



## Weekly Library News

February 8, 2018

### Library Hours

The Milford Town Library will be closed on Monday, February 19<sup>th</sup> in observance of Presidents' Day. Regular hours will resume on Tuesday, February 20<sup>th</sup> at 9am.

### Center Book Group

The Center Book Group will meet on Tuesday, February 20<sup>th</sup> to discuss *The Woman in Cabin 10* by Ruth Ware.

Travel writer Lo Blacklock has what should be a plum assignment: an all-expenses paid luxury cruise with a small and select group of passengers. *The Aurora* sets sail and at first all seems lovely from the charming fellow passengers to the elegant accommodations.

As the ship journeys on in the cold North Sea, Lo settles in. She's anxiety prone so she drinks at dinner. One night she thinks she hears a woman being thrown overboard. She reports her suspicions to the crew who insist all passengers have been counted and all are still very much alive. What's really going on?

Ware keeps readers engrossed in this psychological thriller, the claustrophobia of the ship versus the dark, expansive ocean. Ware's previous novel *In a Dark, Dark Wood* was published in 2015.

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 Woman in Cabin 10*, call the Information Desk at 508-473-2145, ext. 2

### Boston Bruin's PJ Drive

Once again the Boston Bruins are sponsoring the annual PJ Drive in partnership with Cradles to Crayons. Their goal is to collect 10,000 pairs of PJs between February 1 and March 15, 2018. New PJs will be accepted in the Children's Room of the Milford Town Library. Donations will be distributed to local kids and teens.

In conjunction with the PJ Drive, a special movie will be shown on Tuesday, February 20, at 2pm. This is the new release *My Little Pony: the Movie*. Tickets will be available in the Children's Room, but are not required for admission. All families are asked to bring a pair of **NEW** PJs either for a child or teen.

Thank you in advance for your help and generosity.

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## Contemporary Book Group

The Contemporary Book group will meet on Wednesday, February 28, at 7pm in the Children's Program Room to discuss ***Seven Days of Us*** by Francesca Hornak. This is a warm, funny and sad sharply observed novel with a twisty ending.

Hornak's smart, page-turning debut takes a posh, dysfunctional British family – two parents, two adult daughters, each with a secret – slaps on a week's worth of quarantine at Christmastime, and adds a dash of pathos as well as a large helping of humor.

Francesca Hornak is a journalist and writer who work has appeared in newspapers and magazines including **The Sunday Times**, **The Guardian** and others. ***Seven Days of Us*** is her first novel.

To reserve a copy of ***Seven Days of Us***, or for more information about the Contemporary Book Group, please call Shelley at 508-473-2145, ext. 2 or email, [ssgammat@cwmares.org](mailto:ssgammat@cwmares.org).

To reserve a copy of ***Ginny Moon***, or for more information about the Contemporary Book Group, please call Shelley at 508-473-2145, ext. 2 or email, [ssgammat@cwmares.org](mailto:ssgammat@cwmares.org).

## Tax Forms

Massachusetts Resident and Non-Resident Tax Form booklets are now available. They can be found on the Tax Form cart near the entrance. Federal 1040EZ, 1040 and 1040 Instruction Booklets are now available. Other Federal Tax Forms will be available as soon as they are received. The IRS has notified us that Federal Forms are delayed due to changes in the tax law that was passed in December.

## Astronaut Memorial

Area resident, Milford Public School teacher and NASA enthusiast, Kurt Shady, returns to our library to share his collection of memorabilia on the astronaut John Young, who died this year: 1930 – 2018.

John Young participated in six space missions, and was the only astronaut to take part in Gemini, the Apollo and the Space Shuttle.

Mr. Shady's exhibits are always fun as well as educational. You won't want to miss this one. His collection will be in the Adult Display Case throughout the month of February.

## Artwork on Display

Local artist and art teacher, Libia Gonsalves, will have the artwork of her young student on display during the month of February.

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You may see Libia's student's work hanging behind and near the Information Desk.

## Slime Time @ Milford Town Library

Attention all young scientists! Kids ages six and up are welcome to join the Milford Town Library's first ever Slime Time program taking place on February 15<sup>th</sup> at 3:30pm in the Granite Room of the library.

No registration is required. Just bring your imagination and be prepared to have fun and learn something new!

## Love: the Agony and Ecstasy

Is love in the air? Perhaps. Valentine's Day is approaching, so the stores are displaying lots of cards, candy and other items to seduce us to buy. Here at the Milford Town Library we offer seduction of another sort: an assortment of romantic DVDs to appeal to lovers and losers alike. Find these on the round table near Circulation.

The titles vary from *Out of Africa*, *The Princess Bride*, and *Casablanca* to *Brokeback Mountain*, *Harold and Maude* and *Blue Valentine*. Foreign titles with love as the subject include: *Like Water for Chocolate* (Spanish), *Blue is the Warmest Color* (French), *Fanaa* (Hindi), and *The Last Kiss* (Italian).

This is just a smattering of the titles we've selected to display. Know of others? Tell us about them; we can include those when the ones on the table go home with patrons.

## Grocery Shopping Tips for Healthy Eating

Many people who have great resolutions to eat a more healthy diet find their plans sabotaged once they get to the supermarket. The *Mayo Clinic Health Letter* (found on our periodical shelves) offers these tips to help develop good grocery shopping habits.

- Plan ahead: decide how many meals you plan to shop for, including breakfasts, lunches and snacks. Take an inventory of nutritional essentials like fruits, vegetables, whole grains and low-fat dairy products.
- Make a list: many impulse buying traps can be found when shopping without a list. Keep your meal plans as a guide to avoid unnecessary purchases. Make sure the list includes healthy and convenient snack foods.
- Be intentional: skip the processed snacks and sugary beverage aisles. Stick to the sections of your grocery store stocked with the healthy foods on your list. These are usually found in the perimeter of the store.

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- **Don't shop when you are hungry!** Avoid unhealthy impulse buying by shopping after you have eaten a healthy and filling meal. If you can't help shopping on an empty stomach, drink some water or eat a piece of fruit.
- Read nutrition labels: serving size is one of the most important areas on the label. Decide if you are going to eat one, two or even three servings of the food. Calories, fat and sodium are important to scan as well. Compare similar products so you can choose the healthiest option.

## **Metrowest College Planning Center**

Open office hours for the Metrowest College Planning Center have returned and take place on Wednesdays, from 4 to 7pm in the ESL Classroom at the Milford Town Library.

An advisor is available for consultations and questions about any part of the college process from applications, financial aid, transferring and more. An appointment is not required.

The Metrowest College Planning Center is a project of Framingham State University and Mass Bay Community College.

## **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.

## **ESL Classes**

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

Citizenship Classes sponsored by Catholic Charities which meet from 6 to 8pm in the ESL Classroom are on winter break. The next Citizenship session began on Thursday, January 18<sup>th</sup>, 2018. Materials, including books, etc. cost \$30.00. No prior registration required

## **Health Outreach**

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The Mass Health Outreach office hours held on the 2<sup>nd</sup> and 4<sup>th</sup> Monday afternoons at the library will take place again on February 12 and 26. This service, provided by the Edward M. Kennedy Community Health Center, has been held in the library's ESL classroom for a few years. You must make an appointment.

For more information or to book an appointment at the Library of the Center (located near CVS and Papa Gino's on Route 140), please call 800-853-2288.

### 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](http://www.milfordtownlibrary.org)

*Library News* is compiled weekly by Reference Librarian Mary Frances Best