

May 2017  
Beloit Daily News

Communities are built on traditions. Traditions keep us grounded, they foster a sense of familiarity, and they strengthen our bonds with both family and community. Some of my family traditions include the crazy hug that my cousin Amy and I do every time we see each other, being the first one to swim out to the “rock” at our family’s summer home in Michigan, and having a get-together for Every. Single. Birthday. (Three birthdays in one month? Yep, three separate parties!) Our traditions come from generations of loved ones and are passed on to us through our parents. My parents have been married for 50 years (here is the shameless use of this column to wish Butch and Nancy Dix a wonderful 50<sup>th</sup> wedding anniversary), and many more generations to come will benefit from the traditional values they have instilled in us.

Yes, tradition builds communities, but so does change. Change brings growth, flexibility, excitement, and opportunity. Change pushes us beyond our comfort zones and helps us see things (traditions!) from a new perspective. Change opens the doors to possibilities and helps us achieve our full potential.

If you haven’t been to the library in a while, you might be surprised by the big change we have been working on for several months. Construction is just wrapping up on The Blender Café, a partnership between the Beloit Public Library, the Hospitality Services program at Beloit Memorial High School, and Kerry Ingredients, and it is expected to open by late June. The Blender Café will feature coffee, smoothies, grab-and-go items, soups, salads, sandwiches, Italian soda and fresh bakery items. There will even be vegetarian and vegan options! We hope this exciting change will strengthen the bonds of the community and the Blender Café will become a place for family and friends to start their own new traditions.

For more information, visit [www.beloitlibrary.org](http://www.beloitlibrary.org), or “Like” the Blender Café on Facebook at <https://www.facebook.com/blendercafebeloit/>.

Stop in for a coffee or a meal and enjoy these books coming soon to your Beloit Public Library:

*Creative Change: Why We Resist It... How We Can Embrace It* by Jennifer Mueller. Mueller’s research... reveals that it’s not just CEOs, but educators, scientists, and many, many others who often struggle to accept new and creative ideas even when desired. Mueller parses the tough questions that these findings raise. Could people love but also hate creative ideas? Could the mindset we use to evaluate ideas turn this love or hate on or off—in an instant? (Book Description)

*Naturally Nourished: Healthy, Delicious Meals Made with Every Day Ingredients* by Sarah Britton. Britton streamlines vegetarian cooking by bringing her signature bright photography and fantastic flavors to an accessible cookbook fit for any budget, any day of the week. With callouts to vegan and gluten-free options and ideas for substitutions, this beautiful cookbook shows readers how to cook smart, not hard. (Book Description)

*She Persisted: 13 American Women Who Changed the World* by Chelsea Clinton. Throughout American history, there have always been women who have spoken out for what’s right, even when they have to fight to be heard. In this book, Chelsea Clinton celebrates thirteen American women who helped shape our country through their tenacity, sometimes through speaking out, sometimes by staying seated, sometimes by captivating an audience. They all certainly persisted. (Book Description)