



Weekly Library News, 2017

August 31, 2017

Library Hours

The Milford Town Library will be closed on Monday, September 4, in observance of Labor Day. Regular hours will resume on Tuesday, September 5, 2017 at 9am.

The Milford Town Library will now be open again on Saturdays beginning September 9, from 9am to 5pm.

Explore the Charles River with Kathleen Rowe

Join the Friends of the Milford Town Library on Wednesday, September 6, at 7pm when they present Kathleen Rowe author of *Exploring the Charles River* in the library's Granite and Quarry Rooms. The book is a wonderful guide for enjoying this famous river's sparkling vistas crossed by scenic bridges and canopied trees, discovering the rich history of greater Boston, and exploring delightful out-of-the-way places. You will also learn about some of the many events that take place along this iconic body of water.

Kathleen Rowe, the author, is also a local river expert, former English teacher and environmentalist. She is the perfect person to create a guide to the Charles, sharing her love for the river through her writing, photography and research in her first published book.

You'll be sure to enjoy this delightful program complete with slideshow, and the book available to buy and be signed. This program is sponsored by the Friends of the Milford Town Library and is free and open to the public.

Children's Fall Story Programs

Registration for the Fall session of Storytime Programs continues this week until Friday, September 8 when the Lottery will be held. The sessions being offered are as follows:

- Storytime Stars for children ages 3 to 5 on Tuesdays at 10am
- Art with Heart for students in Kindergarten through grade three at 4pm
- Terrific Toddlers for children ages 2 to 3 with an adult on Thursdays at 10am
- Mother Goose on the Loose for infants from birth to age 2 on Fridays at 10am

Call the Children's Room at 508-473-2145 X247 to check for openings.

Drop-In Lego Construction in the Children's Room Maker Space – every Monday evening 7pm for ages 7 and up.

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It's not too late to pick up your Summer Reading Certificates. You may check with the Children's Room to get yours.

Center Book Group

The Center Book Group will meet on Tuesday, September 19 at 10am at the Milford Senior Center to discuss ***Small Great Things by Jodi Picoult***.

Best-selling author Jodi Picoult often tackles complicated social issues and complex human relationships in her work and ***Small Great Things*** is no exception. At the heart of this story is Ruth Jefferson, an African American labor and delivery nurse with decades of experience. The parents of a newborn are White Supremacists and request that no black staff care for their child. However, a medical emergency arises with the baby where Ruth is the only nurse available.

Picoult explores this human drama with sensitivity and pulls readers in with her storytelling prowess. In a review from the Washington Post, Eleanor Brown called *Small Great Things*, "thoughtful exploration of the idea that even the most reprehensible beliefs can have roots in powerful emotions such as fear or anger, which have no obvious cure."

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 ***Small Great Things***, call the Information Desk at 508-473-2145, ext. 2

Contemporary Book Group

The Contemporary Book group will meet on Wednesday, September 27, at 7pm in the Children's Program Room to discuss ***The Twelve Lives of Samuel Hawley*** by Hannah Tinti.

This second novel after award winning ***The Good Thief*** by Hannah Tinti is a coming of age story and a literary thrill ride about the price we pay to protect the people we love most.

Samuel Hawley isn't like the other fathers in Olympus, Massachusetts. A loner who spent years living on the run, he raised his beloved daughter, Loo, on the road, moving from motel to motel, always watching his back. Now that Loo's a teenager, he wants to give her a normal life. In his late wife's hometown, he finds work as a fisherman, while Loo struggles to fit in at the local high school.

Growing more and more curious about the mother she never knew, Loo begins to investigate. Soon, everywhere she turns, she encounters the mysteries of her parents' lives before she was born. This hidden past is made all the more real by the twelve scars on her father's body. Each one from a bullet Hawley took over the course of his criminal career.

Booklist calls this, "(An) atmospheric, complexly, suspenseful saga . . . with life or death struggles in dramatic settings . . . and starring a fiercely loving, reluctant criminal and a girl of grit and wonder . . . a breathtaking novel of violence and tenderness."

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

Tim Rice – Photography

The photography of Tim Rice will be on display behind and near the Information Desk during the month of September. We are hoping to see some of his stunning photos from Iceland and more. Stop in and see them all for yourself.

Troop 2 on Display

Photographs and memorabilia from years past will be on exhibit in the Adult Display Case during the month of September for the 90th Anniversary of Boy Scout Troop 2 of Milford. Come see if you recognize yourself or someone you know.

Fight Inflammation

Chronic inflammation plays a significant role in many diseases including heart disease, stroke, diabetes and arthritis. The body sends signals to fight the inflammation and it taxes the entire network of systems.

While many foods and spices such as green leafy vegetables, blueberries, salmon, walnuts, coconut oil, flaxseeds, turmeric and ginger can help fight inflammation, others can increase it.

Foods that can make inflammation WORSE include white sugar and sweets, synthetic sweeteners, fried, packaged, and processed foods, hydrogenated or trans-fat laced foods, and some dairy products that contain hormones or antibiotics.

Besides joint pain, depression, fatigue, blotchy skin, and gastrointestinal issues such as constipation, diarrhea, reflux, and abdominal pain can point to chronic inflammation.

New!!! Board Games to Borrow!

The Milford Town Library now offers ten popular board games for patrons to borrow. They are: *Apples to Apples*, *Clue*, *Ticket to Ride*, *Life*, *Rummikub*, *Munchkin*, *Wood Checkers & Tic Tac Toe*, *Monopoly*, *Catan* and *Scrabble*.

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All games circulate for one week. Find the DVD-sized case matching the game you would like to borrow on the shelf next to the new Biographies and take it to the Circulation Desk. The staff there will find the game and check it out to you. Overdue fines for games are \$1.00 a day. Enjoy this new offering from the Milford Library.

Town Reports

The older town reports and lists of residents in the Paul E. Curran Historical Collection will be unavailable for a number of months.

The bound volumes have been sent off to the Boston Public Library for digitization through a partnership with the Internet Archive (IA). After digitization, the reports will be accessible online via the Digital Commonwealth, www.digitalcommonwealth.org making it easier for researchers to access and also to prevent further damage to the often fragile copies.

During this process the library is working collaboratively with the Milford Historical Commission for access to print copies of any old reports that may be needed. The library has hard copies of reports 2009-2016.

Young Adult Programs

Teen Activities for grades 8-12 6-8:30pm

Teen Creativity: Monday nights –: Come in and draw, color, bring an instrument, hang out and play

Teen/Tween Movie Night: Tuesday nights

Teen Drive: Wednesday Nights – Come play video games and try the new fidget and sensory toys

Teen Uprising: Thursday nights – Come as you are to this Teen Pride Event. Talk about life as a LGBTQIA teen. Make a connection, and have fun. All are welcome.

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. Start preparing now for the scarves and mittens or hats you'll be needing come winter.

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ESL Classes

Regular Drop-In ESL classes will resume on September 11. You may stop by either the Circulation or Reference Desks for a copy of the Fall schedule or a printable copy can be found on the library's website: www.milfordtownlibrary.org/english-as-a-second-language/. For more information, call the Reference Desk at 508-473-2145, ext 2.

Citizenship Classes will resume on Thursday, September 14 from 6 to 8pm in the ESL Room sponsored by Catholic Charities. Materials, including books, etc., cost \$30.00.

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.

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