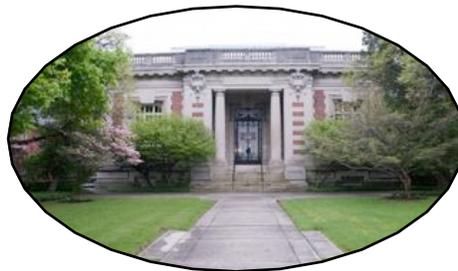


# Friends of Seymour Library



www.friendsofseymourlibrary.org

176-178 Genesee Street ● Auburn, NY 13021 ● (315) 252-2571

October 2014

Dear Friends,

October is an exciting month for the Friends of Seymour Library! We are hosting our first major speaker event with someone who is known world wide - Kathrine Switzer, the first woman to officially enter and run the Boston Marathon. Switzer is *not* charging us a speaker fee, because her assistant, Cathy Sigona Troisi, is an Auburn native who has fond memories of Seymour Library. We are so grateful to Cathy's sister, Lisa Sigona, a member of the Friends, who brought this opportunity to our group.

As an added bonus, Switzer's husband, Roger Robinson, a notable person in his own right - marathon runner, speaker and author - will be joining Switzer for the evening's program. We've enclosed a wonderful article written by Lisa Carr that was recently in The Citizen.

We hope you will join us for "An Evening With Kathrine Switzer."

Anne Mlod, President  
John Kingsley, Vice-President  
Marcia Walsh, Membership/Treasurer  
Katie Latanyshyn, Secretary

## Welcome New Friends!

Guy, Crystal and Samuel Cosentino  
Suzanne Hutton  
Nancy Karpinski  
**Business**  
Christopher Rheume -  
Edward Jones Investments

## SAVE THE DATE:

Annual Friends  
Holiday Gala at  
Cosentino's Florist  
Wednesday, December 3<sup>rd</sup>  
6 - 8 p.m.  
wine ~ hors d'oeuvres ~ fudge  
All proceeds benefit the  
Friends of Seymour Library

Seymour Library will host the second annual Story Tree Gallery in December - make plans now to participate! Choose any book in the library's collection - a children's book, a reference book, fiction, nonfiction, the choice is yours - and use it as inspiration to decorate a small tabletop tree. The entry fee is \$10 and covers the cost of the tree, which will be available at the library. The trees will be on display at the library **Saturday, Dec. 13, and Sunday, Dec. 14**. The trees will be part of a raffle, and all proceeds will benefit the Friends of Seymour Library. Volunteers will be needed to staff the gallery from 10 a.m. to 4 p.m. Saturday and noon to 5 p.m. Sunday and to bake cookies for the event. If you are interested in volunteering, please email [seymourlibraryfriends@gmail.com](mailto:seymourlibraryfriends@gmail.com) or call the library and leave a message for the Friends.

Please turn over for a list of October activities. You can also visit the library web page [www.seymourlibrary.org](http://www.seymourlibrary.org) for activities & information about the library. If your Friends membership is up for renewal in October, November or December, you will find a renewal form enclosed.

## October at Seymour Library

**Every Monday:** Health insurance help, 10 a.m. to 1 p.m. and 5 to 8 p.m. Make an appointment with a health care navigator to sign up for health insurance through the Health Plan Marketplace, Medicaid or Child Health Plus. To make an appointment, contact Simone Hamilton at East Hill Medical, 702-7212, or shamilton@easthillmedical.com

**Every Tuesday:** Toddler Time, 10:30 a.m.; Preschool Storytime, 11:30 a.m.

**Every Wednesday:** Toddler Time, 11 a.m.

### Friday, Oct. 3

Meet and greet with Emmet, the Lego character from "The Lego Movie," 6 to 7 p.m. Part of First Friday in Auburn; library open until 8 p.m.

### Monday, Oct. 6

First day to drop off gently used, clean children's Halloween costumes for Oct. 11 costume swap; donations accepted through Friday.

Writers' group, 7 p.m. Monthly group for writers who want to work on their craft and encourage and inspire one another. Bring current project and whatever tools you use (laptop, pen and paper, etc.)

### Wednesday, Oct. 8

Financial literacy workshop, 7 p.m. Financial planners talk about ways to prepare now for this year's taxes.

### Saturday, Oct. 11

Halloween costume swap for children, 10:30 a.m. to 12:30 p.m.

Crochet class, 1 p.m. Project: circle scarf. Bring an I, J or K hook and a 7-ounce ball of yarn. Some knowledge of crochet needed.

### Tuesday, Oct. 14

Coffee and Crime book club, noon. Topic: Mysteries in the V.I. Warshawski series by Sara Paretsky. All mystery readers welcome; please read a book by the featured author before the meeting.

Lego Creators Club, 6 p.m. Session currently filled. For more information, visit or call the Children's Room at 252-2571.

### Wednesday, Oct. 15

Friends of Seymour Library meeting, 6 p.m. New members welcome.

Pajama Storytime, 7 p.m. Songs and stories for preschool through early elementary age children.

### Sunday, Oct. 19

An Evening with Kathrine Switzer, 6:30 p.m., Auburn High School auditorium. The groundbreaking athlete, author and television commentator, first woman to run the Boston Marathon, speaks on her life and work. Tickets: \$10 seniors and students, \$15 adults, available at Seymour Library and Downtown Books and Coffee. Sponsored by Friends of Seymour Library.

### Tuesday, Oct. 21

Lego Creators Club, 6 p.m. Session currently filled. For more

information, visit or call the Children's Room at 252-2571.

Fascinating Spiders, 7 p.m. Learn about spiders in legend, lore and nature from Baltimore Woods naturalist Tom Meier. Space limited; register by stopping at the library or calling 252-2571.

### Wednesday, Oct. 22

Coffee and Conversation book club, 7 p.m. Featured book: "All My Sons," a play by Arthur Miller. All readers welcome; please read the book before the meeting.

### Saturday, Oct. 25

HallowReads, 10:30 a.m. to 12:30 p.m. Stories and crafts for children in preschool through third grade, with special guest Captain Jack the Pirate. Free books for children provided by Literacy Volunteers.

### Wednesday, Oct. 29

Ghost Hunting 101, 7 p.m. The Upstate Paranormal Society will talk about its paranormal research and investigations in the Finger Lakes region.

### Thursday, Oct. 30

Coffee and Conversation book club, 10:30 a.m. Featured book: "The Orphan Train" by Christina Baker Kline. All readers welcome; please read the book before the meeting.

### Saturday, Nov. 1

Visit by novelist Sarah Yaw, 1 p.m. Yaw is the author of "You Are Free to Go," a novel that explores the influence of a prison and winner of the 2013 Engine Books Novel Prize. Books will be available for purchase at the event.

# Seymour Library: Auburn-bound Switzer, a pioneer of women's athletics, is also a powerful speaker

Lisa Carr Special to The Citizen September 29, 2014

“When I think of running,” said tennis icon Billie Jean King, “I think of Kathrine Switzer.”

No wonder. In 1967, “K. Switzer” registered for the Boston Marathon. Once the race began, the race director realized that K. Switzer was Kathrine Switzer and tried to forcibly remove her. The photo of that incident ignited the women’s running movement at a time when it was widely believed that women weren’t strong enough to run a 26.2-mile course.



Switzer went on to complete more than 37 marathons. She founded the Avon International Running Circuit, an initiative that created running programs in 27 countries for more than one million women. Her efforts led to the inclusion of the women’s marathon as an Olympic event. She won an Emmy Award for her work as a television commentator and has worked as a broadcaster for ABC, CBS, NBC and ESPN.

And she’s coming to Auburn to speak at 6:30 p.m. Sunday, Oct. 19. Her talk in the auditorium at Auburn High School is sponsored by the Friends of Seymour Library. Switzer speaks at conferences around the world, talking about opportunities for women, emphasizing the benefits of fitness and raising awareness of healthy lifestyles and attitudes. We are thrilled to have a speaker of her caliber here.

Our Friends group has worked hard to keep ticket prices affordable — \$10 for seniors and students, \$15 for adults — so as many people as possible can hear her inspiring story and message. The tickets are available at Seymour Library and Downtown Books and Coffee.

In the meantime, many of us at the library and in the Friends group have been reading her books: “Marathon Woman,” which tells her inspirational story, and “Running and Walking for Women Over 40.” Both, of course, are available at the library.

I found “Marathon Woman” to be a compelling story. Not being a runner, I wasn’t sure the story would interest me. Although I found myself enjoying Kathrine’s description of running — she called it her “secret weapon” — I was more intrigued by the picture she painted of girls and women in the 1960s and '70s. Girls weren’t encouraged to be athletes, and they certainly weren’t encouraged to be distance runners. Even when women began making inroads, there wasn’t a lot of support. There wasn’t equipment for women. There wasn’t clothing made to fit women’s bodies. Kathrine worked to change that when Avon began to sponsor events. I hope girls today understand how far we’ve come, and how Title IX, which prohibits sex discrimination in schools, completely transformed opportunities for female athletes.

Our assistant director, Danette Davis, has been reading Kathrine’s exercise book, which emphasizes the importance of getting out the door and getting started on an exercise program. Kathrine also talks in that book about increasing opportunities for women athletes. How she and Avon worked together to make running an international sport for women is fascinating, Danette said. “It really made me remember and appreciate how much has changed in our lifetime with attitudes toward women, in sports, in the workplace, and more,” she said.

I hope you’ll take advantage of this chance to be motivated by a trailblazer. Save the date — Oct. 19 — and join us for an evening with Kathrine Switzer.