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Contact: Jeff Milo, FADL Marketing Coordinator

[jeffmilo@ferndalepubliclibrary.org](mailto:jeffmilo@ferndalepubliclibrary.org)

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*Ferndale Library Can Help You Cope with Being Cooped-Up*

Virtual Programs hosted by the Ferndale Library

January 7 - February 13

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### ***Ferndale Library's Winter Programming Can Lift Moods Up as Temps Go Down***

**FERNDALE, Mich. (DECEMBER 21, 2020)**-- At the end of a year when we could all use some optimistic nourishment and a boost of good vibes, the Ferndale Library will be rolling out a succession of uplifting virtual programming for patrons at home to help them cope with being cooped up.

This week, the Ferndale Library's podcast, *A Little Too Quiet*, premiered the first episode of a new miniseries on *Maintaining Motivation*, featuring the New York Times Best Selling author Josh Malerman (*Bird Box*, *Malorie*). Malerman talked about two novels that he completed during quarantine, including a serialized online novel that he posted on his website. Following Malerman will be Ferndale-based mystery author Donald Levin, Ferndale visual artist Alana Carlson, Detroit-based musicians Jibs Brown and Nadir Omowale, creative writing teacher and author Dorene O'Brien, history author Sarah Miller, and writer/immersive theater director Kathe Koja. Two new episodes drop each week throughout January; *A Little Too Quiet* can be found on all major podcast platforms.

The library's first virtual program will be on **January 7**, via Zoom, featuring author Dianna Stampfler from *Promote Michigan*. Our state turns into a giant, snow-filled playground when Mother Nature rolls out the winter carpet, from the miles of trails for snowmobiling and cross-country skiing to the dozens of slopes for downhill skiing and all the acres of wooded areas for snowshoeing! Stampfler will be a virtual guide for participants watching from home, highlighting all the outdoor winter activities within driving distance of any Michigander.

After that, on **January 14**, Life Coach and "Idea Goddess," Hailey Zureich will offer a free course on Building Confidence. Zureich realizes that the anxiety and depression of "FOMO" (Fear of Missing Out) are at an all-time high following a year of quarantine, and that can erode our happiness and self-confidence. Zureich will talk about mindfulness exercises and answer questions from virtual participants via Zoom.

Finally, throughout January, visual artist Dalia Reyes will be bringing her dazzling paintings into the feeds of library followers via social media. Reyes' colorful and cosmic "Portals" series is the library's next Virtual Art Exhibition. Reyes' work is meant to inspire meditation, focusing on being present/self-aware while boosting our imagination and staving off negative emotions. Reyes installed framed pieces (oil on canvas) inside the library's atrium and helped produce a video interview and virtual walkthrough of the exhibit. New images of Reyes' work will be posted to the library's social media pages each week, and art lovers everywhere can join the library, via Zoom, on **February 13**, for a Q&A session with Reyes. Along with discussing her transfixing images of "portals," patrons can also ask Reyes about her experience as Director of Contemporary Art at Galerie Camille in Detroit.

While the podcast episodes will be readily accessible to all, anyone interested in the virtual events will be required to sign up ahead of time. Visit the library's Facebook page to find event info and sign-up links. Register via email by indicating the specific event in the subject line: [info@ferndalepubliclibrary.org](mailto:info@ferndalepubliclibrary.org).

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