

**BELL  
MEMORIAL  
PUBLIC  
LIBRARY**

**Library Hours:**

**Monday—Thursday:**

**9:00 am—7:00 pm**

**Friday & Saturday:**

**9:00 am—5:00 pm**

**Sunday:**

**1:00 pm-5:00 pm**

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**Stephen Boggs**

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# The Bell Bulletin

May 2020

## Fun Facts About May!

It is the third and last month of the season of spring.

The birthstone of May, the emerald, symbolizes success and love.

May in the Northern Hemisphere is similar to November in the Southern Hemisphere.

May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".

In Old English May is called the "month of three milkings" referring to a time when the cows could be milked three times a day.

The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.

## Holidays

**May Day**

**Cinco de Mayo**

**National Teacher Day**

**Mothers Day**

**Victoria Day**

**Memorial Day**

**National Physical Fitness and Sports Month**

**Asian American Heritage Month**

**Jewish American Heritage Month**

**Skin Cancer Awareness Month**

**National Bike Month**



## Recipe: Instant Pot Thai Chicken Rice Bowl

**Prep Time: 0 mins Cook Time: 10 mins Total Time: 45 mins**

### Ingredients

2 Tablespoons olive oil  
4 chicken breasts (about 2 lbs)  
1 cup uncooked long-grain white rice  
2 cups broth  
1 Tablespoon peanut butter optional  
1/2 cup sweet chili Thai sauce  
3 Tablespoons soy sauce - to taste  
1/2 Tablespoon fish sauce  
1/2 Tablespoon ginger minced  
1/2 Tablespoon garlic minced  
1 teaspoon lime juice  
1 teaspoon Sriracha or hot sauce  
Cilantro optional garnish  
Shredded zucchini optional garnish  
Shredded carrots optional garnish  
Bean sprouts optional garnish  
Peanuts optional garnish



### Instructions

Select the saute setting on your instant pot and add the olive oil.  
Sear the chicken breasts for 2-3 minutes on either side to seal in their juices. Remove to a glass baking dish (and turn off the instant pot).  
Mix the sweet chili Thai sauce, soy sauce, fish sauce, ginger, garlic, lime juice, sriracha (and peanut butter if you want to include it) together.  
Pour the sauce over the chicken breasts and stir to combine.  
Place the rice in your Instant Pot and add the chicken and sauce over top.  
Add the broth and secure the lid.  
Select the manual pressure setting (high) and set the timer to 10 minutes. Natural release.  
Shred the chicken with two forks and then mix with the rice before serving.  
Garnish with cilantro, shredded veggies and peanuts. Serve with extra soy sauce to taste.

## ~Virtual Creative Corner~

We are doing Creative Corner virtually until we are able to meet in person. Each month, we will post a video tutorial for a craft project that will list materials needed and step-by-step instructions on how to complete it. This will be posted to both our website [www.bell.lib.in.us](http://www.bell.lib.in.us) and our Facebook page [www.facebook.com](http://www.facebook.com), search for Bell Memorial Public Library. If you decide to participate and create the craft project at home, please share a picture of your completed craft with us on our Facebook page. We'd love to see what you are doing! This month, the tutorial will be for a Tea Cup Bird Feeder. Happy Crafting!



## ~Kids/Teens & Young Adults~

**Kids:** Parents, we have a plastic tote located at our main entrance that contains packets full of activities that the kids can do while at home. The packets change each week, so be sure to check back often. We are also posting kids crafts each week to our Facebook page [www.facebook.com](http://www.facebook.com); search for Bell Memorial Public Library.

## Teens & Young Adults:

Keep an eye out on the Teen Facebook page [www.facebook.com](http://www.facebook.com); search for bmpl teens for updates and craft projects!

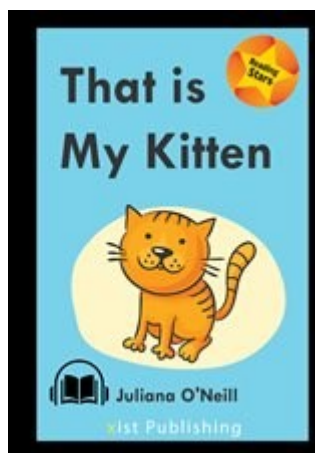
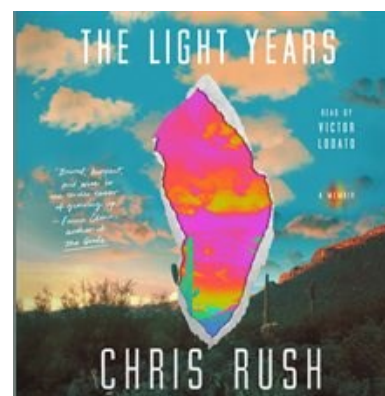




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Come see any staff member at Bell Memorial Public Library for information on how to get started.



## **Kids in the Kitchen!**

### **Dessert Apple Nachos**

***Kids love to help, so get them off the couch and Into the kitchen! They'll love seeing what the helped make!***



#### ***Ingredients:***

Sliced Apples, Red or Green {I like to buy these in pre-sliced packages but you can do them by hand as well!}

Caramel Ice Cream Topping Sauce {this is my "nacho cheese"}

Salted Peanuts {for some saltiness}

Fresh Blueberries {olives}

Colorful Sprinkles {for extra fun}

Whipped Cream {I thought it was a clever "sour cream" topping}

#### ***Directions:***

The directions are pretty simple and straightforward. Just lay a handful of your apple slices on a large plate.

Drizzle them with caramel sauce {or chocolate sauce or both!}

Then add your blueberries, peanuts, sprinkles or whatever topping you like etc. on top.

Finally top off everything with some whipped cream "sour cream" in the middle.

Enjoy immediately!



Sun

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Thu

Fri

Sat

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10 HAPPY Mother's DAY	11	12	13	14	15	16
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