

Buy a book, help the West Frankfort Library and the community

By Cristy Cawthon
For Heartland Women

The West Frankfort Friends of the Library invites the public to their book sale on Jan. 30 from noon to 4 p.m. in the library's community room. Many libraries are facing financial hardships and are not able to afford new quality books or maintain library

equipment. The Friends of the Library's mission is to help make this possible by hosting a variety of fundraisers. Members agree that community is important, as are the services the library offers to the community.

There is so much more behind the doors of a library than a few books. There are

movies, audio books, magazines, newspapers, computers connected to the Internet, Wi-Fi and a genealogy section maintained by Bill Levanti.

Last year, The Friends' book sale helped match grant money from the Libri Foundation. This foundation was established in 1989 and is geared toward children's

material. Their concept is that "children who learn to enjoy reading at an early age will continue to read throughout their lives."

This grant helped the library purchase 81 children's books. Laura Ackerman and Hal Berenson have already donated \$350 toward this year's Libri Foundation

grant.

So, the public is invited to come to the sale, buy some great books and help the library. Help the library help the community, especially the children of the community.

For more information about the book sale or The Friends, call the library at 932-3313.

Briefs

From Page 10

Ministries and mail them to PO Box 1213 Carbondale, IL 62903.

The conference begins with a complimentary breakfast at 8:30 a.m. and concludes at 2 p.m. A luncheon is provided for all registered guests.

For more information, call Christine Laser at 549-7027; Kathy Williams at 937-3015; or Rebecca Brown

at 889-0072 or log on to gamwc.org

Stellaluna

Every spring, Stellaluna Circle hosts a women's spiritual retreat with workshops, meditation, drumming circles and ritual. This year, they've moved the retreat to a new location, Green Retreat.

This is the first year that the local retreat will include vendors. Electricity and water hook-ups will be

available on a limited, first-come, first-serve basis.

The retreat will be held from June 4 through June 6. The theme is Our Earth, Our Mother, celebrating the human relationship to the earth. Rituals will explore the journey of Persephone and Demeter as Persephone becomes Queen of the Underworld.

This year's workshops will include Working with Plant Spirits and Totems, Create Your Own Goddess -

Soap and Wood Carving, Gemstone Magic, Goddesses in Pop Culture and Sand Mandalas.

This year's retreat will expand to include not only workshops, but also meditation space, including guided meditations. We will also have an aura photographer, tarot, and Reiki. Green Retreat's Wellness Center also offers acupuncture, massage, and a plethora of other wellness services.

Festival participants can camp or rent a cabin, or they can come during the day and sleep at home in the evenings.

Camping is covered under the \$35 registration fee, but for those who would prefer to sleep in a comfy cabin at Green Retreat, there will be additional costs of cabin rental. Contact Green Retreat at 687-1717 for pricing information and to reserve cabins. All cabin rentals should be made through Green Retreat after sending your registration materials to Stellaluna.

The fee for the women's retreat is \$35, which includes the cost of camping.

To register as a musician or vendor, call Jay Bull at 684-6403 or send an e-mail to stellalunacircle@gmail.com. Vendors must pay the registration fee of \$35 or \$50 if they require electricity and water. This is a women's retreat, so all vendors must be female.

For more information, log on to <http://sites.google.com/site/stellalunacircle/home>

Learn to surf

Internet for beginning

students will teach how to safely use the Internet for shopping, researching and connecting with people. The class will learn to use social networking sites, such as MySpace, Facebook and Twitter, to meet people with shared interests, make new acquaintances, build business relationships and connect with old friends.

This course is a comprehensive practical guide to the use of the Internet offered through John A. Logan College Continuing Education. There are 10 sessions. Tuition is \$114, plus a \$10 fee. The class meets at Marion Carnegie Library (206 S. Market, Marion) beginning Jan. 27 from 9 a.m. to 11:15 a.m. Participants may bring laptops.

The instructor is Cheri Flinn.

For participants 60 years and older, JALC charges the fee amount, but waives the tuition cost for continuing education classes. JALC offers online registration at http://www.jalc.edu/cont_ed or by phone at 985-2828, ext. 8248. Participants may also register at the first or second class meeting and should bring the following information: Social Security number or student ID number, address (no P.O. boxes), date of birth and home and business telephone numbers.

Book fair

Southern Illinois Writers Guild Book Fair will be held at Illinois Centre mall in Marion on Feb. 6 from 10 a.m. to 4 p.m. For more

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See Briefs, Page 13