, many of these tasks will become natural habits. Also, give yourself grace. We can't all be perfect and live completely zero waste. Do what you can with the time and resources you have.



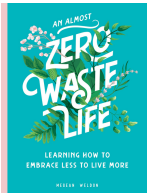
Stop in to Core Goods in Oil City & visit [www.core-goods.com](http://www.core-goods.com) for recipes, tips & more!

# RECOMMENDED



# READING

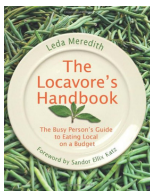
Up your sustainability game & become informed on important topics by checking out these titles at any ORLA location!



## AN ALMOST ZERO WASTE LIFE

MEGAN WELDON

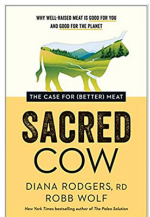
An aspirational book to teach you that being zero waste isn't necessarily about zero, but more about changing the way we see the world around us, how we consume, and how we think about waste.



## THE LOCAVORE'S HANDBOOK

LEDA MEREDITH

These days, nearly everyone wants to eat green and local, but tight schedules and even tighter budgets can make it seem like an unattainable goal. The Locavore's Handbook is here to help! With practical, down-to-earth advice, Leda Meredith guides readers through the process of incorporating locally grown foods into their meals. In a concise book designed for mainstream readers, she discusses budgeting; sourcing, growing, and preserving food; shopping efficiently; and supporting local merchants and planet Earth.



## SACRED COW

DIANA RODGERS & ROBB WOLF

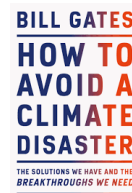
Beef is framed as the most environmentally destructive and least healthy of meats. We're often told that the only solution is to reduce or quit red meat entirely. But despite what anti-meat groups, vegan celebrities, and some health experts say, plant-based agriculture is far from a perfect solution. In Sacred Cow, registered dietitian Diana Rodgers and former research biochemist and New York Times bestselling author Robb Wolf explore the quandaries we face in raising and eating animals--focusing on the largest (and most maligned) of farmed animals, the cow.



## GRETA'S STORY

VALENTINA CAMERINI

Ever since she learned about climate change, Greta Thunberg couldn't understand why politicians weren't treating it as an emergency. In August 2018, temperatures in Sweden reached record highs, fires raged across the country, and fifteen-year-old Greta decided to stop waiting for political leaders to take action. Instead of going to school on Friday, she made a sign and went on strike in front of Stockholm's parliament building. This timely, unofficial biography is her story, but also that of many others around the world willing to fight against the indifference of the powerful for a better future.



## HOW TO AVOID A CLIMATE DISASTER

BILL GATES

In this urgent, authoritative book, Bill Gates sets out a wide-ranging, practical--and accessible--plan for how the world can get to zero greenhouse gas emissions in time to avoid a climate catastrophe.



## UPCYCLING

MAX MCMURDO

Ever thought about transforming that rusty old item in the garage into something awesome to impress your dinner guests, or fancied refurbishing the random old dining chair in the shed but don't have the tools or know-how? Discover your inner design genius, find out where to find great scrap items and learn techniques on how to transform them into great designs with this stylish eco-friendly book.



## TAKING ON THE PLASTICS CRISIS

HANNAH TESTA

Sustainability advocate and activist Hannah Testa takes on the plastics crisis in this moving, personal piece. Here, Testa explores the harmful impact of single-use plastics, revisits the three R's - reduce, reuse, and recycle - and even adds two more: refuse and raise awareness.



## STAND UP! SPEAK UP!

ANDREW JOYNER

Celebrate young climate change activists in this charming story about an empowered girl who shows up, listens up, and ultimately, speaks up to inspire her community to take action against climate change. After attending a climate march, a young activist is motivated to organize volunteers to work to make green changes in their community, from cleaning a lake, to planting trees, to making composting bins, to hosting a clothing swap and more! Here is an uplifting picture book that is an important reminder that no change is too small--and no person is too young--to make a difference.

# New Building Updates Happening at Franklin Public Library

Have you visited the Franklin Public Library recently? If not, we encourage you to stop by and see all of the significant building updates we've been making! New carpet has been installed throughout the library and the Children's section is getting a new look! We've also moved some collections to new locations in order to accommodate these updates. But we're not done yet! More building updates are coming soon, most notably a new main circulation desk! We hope that these changes will make using your library easier and more enjoyable, and we sincerely appreciate your patience and support while we make these upgrades.



## Franklin Library Introduces Oculus Devices for Teen Reading Lounge Cycle

We are excited to announce that this 6 week session of Teen Reading Lounge at the Franklin Public Library will be held virtually using the library's new Oculus Quest 2 devices. Teens will be issued one of these virtual reality devices to "meet" up once a week (and can use them for their own entertainment during this session too!). iPads are also available so they can keep up to date with the meeting information. We hope you join us for this great opportunity! If

you're interested in joining, please stop by or call the Franklin Public Library at (814) 432-5062. Spots are limited to 5-6 teens for this cycle, so reserve your spot soon!



## Franklin Friends Group Holding Basket Raffle

The Friends of the Franklin Public Library are selling raffle tickets for an Easter Gift Basket. Tickets are \$1.00 each & benefit the library. Stop in to the Franklin Public Library to get yours today!



# AARP Offering Free Tax Preparation Services



AARP Tax-Aide Counselors will be available to complete Federal, State, & Local income tax returns for the 2020 tax year, as well as PA Tax/Rent Rebate. Appointments are required & a face mask must be worn at all times.



## First Baptist Church

Franklin

Thursdays & Fridays, 8am-3pm

Call (814) 346-1827 for an appointment.

### Please make sure to bring your:

- Social Security Card
- Photo ID
- 2019 Tax Return



## Cranberry Mall

Cranberry

Tuesdays & Wednesdays, 9am-3pm

Call (814) 346-1610 for an appointment.

Those wanting PA Tax/Rent Rebate should bring rent receipts or stamped "PAID" tax receipts. Call one of the listed locations to schedule your appointment today!



## Titusville Senior Center

Titusville

Wednesdays & Thursdays

Call (814) 827-2188 for an appointment.

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## COVID-19 Vaccine Rollout Happening Locally

As the COVID-19 vaccine rollout continues in Pennsylvania, it's important to know *when* you are eligible to receive it & *where* you can receive it. The Venango County Chamber of Commerce has been working diligently to update the residents of Venango County on the phases of the vaccine rollout & available vaccine locations. Check to see if you are eligible to receive the COVID-19 vaccine & where you can receive it by visiting their Testing & Vaccination Guide at <https://venangochamber.org/venango-covid-vaccines/> or on ORLA's website.

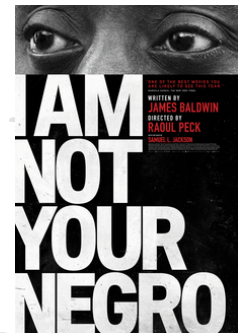
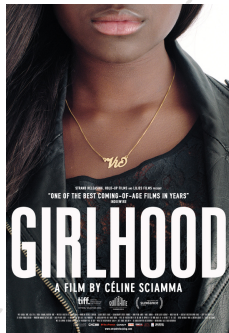
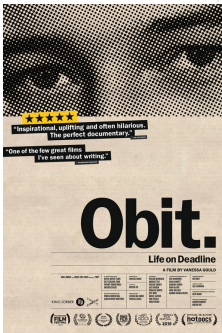


Additionally, UPMC Northwest Hospital is beginning to take appointments for COVID-19 vaccinations. You can schedule an appointment using their online portal, or by calling (844) 876-2822. They ask that you please use the online portal if possible in order to keep phone lines open for those who need it. You can access the online UPMC scheduling portal by visiting <https://vaccine.upmc.com/> or via the COVID-19 Updates page on ORLA's website.

# FEATURED DIGITAL RESOURCES

Available at [www.oilregionlibraries.org](http://www.oilregionlibraries.org)

## 'Arthouse Favorites' films available on [kanopy](#)

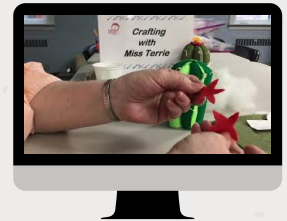


Stream these & more for free with your library card.

## NEW VIRTUAL PROGRAMS EVERY WEEK

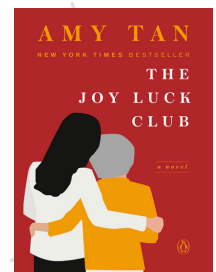
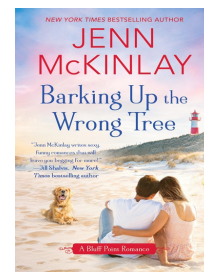
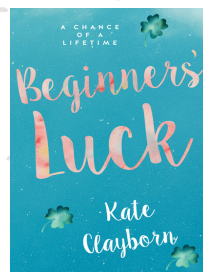


Take advantage of the many virtual programs ORLA has to offer! An optional Take-and-Make activity to complete at home is always included & new programs are posted every week. Check our website for **Storytimes**, **Library Bobbins**, **Crafting with Ms. Terrie**, & call the Oil City Library for information about **LIVE Zoom Storytime** with Annie!



## New Beginnings

a Collection on  
OverDrive & Libby



Read & listen for free with your library card.



2 Central Ave.  
Oil City, PA 16301  
(814)-678-3072



421 12th St.  
Franklin, PA 16323  
(814)-432-5062



182 N. Main St.  
Cooperstown, PA 16317  
(814)-374-4605

