One Step at a Time: How Libraries Can (and do!) Promote Healthy, Thriving, and Livable Communities

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Sign up for monthly newsletter at LetsMoveLibraries.org/Newsletter
Roadmap

1. Introducing **Placemaking**
2. Making new and better **places**, one library at a time
3. What could you do in your community?

*Teens paint sidewalk obstacle course*

All participants will wear masks and keep 6 ft of social distance

*Mon, July 13th
10 am - 3 pm
Drop in on Library Lane*

Image Courtesy Peter Wright, News Herald, Chalk the Walk a real community hit, 1 July 2020
**Placemaking**

placemaking inspires people to collectively reimagine and reinvent public spaces

*Image Courtesy Madison Public Library, Wild Rumpus: Flying, September 2018*

Another really common play pattern, especially in Anji Play is leaping, flying off of tall things, often onto a softened surface. Here are some examples of jumping from this summer.
Placemaking & Public Health

Connecting Activity-Friendly Routes to Everyday Destinations

An activity-friendly route is one that is direct and convenient connection with everyday destinations, offering protection from cars, or making it easy to cross the street. Everyday destinations such as places people can get to from where they live by walking, bicycling or public transit. These destinations can include grocery stores, schools, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. Below are six examples of connecting activity-friendly routes to everyday destinations.


For more information about the Community Preventive Services Task Force recommendations, visit www.thecommunityguide.org/findings/physical-activity-built-environment-approaches and www.cdc.gov/physicalactivity/strategies/
Complete Streets Awareness Event at Hoboken Public Library

Hoboken, NJ – Wednesday, November 2nd, 2011

“I think holding an awareness event like this at a public library is a great way to reach the people most affected by new transportation policies.”
Debbie Kingsland, NJDOT

Debbie Kingsland from the New Jersey Department of Transportation’s Office of Bicycle and Pedestrian Programs and Hoboken Transportation and Parking Director Ian Sacs will lead a Complete Streets Awareness Event at the Hoboken Public Library on Thursday, November 3, 2011 from 6 to 8pm.

Image Courtesy City of Hoboken Newsletter, November 2011
“Wilton has a town culture that is looking for ways to improve the town, making it family-friendly, walkable, and connected and attractive to new business.” – Pat Fickett Library Director

“Take a Walk Along the Story Trail

The boards of the Story Trail follow the arc of the semi-circular path that leads up to the grand front entrance of the library. According to Fickett, “The story trail was created to bring parents and caregivers onto the library grounds by creating an opportunity to read a story together as they walk up the sidewalk.” The first book to be displayed is Dinosaurs, Dinosaurs by Byron Barton; books will be changed periodically.

“Thinking Outside the Library

The Wilton Library is the only Smart Spaces project participant to focus on their outdoor physical space for active learning and community engagement. They already had a lot of success with STEM/STEAM programming inside the library.

The town of Wilton was planning to create a new Riverwalk Park across the street from the library as part of a wider effort to make the community more livable and convivial. A library outdoor space could be a continuation of that.

“If we are visible outside of these walls and people are having positive interactions, it is more likely that they will make it a point to come to visit the [inside] space as well.”

Stephanie Loiselle

Images Courtesy WebJunction and the Wilton Public & Gregg Free Library
Citizen Science: Let’s Re-imagine our spaces!

AARP Walk Audit Tool Kit
A step-by-step self-service guide for assessing a community’s walkability
aarp.org/walk-audit

Images Courtesy AARP and the St. Louis County Library

WALKABILITY of Your Neighborhood

Wednesday, April 26
10:00 a.m.

Participate in a 1 mile guided walk to assess the safety for pedestrians in your community.

Presented in partnership with St. Louis County Older Resident Programs (CORP) and Oasis.

Adults. Registration required.

Rock Road Branch
10267 St. Charles Rock Road | St. Ann, MO 63074 | 314-994-3300

Program sites are accessible. Upon two weeks’ notice, accommodations will be made for persons with disabilities. Call 314-994-3300 or visit mo-walk.org.

Let'sMoveInLibraries.org
Iowa City Public Library hosted a mural walk to showcase some of the area’s newest artwork.

Downtown Iowa City Director Thomas Agran led a crowd of over 50 people around downtown Iowa City on a mural walk, showing that art can be beautiful, public, and easily attainable.

Images Courtesy American Libraries and Iowa City Public Library

Why libraries?

We *care* about walking and healthy communities!

“If I don’t walk, it’s really not a great day” – Seattle Public Library’s Nancy Pearl

"Last year, Pearl started combining her two greatest pleasures — reading and walking."

Image Courtesy HeraldNet (Everett, Washington)
Come help the Friends of the Library beautify the grounds

By Shelby Harrell sharrell@themountaineer.com  Sep 16, 2020  0

Re-imaging our libraries as places made by and for our communities!!
Get a little help from your friends!

A photo from the ribbon cutting for the new #StoryWalk at Sunnycrest Park!

The local Girl Scout troop worked very hard to put together this StoryWalk after hearing Sam Washington of @FoundationKia read "A Story about a Dog Named Kia" at Paine Branch.

Union Catholic’s Isabela Allen celebrates the opening of her "Story Stroll" at Jerseycland Park in Scotch Plains.

Images Courtesy Onondaga County Public Library & Jim Lambert, Scotch Plains, NJ

10:45 AM · Sep 18, 2020 · TweetDeck
Start Small and GROW!

BUT, FREE STORYWALK!!

Given the challenges of supporting literacy in this year of social distancing, Curious City StoryWalks has teamed up with the publisher Child’s Play and the StoryWalk sign holder provider Barking Dog Exhibits to create StoryWalk sign files available free for you to print and display. Register below to get the download link!

Featured Picture Book: *Cat’s Colors* by Airlie Anderson (Child's Play)

Size: 24” W x 18” L

Number of Signs: 15

File Type: 15 individual high resolution PDF’s

Companion Family Literacy Tool: The final sign invites readers to download a Picture Book Play Activity for home literacy. You can see that activity here!

No Customization: While Curious City normally works with communities to customize our other StoryWalks and build new ones, this free StoryWalk cannot be customized.

Copyright/Permission: The publisher Child’s Play has waived the need for individual permission. You are NOT violating copyright by using this signage.

Display Permission: Can be displayed for five years.
Do it downtown (in any season)!

StoryWalk kicks off at downtown Lewes businesses

PUZZLES is the first stop on the Lewes StoryWalk. Shown are organizers (l-r) Andrea Spuck, owner, PUZZLES; Betsy Reamer, Lewes Chamber of Commerce; Jon Noonan, Lewes Public Library children’s librarian; and Tim Southerden, owner, PUZZLES, h arging the first StoryWalk poster at PUZZLES on Front Street. Maps and scavenger hunts can be picked up in the brochure box outside the store.

December 1, 2018

Images Courtesy Downtown Middleton and the Cape Gazette
What could you do?

Re-frame the issue:

Who could you work with to transform your community?
STORYWALK(R) AND SCAVENGER HUNT

RINGTOWN AREA LIBRARY, PENNSYLVANIA

How has this library supported healthy living?
During the COVID-19 stay-at-home order in Pennsylvania, the Ringtown Area Library started monthly scavenger hunts around the community, relating to a children’s story when possible (green sheep for Mem Fox’s Where is the Green Sheep? and strawberries for Don Wood’s The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear.) The library began offering StoryWalk(R) programming during summer 2020, and in September 2020 unveiled the 4th StoryWalk(R) of the year at a local farm’s pumpkin patch, choosing Pumpkin Trouble by Jan Thomas.

What impacts have you seen this work have?
The scavenger hunts and StoryWalk(R) both provided no-contact, fun activities that got families moving and kept them engaged with the library while it was temporarily closed and/or after reopening but with limited services and capacity. In addition to encouraging families to get out for a walk, these outreach efforts brought awareness of our library to many people who rarely or never utilize traditional library services. The library also believes that these activities led to an increase in monetary donations to the library this year.

Lessons learned: Don’t be afraid to think outside of the library! Lots can be done using outdoor spaces to engage communities in healthy living programming.

Combine stories and literacy with outdoor programming. Weave stories into public space and you promote the library, promote reading, and also promote fun, active engagement in the outdoors!
Libraries: The New Engine of Community Engagement and Walkable Neighborhood Advocacy, Noah Lenstra, America Walks blog

Take a StoryWalk Through Downtown with the Library, Noah Lenstra, WebJunction.org

Think Outside the Library with a Sidewalk Obstacle Course, Noah Lenstra, WebJunction.org
ADVANCING SAFE, EQUITABLE, ACCESSIBLE, AND ENJOYABLE PLACES TO WALK AND MOVE BY GIVING PEOPLE AND COMMUNITIES THE RESOURCES TO EFFECTIVELY ADVOCATE FOR CHANGE
America Walks Today

- Focuses on building local and state network of community change advocates
- Cultivates stronger, more diverse partnerships
- Asserts itself as a convener and leader in the national walking movement
Our Reach

Network of 58K+ advocates

18K+ online training registrants in the last year

117+ Walking College Fellows graduated in last several years

120+ Community Change Grants awarded in last several years

Hundreds of local, state and national allied organizations
Our Programs

- The Walking College
- Community Change Grants
- Online Trainings and Webinars
- National and Localized Walking Summits
- Technical Assistance Work
The Walking College is a remote-learning program that imparts fellows with the knowledge and skills they need to become leaders in creating stronger, more equitable, sustainable, and liveable communities.

Over 6 months, fellows complete a series of modules. By the end of the program, they begin a blueprint for a series of short and longer term strategies to tackle an identified problem in their communities.
The program launched in 2014 and we've graduated about 130 Fellows so far.

[link to America Walks Walking College: Become an Advocate for Walkable Communities]

[link to americawalks.org/walkingcollege/]
America Walks Webinars

Our interactive online training hub where thousands of walking and moving advocates come together to learn. We bring expert speakers, resources and case studies right to people for free.

"One of the best panels I've ever witnessed - raw, honest, informational and with solutions discussed."

- Walking Towards Justice webinar attendee
The America Walks Network is an actively growing collective of hundreds of diverse organizations dedicated to making walking and walkable communities a valuable part of every community.

Our National Walking Summits are biennial national and localized convenings that provide an unparalleled educational opportunity to professionals, leaders, advocates and grassroots change-makers.
Walk Audit Support

- Developed a Walk Audit How-To Video with NVRC
- Our TA work often facilitates community-led audits
- Developed a Top 10 Tips Resource Packet
- Developed Walk Audit postcards
Community Change Grants

Now in its fifth year, this program has supported a wide range of walkable communities projects, funding 120 projects and counting.
Follow Us On Social Media

@americawalks
My neighborhood library experiments with outdoor connections

Jeffrey T. Davis
Manager, Linda Vista Branch Library
San Diego Public Library
jtd@libraryfresh.com
Start here

Photo courtesy Jeffrey T. Davis
Pavement park

Photo courtesy Jeffrey T. Davis
Pavement park

Photo courtesy Jeffrey T. Davis
¡Sigue!
Pavement park

Chula Vista, CA
Next Door Nature

Linda Vista Historical Walking Tour - https://www.theclio.com/tour/281
Walking Tour

Start your walk at the Linda Vista Branch Library. This is the third location for the neighborhood library, which opened June 30, 1942 in a 400 sq. ft. branch cottage across from Baywood Community Center (#6 on this tour). A year later, a bookmobile was relocated to expand the collection and become the children’s library. Though crowded and among the City’s smallest, the Linda Vista Branch in 1947 had the third highest circulation within San Diego’s 13 branch libraries.

A large library was built in 1956 to meet the neighborhood’s need. The building is now occupied by the Educational Enrichment Systems Child Development Center (#4).

The current library is an award-winning building by architect Rob O’Grady, dedicated on December 12, 1987. It features two courtyards which extend visually into the interior space and a raised rotunda with clerestory windows. Playful elements and lightweight wood construction balance the traditional Mediterranean styles, formal spaces, and clear programmatic plan.

1. Linda Vista Presbyterian Church, Begun in 1942 and dedicated July 30, 1944, the church features 21 stained glass windows. The centerpiece window over the entrance was donated by Catholic nuns and provides a focal point when looking south down Ulloa Street toward the church. A fire in 1980 damaged the annex building which has since been restored. The annex houses the Vista Child Care Center and has also served as Mesa College Extension classrooms.

2. Holy Family Church. This Catholic congregation first met in a local home, then in the Housing Administration Building (#5) until its church was built at the corner of this large site in 1943. The modern rectory added to the site was designed by Architect Joseph P. Dameron and completed in 1974.

3. Kit Carson Elementary School. When residents began moving into Linda Vista in 1941 there were no school buildings and funding had not been provided for construction. With

Historic Linda Vista
Walking Tour

1. LV Presbyterian Church
2. Holy Family Church
3. Kit Carson Elementary
4. LV United Methodist Church
5. Canyon Ridge Baptist Church
6. Boise Community Center
7. Montgomery Middle School
8. Linda Vista Elementary
9. EES & Bible College
10. Linda Vista Shopping Plaza
11. Tenant Activity Building (Skateworld)

Throughout - Aircraft Worker Housing

Linda Vista Branch Library
2160 Ulloa St., San Diego, CA 92111
858-575-1395
INFO@LVB

Linda Vista Historical Walking Tour
https://www.theclio.com/tour/281

Montgomery Middle School. Originally Stephen Watts Kearny-Junior High School. Like Kit Carson and Linda Vista Elementary School, its first classes were held in project homes. For Kearny, 37 homes on Ingersoll Street were used beginning September 15, 1941. The school building was completed and opened for classes in 1942. Senior High classes were moved to the present Kearny High which opened on September 14, 1953, a mile north of Linda Vista Road.

Linda Vista Elementary. A second elementary school was immediately needed and construction began on Linda Vista Elementary, both Kit Carson and Linda Vista Elementary opened in Fall, 1943. Need for schools continued to grow with successive phases of the development and Chelastor Elementary opened a year later.

Educational Enrichment Systems (EES). The building was the second location for the Linda Vista Library. Groundbreaking was held on July 17, 1960, with the library opening on April 8, 1961. Currently, the preschool serves 40 children ages 18 months to 3 years old. The facility was designed by J. R. George of the City Engineer’s office and made available for a partial second-story if needed. Adjacent building is Bible College.

Linda Vista Shopping Plaza. The original Public Buildings Administration plans included a central shopping plaza, but it was over two years after residents began living here that Linda Vista received a commercial core. The center was designed by Pasadena architects, Kan F. Gobleton and Whitney F. Smith and was very different from the plaza today.

The first building to make up the original plaza was a desperately needed Safeway supermarket, which opened on February 2, 1949, before its opening, residents made do with the 14 mile round-trip bus to San Diego to make purchases. In the fall of 1943, the remainder of the shopping plaza opened. It was dedicated by then First Lady Eleanor Roosevelt, a point of local pride.

The 1941 plans and the 1943 design that followed employed “garden city” principles, with landscaping along the periphery and a
Walking Tour

Photo courtesy Jeffrey T. Davis
Linda Vista Historical Walking Tour

Created by Linda Vista Branch Library on July 21st 2017, 4:48:55 am. This tour has been viewed 254 times.

Description
San Diego’s diverse Linda Vista neighborhood has a unique history, having been built as a federal wartime project. In the first phase in 1941, 3,000 homes were built in 259 days. Much of the original construction remains. This tour visits the major civic sites in the core area and passes through parts of the 1941 residential development. The tour and site entries were developed by the Linda Vista Branch Library, part of San Diego Public Library, and the Linda Vista Town Council.

Entries on This Tour

- Linda Vista history and housing
  Entering the 1940s, San Diego was a city of 200,000 with little industrial base. World War II transformed...

- Linda Vista Branch Library
  The current library facility is an award winning building by architect Rob Quigley, dedicated on December...

- Linda Vista Presbyterian Church
  Begun in 1942 and dedicated July 30th, 1944, the church features 21 stained glass windows. The center...

- Holy Family Church
  This Catholic congregation first met in a local home, then in the Housing Administration Building until it...

- Kit Carson Elementary School
  When residents began moving into the Linda Vista development in 1941 there were no school buildings ...

- Linda Vista United Methodist Church
  The church buildings are notable for having been relocated. The social hall (at left from street) is from t...

- Canyon Ridge Baptist Church
  Originally Calvary Southern Baptist, this impressive mid-century modern building was designed by prolifi...

- Bayside Community Center
  Bayside's building was originally a church, built in 1957 and expanded by Bayside in 2004. Founded in 1...

- Skateworld (Tenant Activity Building)
  The 1940 Latham Act that funded the building of Linda Vista housing did not provide for community, sc...

- Linda Vista Shopping Plaza
  The original Public Buildings Administration plans included a central shopping plaza but it was over two...
Did you know that learning is happening all the time?

For ways to learn together, just look for the Born Learning Trail signs. By playing and exploring you help young children get ready for success in school and in life.

Together, you can turn everyday moments into learning moments.

Happy trails!

Photo courtesy United Way Born Learning

https://www.bornlearning.org/trails
Safe Routes to School & Nature

https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs
http://www.circulatesd.org/program_spotlight
Intersection Mural

Photo used with permission by Ilisa Goldman/Rooted in Place
Nature Backpacks

Photo courtesy Jeffrey T. Davis

https://www.sandiego.gov/public-library/check-out-nature
Next Door Nature in Linda Vista

Time in nature improves learning and well-being.

Library & Linda Placita
Public events, programs, and free assistance.

Falls
1. Linda Vista Park & River
2. Money Green
3. Bayside Community Center
4. Mission Valley Preserve
5. Mission Heights Park

Learn more at Linda Vista Branch Library

Tecolote Nature Center
Visit

Free Monthly Events
* Walks on 4th Sundays at 10 a.m. - 11 a.m.
* Guided Nature Walks
* Family Day Events
* Free Admission to Nature Center during the San Diego River Festival, March 25

Relax - Discover - Explore - Protect Tecolote Canyon Natural Park

Preserving our natural spaces is vital to our health and well-being, and will protect our unique ecosystem for future generations.

Facts: Tecolote Canyon is home to over 200 species of birds. The native plant species folders on the ground are a breeze, making it a great place to explore and learn.

The San Diego River is down the road in Mill Pond Valley. Grab your pack and head to the San Diego River at Pinnacled or the Southern Wildlife Preserve at Pinnacled.

Visit Southern Wildlife Preserve for a native plant garden and Driving South Shore Park. The Mission Valley Preserve has a native plant garden and interpretive center. Use your binoculars at the Southern Wildlife Preserve for great views of migrating birds and local herons, egrets, and mallards.

Linda Vista Historical Walking Tour
https://www.theclio.com/tour/281
Welcome to Linda Vista

Linda Vista 101

Entering the 1940s, San Diego was a city of 200,000 on the central mesa and waterfront. WW II and the wartime aerospace industry brought the rapid need for tens of thousands of industrial workers, but San Diegans rejected federal money to build housing for the new arrivals. In 1942, as the housing crunch grew more severe and threatened to interfere with the war effort, the federal government intervened and built Linda Vista on an uninhabited mesa north of the city. In the first phase of the project, 3000 homes were built in 259 days. Much of the original construction remains.

Linda Vista was San Diego’s first major housing development for industrial workers. The racial covenants that governed property in San Diego were not used in the federal project. Linda Vista represented a younger, more racially diverse and integrated San Diego then characterized the city at the time. That legacy continues. In the 1970s, Linda Vista was one of the country’s first resettlement destinations for Southeast Asian refugees. It remains a diverse and dynamic neighborhood, primarily working class and substantially immigrant.

The Education Corridors: Linda Vista’s Economic Engine

Linda Vista is unique today for its concentration of schools and supporting institutions. Anchored by the University of San Diego at one end and Mesa College at the other, the compact area is also home to six secondary schools, seven primary schools, ten preschools, the San Diego County Office of Education, SDSU’s Revere Center, plus a library, Boys & Girls Club, Bayside Community Center, and more. This is one of the only Pre-K to post-graduate STEAM pathways in the country.

Our Tour

Our tour will alternate between surveying Linda Vista’s land use and development opportunities and highlighting the area’s assets, economy, and potential. There are opportunities for workforce housing (a lot of teachers!), for families wanting to connect to diverse educational opportunities, for commercial development that recruits education sector tenants, and for businesses that benefit from the education corridor’s training and talent. In addition to internal assets, Linda Vista is adjacent to a substantial amount of employment in Kearny Mesa, Eastlake, and western Mission Valley. There are transit options, excellent vistas, ocean breezes, and connections to San Diego’s large Tascalote Canyon.

Housing affordability and community are pressing concerns here. The greatest number of development opportunities are for by-right projects of 10-20 homes replacing duplexes and 4-unit buildings. The community is most supportive of projects that replace existing homes at 1:1 or greater with very low income Affordable Housing and offer right of first refusal to tenants.
Patio

Photo courtesy Jeffrey T. Davis
Outdoor Early Learning Lab
design by Deneen Powell Atelier
A Long History of Health-Related Programs and Services

- Annual Health Fair
- Senior Games with Parks and Rec
- Go Red Heart Health initiative with the American Heart Association
- Regular health screenings by High Point University, High Point Regional Hospital, Novant Health and others.
- Collaboration with City of High Point Wellness Coordinator

Image courtesy City of High Point
A Long History of Health-Related Programs and Services

- Teaching Garden
- Recipe for Success cooking and nutrition for children (Culinary Kids)
- Weekly exercise classes for City employees and public
- Yoga for children and adults

Image courtesy City of High Point
Things were going great…
Persistent food insecurity and numerous food deserts

The widespread problem was here in our community.
Library Plaza Project

- Concept created to support initial efforts toward downtown revitalization

Part of library parking lot closes because of construction

ENTERPRISE STAFF REPORT

HIGH POINT — A large portion of the parking lot at the High Point Public Library will be unavailable due to construction beginning Friday.

Approximately two-thirds of the parking area will be fenced in while infrastructure is installed and farmers market stalls are constructed in the next phase of the library plaza renovation project.

The driveway running in front of the building that is accessed from N. Main Street and N. Elm Street will remain open during this phase of construction.

Parking remains available across N. Elm Street at the former Bank of North Carolina building, as well as in a small lot across from the library on Sunset Avenue. There are also several street parking spaces adjacent to the Library on N. Elm Street and Sunset Avenue.

The work on the north end of the parking lot near Krispy Kreme is approaching completion and will be temporarily paved and striped in the next few weeks. This will allow customers to park there while the rest of the project is underway.

The Farmers Market will continue to take place during the construction. This Saturday it will be moved to the back fence.
Local Foods, Local Places

Goals for Local Foods, Local Places

• Strengthen and Grow the High Point Farmers Market

• Increase library-sponsored health and wellness programming

• Address community food insecurity

• Build community, partnerships, and place through local food programming

• Promote and grow local farmers and local food in High Point

Images courtesy City of High Point
High Point Farmers Market

Farmers Market serves the community by:

• Supporting healthy lifestyles
• Providing nutrition education
• Enhancing a sense of community
• Promoting overall physical wellbeing

Images courtesy City of High Point
Urban Hiking

“Urban Hikes”
Destination hikes starting from High Point Public Library

High Point Public Library

Destinations
- Library to Senior Center 0.31 mile (light blue)
- Library to Cemetery and loop 1.12 miles (red); loop is 0.73 mile
- Library to Armstrong Park 0.50 mile (green)
- Library to Triangle Park 0.44 mile (light green)
- Library to Museum 2.20 miles (yellow)
- Library to High Point University 1.33 miles (purple)
- Library to City Hall 1.10 miles (blue)

Rocks
- Roads (orange)
- Parks (green)

Images courtesy City of High Point
Past, Present and Future, All Within Walking Distance

Images courtesy City of High Point
Get me out of the house!
What’s Next?

• Guided walks with local historians
• More challenges
• Expanded collaboration with the City’s wellness coordinator
• Targeted outreach to specific groups, e.g., dog people, parents of toddlers, newcomers
• Partner with Friends of the Library to purchase small incentives
• Additional routes
Things to consider

• Make sure your programs and projects are appropriate for YOUR community.
• Cultivate strong partners who share your goals.
• Start small if you are new to health and wellness programming.
• Align programs and services to your library’s mission and the mission of your governing body.
• Be patient, but willing to change course if needed.
• Stay committed.
Thank you

**Visit us:**
HighPointPublicLibrary.com

**Follow us:**
@HighPointPublicLibrary
@HighPointPL

Images courtesy City of High Point
Q&A

Jeffrey T. Davis  
Branch Manager, San Diego Public Library and Author, The Collection All Around: Sharing Our Cities, Towns, and Natural Places

Mike McGinn  
Executive Director, America Walks

Mary Sizemore  
Director, High Point Public Library (NC)

Noah Lenstra  
Director, Let’s Move in Libraries