

10301 Scripps Lake Drive, San Diego, CA 92131

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folio

Newsletter of the
Scripps Ranch Friends of the Library
Volume 30, Issue 2 Summer 2020



The reopening of San Diego's libraries will be a step-wise process, beginning with curbside service on May 26 at 11 pilot branch libraries. Initially, library users who have existing holds will be able to pick up their books at a participating branch. Starting on June 1, we will again be able to place holds online.

Scripps Ranch cardholders will be directed to pick up their books at the Mira Mesa Branch Library after receiving notice that a book is available. Before long it is expected that Scripps Ranch Library will also institute curbside book pickup service. The book drops will remain closed until further notice.

The procedure of curbside pick-up is explained at <https://www.sandiego.gov/public-library/pickup-service>.

Programs for Families, Teens and Children

Facebook Live Storytime: Thursdays, 10 am. Our Youth Librarian, Melissa Giffen, conducts a delightful storytime. Watch live or at your convenience as most videos remain accessible afterwards.

<https://www.facebook.com/ScrippsMiramarRanchLibrary/>

The San Diego Public Library has a wealth of online storytimes, crafts, music and more. Check out the possibilities on their website.

<https://www.sandiego.gov/sdplstorytime>

Attention Teens: Stay connected on Instagram and find out what other teens are up to! In their own words: *Books and stuff (and by stuff we mean crafts, library news, and more!)*. Thank you to our Scripps Ranch Teen Council for creating some wonderful content for the Teen Instagram.

<https://www.instagram.com/sdplteens/>

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Virtual 2020 Summer Reading Program



June 1—August 31: The Summer Reading Program is back! As in previous years, the Program is for all ages. The program rewards reading 10 books or 10 hours over the summer with prizes. Details of prize distribution under the current circumstances are not finalized;

however, SRFOL is contributing toward adult prizes. You can see the full list of prizes online now. While the Scripps Ranch Library won't be offering performances in-person this year, there will be a robust calendar of virtual content for all! For more information, check the Summer Reading Program webpage.

<https://www.sandiego.gov/public-library/kidsandteens/summerreading>

Adults

The San Diego Public Library has a variety of book clubs that you can attend while sheltering at home. Each book club gives directions of how to access the book for free and how to participate on Facebook. Visit the website for details. <https://www.sandiego.gov/bookclubs>

“Pleasure of Your Company” Music Series

by Joan Reese

The “Pleasure of Your Company” Music Series was enjoying a successful season featuring a series of excellent and enthusiastically received concerts from September through February, with several additional concerts to go when COVID-19 hit. We regretted very much having to cancel the final four concerts of the “Pleasure of your Company” 2019-2020 season due to the pandemic. We had looked forward to welcoming the Westwind Brass in March; “Songs of Suffrage,” a special program presented in collaboration with Bodhi Tree Concerts, in April; the Hutchins Consort in May; and ending with the Grossmont Symphony Woodwind Quintet in June. We hope to be able to reschedule these performers when the public health situation permits. Many thanks to our dedicated volunteers, audience members and generous donors for their support and understanding. We look forward to presenting more outstanding performances in our beautiful and sought-after venue in what we hope will be the not too distant future.



Grace's Book Nook

by Joan Reese

Grace's Book Nook, our volunteer-run used bookstore and SRFOL's biggest source of funds to support our library, has been closed since Friday, March 13 (just a coincidence—we're not superstitious). The health and safety of our dedicated volunteers and customers is of paramount importance, and we are hopeful that it will be possible to reopen Grace's Book Nook before too long with appropriate safety and social distancing measures in place.

We know that many people have taken advantage of this long period of staying at home to do some major cleaning up and reorganizing. Please hold on to those unwanted books, magazines, DVDs, CDs, jigsaw puzzles, (new) greeting cards, etc. for just a while longer, and check our website [www.srfol.org] for updated information on when we will once again be able to accept your tax-deductible donations of these items for which we'll find loving new homes while supporting our library.

The long awaited biannual special Saturday book sale, originally planned for late June, has been rescheduled for October 3; mark your calendar!

SRFOL Board has vacancies for the year starting in July

The Scripps Ranch Friends of the Library Board of Directors is seeking a couple of library-loving community members to join the board. By the time of our new fiscal year (July 1) we hope to add to the board people to handle Book Plates, Volunteer Organizer, and help out with Publicity. If you would like to learn more about becoming part of this dynamic group and help chart our course during these unprecedented times as we work to help make our library the best it can be, please contact [folio@srfol.org].

Jigsaws

By Diane Rider

*Me, I'm waiting so patiently, lying on the floor
I'm just trying to do my jig-saw puzzle before it rains anymore*

Those lyrics from a 1968 Rolling Stones album *Beggars Banquet* were appropriate during the rains and restrictions of this spring. With sheltering in place, the sale of jigsaw puzzles sky-rocketed to such an extent that puzzles were not available in retail or on line. Friends and neighbors passed puzzles around and searched for more on neighborhood chat sites.

Manufacturers were swamped by orders and could not produce puzzles fast enough to meet the demand. Creating a puzzle takes time. A German manufacturing company explained that each puzzle piece is drawn by hand and no two can be identical. That's a lot of unique shapes for a 1000 piece puzzle. Have you ever counted the pieces? The most common layout for a thousand-piece puzzle is 38 pieces by 27 pieces for a total of 1026. A 500-piece puzzle most often contains 513 pieces with dimensions of 27 by 19 pieces. There is no official nomenclature for the shapes of a piece—various manufacturers use terms such as "loops" and "sockets," "knobs" and "holes," "tabs" and "slots" or "keys" and "locks."

How did it all begin? The person credited for creating the first puzzle was an engraver and cartographer of London named John Spilsbury. In the 1760s he mounted maps on wood and cut around the various countries and sold them as a way to teach geography. They were called "dissected maps."

Later puzzles were created by painting a picture on wood and cutting it into pieces with a fretsaw. Apparently "jig" saws were not used, so the title is a misnomer. Puzzles evolved into cardboard in the late 1800s and later Parker Brothers developed the concept of interlocking pieces. This was a convenient improvement as it helped to keep the pieces together whereas before a bump could undo hours of labor. There was a great surge of popularity during the Great Depression—in 1933 sales reached an astounding 10 million per week.

Since then jigsaw puzzles have morphed into the many variations available today. Have you tried a puzzle that has a picture on both sides of every piece? You not only have to find the correct piece, but also the correct side. There are computer puzzles, 3D puzzles and personalized puzzles. There are also party mystery puzzles designed for groups that can be solved only by looking at the completed puzzle.

Whether you have always loved jigsaw puzzles or found this current sheltering has introduced you to a new hobby, you are a dissectologist—referring back to the original name from 1760. In conclusion, little did the Rolling Stones know that more than 50 years later, their lyrics would be so timely.

Works Cited

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Kim Young, Teel, Mary Lou. "Piecing together the history of jigsaw puzzles." CBS News. 29 March 2020. <https://www.cbsnews.com/news/piecing-together-the-history-of-jigsaw-puzzles/>. Accessed 28 April 2020.

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Note: When our library reopens, Grace's Book Nook has jigsaw puzzles for sale and welcomes donations of same.



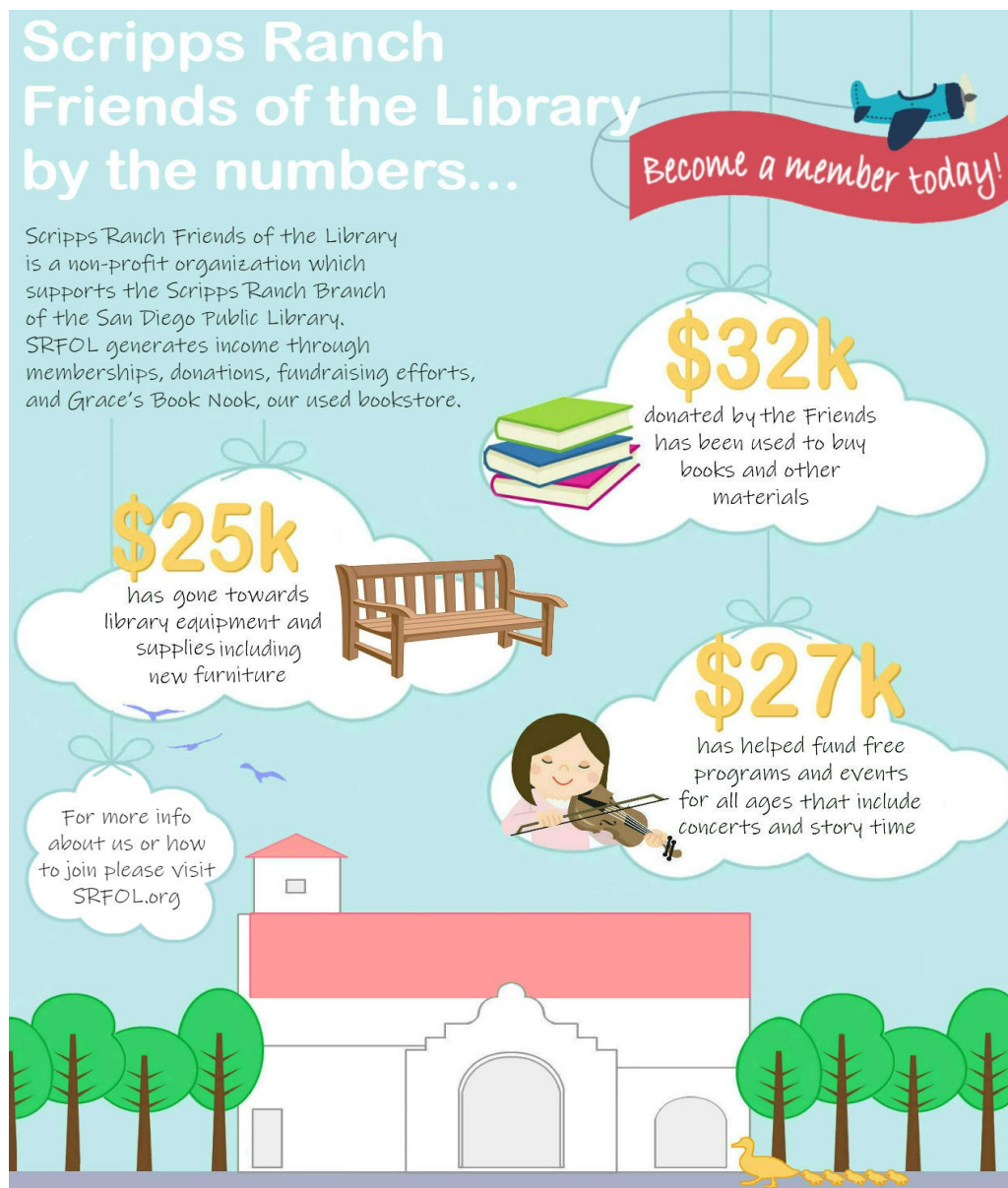
SRFOL Contributes \$1000 for Electronic Resources

Patrons using our library eBook collection may wonder why some titles are not available or why the wait on hold can be months long. This situation arises with the publishing company. Not all publishers will sell eBooks to libraries. In addition, libraries have to purchase an eBook in the same way they purchase physical books. The publisher requires libraries to abide by one user for one copy at a time as well as a restriction on how many times a book can be accessed before another copy must be purchased. For example, Macmillan allows 52 checkouts or 24 months of subscription—whichever comes first.

Publishers charge a higher price to libraries than they do to consumers. In most cases libraries pay 100% to 500% more for the same e-book that individual consumers purchase for \$12.99. According to the San Diego Public Library Collection Development spokesperson, "You can have an eBook cost \$60 or it could cost \$28."

It was the consensus of the SRFOL to direct \$1000 toward the matching funds of San Diego Public Library Foundation for the purchase of electronic resources. This choice was made in consideration of the increased usage of free eBooks and eAudiobooks during these unusual times. To learn more about San Diego's eLibrary go to <https://www.sandiego.gov/public-library/elibrary>.

Below is a graphic created by Library Assistant Riley Apon to illustrate how the donations that you make to SRFOL have been utilized in just the past four years.



Seed Library by Mail

excerpt from <http://srfol.org/seed-library.htm>



Library Assistant, Phetsamone Bergersen is working on the Seed Library-By-Mail

A Seed Library is a repository that shares seeds—for vegetables, flowers, and other garden plants—with the public, free of charge.

Established by Sustainable Scripps Ranch (SSR) with donations obtained from seed companies, sponsored by the Scripps Ranch Friends of the Library (SRFOL), and managed by the Scripps Miramar Ranch Library staff, the Scripps Miramar Seed Library is available to all members of our community. No library card is needed to make use of the Seed Library.

Seed recipients are encouraged to save some seeds from their (hopefully) bountiful harvests to bring back to the Seed Library to help keep it going strong. You are asked to provide the species name of all seeds which you return and state that your seeds are organic. Optionally, you may also donate funds to the SRFOL for the exclusive support of the Seed Library (including the purchase of additional seeds and for mailing expenses).

During the Coronavirus shutdown, seeds may be requested by email (seedlibrary@srfol.org) and the requested seeds will be mailed to you. Visit the website for more information and a list of the available seeds.

Before the Library Closure



Volunteer Beth Surrell (left) shows library employee, Marilyn Pelton, how Friends of the Library prepare books for resale. That day Beth was scanning the donated books and CD's and explained the process. When the non-fiction books and CD's are donated, a volunteer scans them for an external book buyer. If there is a higher value in the market than we sell for in the Book Nook, the items are boxed and sent to this buyer, and he shares the revenue with us. We keep the popular and recent titles, but many times the books that ping a positive sale for the buyer are ones we would not be able to sell (text books, scientific topics, etc.). So it's a win-win for all.

In addition to scanning and sorting new donations, Beth works in the Book Nook. There she sells books and duck food, assists customers and straightens and stocks shelves. She also helps out at the Book Sales. Thank you, Beth, for all that you do.

OASIS Program: Sponsored by the SRFOL, Gale Bryan gave a lecture and demonstration of self defense to show women and men techniques that can help one to defend themselves. Here Gale shows how to wield a cane or walking stick—she also demonstrated using a book as a defense object!



Evans Pond: These children are enjoying Evans Pond while feeding the ducks. The duck food has been created and packaged by volunteers and sold for 25 cents in the Book Nook. Unlike bread, it is an appropriate food for the duck's diet.

I'm Glad I Read These Books

by Janet Weigel

For the past several weeks, I have been reading, rereading, and finishing books that I've had around the house for some time plus one that is newer. First, I finished the Pulitzer Prize Winner, *Guns, Germs, and Steel* by Jared Diamond. This book explores how geography molded societies, how agriculture led to the success or failure of societies, and how the spread of germs and guns affected the demise of societies. It was quite timely with respect to the discussion on pandemics and their spread.

Next, I read *The Fox Hunt*, a memoir, by Mohammed Al Samawi. "Born in the Old City of Sana'a, Yemen, Mohammed Al Samawi was raised a devout Muslim and taught to think of Christians and Jews as his enemies. But when Mohammed secretly received a copy of the Bible, what he read cast doubt on everything he'd previously believed." I learned so much about Yemen, the differences between the Sunni Muslims and the Houthi Muslims, as well as the struggle Mohammed had living in Yemen after connecting with both Christians and Jews through social media and world conferences. That led him to seek asylum in another country.

A more recently published novel, *Writers and Lovers* by Lily King, showed the protagonist Casey Peabody struggling to make a living as a waitress, fighting off college debt collectors, yet determined to pursue the creative life she envisioned for herself by writing her first novel. She also is grieving the recent death of her mother and looking for love. This book helped me relate more to so many of the young people today who are truly struggling to make a living. I enjoyed the writing in this novel, and it was quick and fun to read.

I first started reading *Six Questions of Socrates* by Christopher Phillips several years ago and always enjoy coming back to it to glean more information. According to Phillips, Socrates believed that seeking out the perspectives of others on these six questions would help him become a better human being. The book delves into these questions: What is virtue? What is courage? What is justice? What is piety? What is moderation? What is good? Reading this really allowed me to reflect and relate to how people act and lead their lives for just themselves or for the good of society as a whole – so timely with what is going on now with respect to sacrificing our own personal desires for the safety of others.

Lastly, one of my favorite poets Lawrence Ferlinghetti just celebrated his 101st birthday on March 24. I discovered *A Coney Island of the Mind* 50 years ago when I was 17 years old. I reread the entire book yesterday. Each time I read it, I discover something new. I just love his writing. His imagery is unique, and the poems are thought-provoking too. Ferlinghetti cofounded the City Lights Bookstore in San Francisco which is still around today.

If you would like to suggest a book or books that you are "glad you read," submit your entry to editor@srfol.org.



The SRFOL Board welcomes Janet Weigel in the position of Membership Chair. Janet is a Scripps Ranch resident and was an elementary school teacher and science resource teacher for the San Diego Unified School District.

Janet has had a longtime interest in reading. As a former educator, she enjoyed discussing literature and learning about the world of science and art with her students. Gardening, cooking, hiking, traveling, and reading fill her hours now. She is looking forward to taking an active part in the Scripps Ranch Friends of the Library.



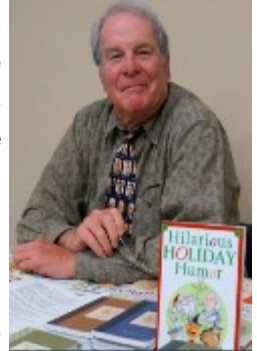
The board regrets that the Extra Special Volunteer Appreciation Luncheon on April 25 needed to be canceled. However, that doesn't mean that all the volunteers in Book Nook, Pleasure of Your Company, Members of the Board, FaceBook Creator, Display Creator, Sign Hangers, Duck Food Chefs and all others are not appreciated. Thank you for volunteering your precious time.

HE AND SHE WHO LAUGHS LASTS

By Richard Lederer, well-known verbivore and Scripps Ranch resident

In Navajo culture, there is something called the First Laugh Ceremony. Tradition dictates that each Navajo baby is kept on a cradle board until he or she laughs for the first time. Then the tribe throws a celebration in honor of the child's first laugh, which is considered to be his or her birth as a social being. We are not only *Homo sapiens*, the creature who thinks. We are *Homo guffawus*, the creature who laughs.

"Humor is not a trick," writes former *Prarie Home Companion* host Garrison Keillor. "Humor is a presence in the world — like grace — and shines on everybody." As bread is the staff of life, laughter is its nectar. "A good laugh and a long sleep are the two best cures," winks an Irish adage. "What soap is to the body laughter is to the soul," observes a Yiddish proverb.



Five-year-olds laugh naturally about 250 times a day. How sad it is that as we age, we almost inevitably gain girth and lose mirth. Many of us don't laugh 250 times a month! You don't stop laughing because you grow old. You grow old because you stop laughing.

"Man is the only animal who blushes — or needs to," declared Mark Twain. He could have added, "Man is the only animal that truly laughs — or needs to." Recent studies show that he or she who laughs lasts. Norman Cousins, who used laughter to conquer a debilitating disease, wrote, "Illness is not a laughing matter. Perhaps it ought to be. It has always seemed to me that hearty laughter is a good way to jog internally without having to go outdoors."

Scientists affirm what we have known to be true since biblical times: "A merry heart doeth good like a medicine." Laughter can be hazardous to your illness. Laughter stimulates the circulation, tones the muscles, energizes the lungs and respiratory system, excites endorphins in the immune system, boosts the neurotransmitters needed for alertness and memory, increases motivation to learn and provides superb aerobic exercise.

In *Make 'Em Laugh*, Stanford University professor William Fry explains, "When laughter gets to the point where it is convulsive, almost every muscle in the body is involved." According to a Vanderbilt University study, robust laughter burns up 40 calories in 15 minutes and increases metabolism by about 10 percent. You can giggle away about four pounds a year. Turns out that laughter is in truth the best medicine.

Laughter is also an elixir for the mind. Tests administered before and after humor therapy reveal a reduction of stress and depression and a heightened sense of well-being and creativity. More and more, science is discovering that it hurts only when we *don't* laugh. "Laughter is to life what shock absorbers are to automobiles. It won't take the potholes out of the road, but it sure makes the ride smoother," avows Barbara Johnson. Or, to press into service another simile, laughter is like changing a baby's diaper: It doesn't permanently solve problems, but it makes things more tolerable for a while.

"Laughter is the shortest distance between two people," laughs pianistic comedian Victor Borge. "The most wasted of all days is one without laughter," advises poetry wizard e. e. cummings. Go forth and practice random acts of laughter. One of those acts should be to laugh at yourself. If you can do that, you'll never cease to be amused.



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The Scripps Ranch Friends of the Library (SRFOL) exists to support the operation of the Scripps Miramar Ranch Library Center. The SRFOL provides volunteer services, assists library patrons, hosts special events, operates a used book store (Grace's Book Nook), and provides financial support for acquisitions and community activities.

Scripps Ranch Friends of the Library Board of Directors

To contact a board member, consult the webpage for a list of e-mail addresses or call 858-538-8158

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PARKING REMINDER

For library events, please allow extra time to park on Meanley Drive and walk up the paved, lighted walkway to the library.

Join or renew on line at www.srfol.org
or mail
SRFOL Membership

10301 Scripps Lake Drive, San Diego, CA 92131

Our Library needs Friends like you!

Membership Form for Scripps Ranch Friends of the Library

Name _____ Phone _____ Date _____

Email _____ Address _____

☐ Student/Senior \$5 ☐ Individual Adult \$10 ☐ Family \$20
☐ Individual Sponsor \$50 ☐ Business \$100 ☐ Individual Lifetime \$250
☐ Individual Patron \$1000 ☐ Other amount you may wish to contribute
☐ I would like to volunteer, please contact me at the above Email or Phone.

Please make checks out to: **Scripps Ranch Friends of the Library.**

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