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## JCPL's July DocuWednesday is Free Solo!! Also, special herbalist program.

1 message

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**Benjamin Baruch Woody** <bwoody@fontanalib.org>  
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To: ronmau@jacksonnc.org

Thu, Jul 25, 2019 at 7:52 PM

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### August 1st program & DOCUWEDNESDAY

On Wednesday, July 31st at 4 PM we have a very special documentary for you. We are showing the 2019 Oscar winner for Best Documentary [Free Solo](#). This movie is about the greatest Rock Climber in the history of this planet, Alex Honnold (we also have another documentary [Meru](#) and a book written by Honnold) and his climb of the 3000 foot rock face of El Capitan WITHOUT USING ANY ROPES OR PROTECTION!! I have seen this movie twice and I cannot wait to watch it on our big movie theatre screen. This movie is not just an amazing visual treat and sweaty action flick, it is a meditation on all that humans can be. The overwhelming enormity of this task is somehow also brought into a human scale. I will not go on any further with straining to describe this movie; it just simply must be seen.

Also, special note:

Asheville herbalist Heather Perry is returning to the Jackson County Public Library. Her last class was filled in one day so the Library is bringing her back on Thursday, August 1 at 6 PM. Ms. Perry's class this time is Harvesting, Drying, and Extracting Herbs. In this class participants will learn:

- \*When and how to harvest your medicinal plant
- \*How to prep and process the plant for extracting
- \*Different types of extracting methods
- \*Different plants and their uses
- \*To create your own medicine for home use.

Originally from Southern California, Heather Perry relocated to the East Coast to explore the Mid-Atlantic and the South. She attended James Madison University in Harrisonburg, VA where she received a B.S. in Sociology and later earned her license in esthetics from the Virginia Institute of Esthetics in Virginia Beach. Heather is also licensed in massage and bodywork therapy from the Center for Massage and Natural Health and became a community herbalist from The Blue Ridge School of Herbal Medicine here in beautiful Western North Carolina.

Heather specializes in stress-management & holistic healing through the release of muscular tension, Reiki energy work, plant medicine and customized at-home regiments to restore balance to the skin and create a stronger mind-body connection. She believes personal growth and healing is a journey and her purpose is to help people feel supported on this journey, smoothing over some of the rough patches along the way.

This class is free of charge, but there is a limited registration. For more information or to register, please call the Jackson County Public Library in Sylva at 586-2016. This event is co-sponsored by the Friends of the Jackson County Public Library.

Have a great evening!!

Benjamin Woody  
Adult Services Supervisor at the Jackson County Public Library

# Harvesting, Drying, and Extracting Herbs

with Heather Perry

JACKSON COUNTY PUBLIC LIBRARY



**Thursday  
August 1st  
6 PM**

IN THE COMMUNITY ROOM

**All supplies will be provided. This free workshop is limited to 20 participants. Please call the Library to register or for more information (828)586-2016.**

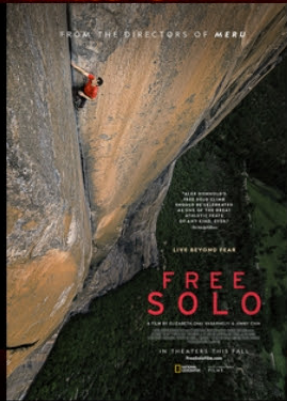


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Documentary we will be Showing on Wednesday July 31st @ 4 PM



**DocuWednesday**

at the **JACKSON COUNTY PUBLIC LIBRARY**

**WEDNESDAY  
JULY 31ST**

**PG-13 4 PM 100 min.**

**FREE SOLO**

National Geographic Documentary Film's FREE SOLO, a stunning, intimate and unflinching portrait of the free soloist climber Alex Honnold, as he prepares to achieve his lifelong dream: climbing the face of the world's most famous rock ... the 3,000ft El Capitan in Yosemite National Park ... without a rope.

This event is FREE and open to the public. For more information please call the Library (828)586-2016.

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Fontana Regional Library  
Jackson County Public Library

IN THE COMMUNITY ROOM



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**Our mailing address is:**

**Jackson County Public Library**

**310 KEENER ST**

**SYLVA NC 28779**

**828-586-2016**

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