



Weekly Library News, 2017

May 11, 2017

Celebrate Preservation Month

May is Preservation Month. This May, the Department of Conservation and Recreation showcases the cultural sites in the Commonwealth's parks. All month, visitors can take a hike, see new places, and go behind the scenes to learn more about how the Department of Conservation and Recreation protects Massachusetts heritage by preserving historic buildings, sites and landscapes in our parks. Many programs feature recent preservation projects like the Dorothy Quincy Homestead.

In the Central Region, the Blackstone River and Canal Heritage State Park in Uxbridge celebrates Preservation Month on May 28, from 1pm – 2:30pm with a walk along restored sections of the Blackstone Canal and Towpath. The two mile walk from farm to factory explores the transformation of the agricultural landscape to the industrial era to the present day. All ages are welcome for this easy, flat two mile walk. Meet at the Visitor Center, 287 Oak Street, Uxbridge, call 508-278-7604 for questions. Other Central Region events happening, too. See below:

Dozens more events statewide online: www.mass.gov/dcr/presmo2017

Center Book Group

The Center Book Group will meet on Tuesday, May 16th at 10am at the Milford Senior Center to discuss ***The Nightingale*** by Kristin Hannah. In this exquisite novel, bestselling author Kristin Hannah has created what may be her most compelling novel to date.

The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love and freedom in German-occupied, war-torn France during WWII.

The story of Vianne who lives a quiet life in the French countryside and Isabelle, a Parisian, show the ways war forces choices you might otherwise never be made to make. Resilience and strength aren't just words but palpable qualities in ***The Nightingale***.

Newcomers are always welcome to come to these informal, but informative discussions. For more information about the Center Book Group or to reserve a copy of ***The Nightingale***, call the Information Desk at 508-473-2145, ext. 2.

Power Through Exams

Cindi Scrimgious, Registered Yoga Instructor, will present **Power Through Exams**, a program to help you "Keep your cool in the heat of exams," for teens in the YA Room on Wednesday, May 17 at 7pm. Come and prepare yourself to endure battle with high pressure exams. It will be fun, too!

May 12, 2017

Susan Kapatoes – a Spiritual Journey

The Friends of the Milford Town Library welcome local author Susan Kapatoes on Wednesday, May 24th at 7pm for a reading of her book ***A Spiritual Journey***. Susan will talk about embracing the infinite power of love, the beauty of everyday friendships, and the magnificence of this journey that we call life.

The book discusses unexplainable events and unforgettable memories. But most of all, it is about moments – those important flashes of time that give purposeful meaning to our lives. Kapatoes has shared some of these moments because she wants you to know: That we are all powerful being with the ability to use our inner wisdom for the benefit of humankind,

A Spiritual Journey empowers each of us to take positive by using the tools we have inside: Sincerity, Joy, Awareness and Knowledge. For additional information, please visit <https://spiritualjourney.life/>

This program is sponsored by the Friends of the Milford Town Library and is free and open to the public.

New Resource: A to Z World Travel

We never seem to have enough travel guides for the cities and countries our patrons plan on visiting. A new digital resource, A to Z World Travel that the library has just begun subscribing to helps give 24/7 remote access to a world of up to date information helpful to travelers.

With your valid Milford Town Library card #, you can access this resource and learn not only about the history and culture of a city, but also find out about health and safety, time zones, electricity, telephone service, airport quirks, driving and more, even recipes common to the area.

To explore A to Z Travel, visit our website: milfordtownlibrary.org and select the Travel Tab on the bottom left of the page (under Learn a Language) or select the Research Tab at top menu and click on Electronic and Digital Resources. You will be prompted for your card #. The resource is responsive and adjusts to whatever device you happen to be using: computer, laptop, tablet, android or smartphone.

Sign Up Now for *A Pleasant Pairing: Tea, Cheese and Chocolate Tasting*

Join Kim Larking as we explore the interesting histories of Tea and Chocolate on Thursday, June 15, at 7pm. Hear all about the health benefits of both and learn a bit about the reverent tea ceremony. Lovely antique teapots and lace will be on display as well as our tasty tea, unique cheese and chocolate samplings, which round out this fun and educational program.

Ms. Larkin is the owner and chocolatier of Klassic Kreations Gourmet, a commercially licensed chocolate company located in Connecticut.

Entrance to this exciting event is by advanced sign-up only, and the audience will be limited to 45. A \$5 donation is also required payable at the door. Sign up begins immediately. Please send an email to: friendsmilfordmilfordtownlibrary@yahoo.com, or call the Milford Town Library's Reference Desk at 508-473-2145 X 2 with your contact information.

Contemporary Book Group

The Contemporary Book group will meet on Wednesday, May 24, at 7pm in the Children's Program Room to discuss ***The Underground Railroad*** by Colson Whitehead, a recent winner of the Pulitzer Prize for Literature.

The Judges' citation to the 2016 National Book Award state that ***The Underground Railroad*** confirms "Colson Whitehead's reputation as one of our most daring and inventive writers." In this suspenseful tale, he has written of escape and pursuit, combining elements of fantasy and reality.

As Whitehead brilliantly re-creates the unique terrors for black people in the pre-Civil War era, his narrative seamlessly weaves the saga of America from the brutal importation of Africans to the unfulfilled promises of the present day.

The basic story tells of Cora a slave on a Georgia cotton plantation, an outcast even among fellow Africans. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape. Things do not go well. Although they find a station and head north, they are being hunted by a relentless slave catcher.

The Underground Railroad is at once an adventure tale of one woman's ferocious will to escape the horrors of bondage and a shattering, powerful meditation on the history we all share.

To reserve a copy of ***The Underground Railroad***, or for more information about the Contemporary Book Group, please call Shelley at 508-473-2145, ext. 2 or email, ssgammat@cwmars.org

Indianapolis 500 on Display

Milford resident and teacher Kurt Shady shares his extensive collection of Indianapolis 500 memorabilia with us in the Adult Display Case for the month of May. Patrons may remember Mr. Shady's exhibit of his John Glenn collection a few months ago.

This year's Indie race, the 101st running, will be held on Sunday, May 28th. Kurt has attended over 16 races, and recently brought his children to "kiss the bricks" at the race course.

His collection includes many miniature replicas of the race cars, hauling trucks, flags, tickets, pennants, signed photos and postcards. All fun to see if you can't be at the races yourself.

Art in Bloom: Floral Arrangement

Gail Reichert, a member of the Greenleaf Garden Club recently participated in the Museum of Fine Art's Annual Art in Bloom event which challenges floral arrangers to create a unique piece inspired by a work of art held in the museum's collection.

May 12, 2017

Gail has graciously donated the arrangement she made with Candia Cuddy based on Reliquary Figure (mbulu ngulu) to the library to enjoy as time allows. The striking arrangement like the source sculpture it's based on has male and female sides.

While Gail's interpretation is lovely in and of itself, seeing her choices of greens, flowers and other elements in relation to the original is fascinating. Look for Boston and Ming Ferns, Sago Palm, Solidago, Snapdragon, Orchids, Statice, Bamboo, Ruscus, and Anthurium.

High School Art Work

Look for a selection of art work by Milford High School students in the Children's Room Display Case and in several other areas of the Children's room. The student's work is always interesting. Let us and them know what you think.

May Drop-In Storytimes

During May a number of drop-in style storytimes will be held for children from birth up to third grade. Registration is not required to participate—just stop at the Children's Room desk to make a name tag for each child who is participating. Siblings do not attend Toddler Time for Mother Goose unless they fall in into the program's age category.

Mother Goose on the Loose (for birth-age 2 with an adult)

Fridays @ 10am: 5/19

Terrific Toddlers (for ages 2-3 with an adult)

Thursdays @ 10am: 5/18

Storytime Stars (for ages 3-5)

Tuesdays @ 10am: 5/16, & 5/30

Art with Heart (for grades K-3)

Wednesdays @ 4pm: 5/24

Deborah Bottomley – Artist for May

Deborah Bottomley will have her art work on exhibit throughout the month of May following her April show which was very successful. She will exhibit an entirely new collection of pieces this month, so don't neglect to stop by and see all the new art. As in April her works exhibit a facility with various mediums: oil, pastels, and watercolor; and all are on display in this recent selection.

Her watercolors of children, whether playing or fishing are charming. Some of the landscape pieces are oils, one is acrylic, but all are lovely and the colors are sublime. There are delightful cat portraits, and other really lovely works of art here. You will enjoy each one.

Many of the pieces seen on display are available for purchase as the original, an archival quality Giclee print or a photo art card. You can visit her website to see additional work at:

www.dlbottomley.com.

POW: Another Serious Tick Borne Disease

During May, a consumer health information display on Lyme Disease awareness is on display at the library. Located on the round table across from the Circulation Desk, it's a self-serve array of brochures, bookmarks, pocket tick identification cards and more.

Now, in addition to Lyme, there's another disease spread by ticks to know about. Powassan or POW for short is a potentially life-threatening disease with its first known instance in Ontario in 1958. Three kinds of ticks can spread POW, including the deer tick. Recent cases have been reported in the Northeast and Great Lakes regions.

Health care professionals are seeing more cases of Lyme, and POW because with warmer winters, the tick population has exploded. A Connecticut study found that 19% of deer ticks sampled were infected with Lyme in 2012; by 2016 that number had climbed to 29%.

Anyone can contract POW, though newborns and the elderly or anyone who is immunocompromised is at a higher risk. According to Dr. Jennifer Lyons, Chief of the Division and Neurological Infection and Inflammatory Disease at Brigham and Women's Hospital says that 15% of people who get POW will not survive. Further, 50% of POW survivors will suffer long-term neurological damage.

The threat begins in spring, summer, and mid-fall with June and July being the peak months. Symptoms are headache, fever, vomiting, and weakness. At the moment, there is no known cure for POW or Lyme so prevention is vital. Check yourself and pets often and keep the following in mind:

- Walk in the middle to trails; avoid sitting on logs or leaning on trees
- Wear a hat; tuck in hair
- Wear a long-sleeved shirt, fitted at wrist
- Wear shoes, no bare feet or sandals
- Wear long pants, tucked into high socks
- Consider child appropriate repellants
- Wear white or light-colored clothing—easier to spot ticks
- Do tick checks immediately and 3 days after outdoor activity
- Remove tick with tweezers; Pull straight out, save for testing

Drop-In Knitting and Crocheting

The Drop-In Knitting and Crocheting Classes continue on Monday evenings at 6pm in the Children's Program Room. Informal instruction is provided as needed by a variety of well-seasoned knitters and crocheters.

Should you be a novice knitter or one who just prefers to knit in the company of others and pick up a tip or two, this may be the group for you. Drop in and check it out. Winter is the perfect time for knitting another hat, scarf or pair of mittens.

May 12, 2017

ESL Classes

Free drop-in English classes for adults are held on Monday, Tuesday and Wednesday evenings. A full schedule of classes for April is available at the Circulation or Reference Desks and on our website.

Health Outreach

Patrons needing help with Mass Health information or forms may be assisted on the 2nd and 4th Mondays of each month from 2 to 6pm in the ESL Room on the Lower Level. Assistance is also available at the Edward M. Kennedy Community Health Center (near CVS and Papa Gino's, on Route 140) every Monday morning. While drop-ins may be accommodated if time allows, *an appointment is strongly recommended*--please call 800-853-2288 to set one up.

Mark Your Calendars—Upcoming Friends Program

Chuck Arning – “ *Nothing Moved Faster Than a Horse*” . . . *The Need to Move Goods: Creating the Canals* --Wednesday, June 7, 7pm.

Ongoing Programs

- **Food Pantry** donations from the library have been greatly appreciated. Donations are delivered weekly by a staff member.
- **Museum Passes** are available to many area museums, zoos and attractions thanks to the **Friends of the Library**.
- **Membership to the Friends of the MTL** continues to be only \$10 a year.
- **Book Sale Table** has items for all ages replenished weekly.

Visit us: www.milfordtownlibrary.org

Library News is compiled weekly by Reference Librarian Mary Frances Best