

Walpole Town Library

August 2022 Newsletter

Programs

Special Events:

Fairy Houses with the Grafton Nature Museum: Thursday, 8/4, 12:45 pm. Behind the library or inside if bad weather. Some supplies provided, feel free to bring natural supplies.

Crafternoon Take Away Craft: Friday, 8/12, pick up at Main Library.

Check 'Em Out Book Discussion Group: Saturday, 8/13, 9 am, Main Library.

Social Justice Group: Wednesday, 8/17, 6:30 pm, Main Library.

Sing-Along Beauty and the Beast: Wednesday, 8/24, 3 pm at the Main Library. Feel free to dress up and/or bring a snack.

On-Going Adult Programs:

Books & Friends: Mondays 2-3 pm, North Walpole Branch.

Crafternoon: Second Friday of the month 1:30 pm, Main Library. **No Meeting in August.**

Knitting Group: Mondays 1-3 pm, Main Library.

Library Book Club: Last Thursday of the month 12 noon, Main Library. **No Meeting in August.**

On-Going Kids and Family Programs:

Story Walk: Distant Hill Nature Trail, dawn to dusk every day. New stories monthly.

No Wiggle Time or Story Times during the month of August.

PLEASE HELP!

The Friends of the Library need your help!

Preparations for our annual Book Sale are in full swing. **The Friends of the Library Book Sale** will take place at the Walpole School gym on the **weekend of October 28 - 30**. We are currently looking for community help with the following:

Book Sorting at the Chicken Coop (behind the Hungry Diner)

Every Wednesday morning, 10:30 to 11:30 am.

Every Thursday afternoon, 4:00 to 5:00 pm.

Book Donations at the Chicken Coop

Wednesday, August 17 and 24, 10:00 am to noon Thursday, August 18 and 25, 4:00 to 6:00 pm

Please no textbooks, encyclopedias, or travel guides older than 5 years. We can only sell books in excellent condition, so please no dirty, damaged, moldy or mildewy books.

Also note that our plant sale at the Reuse Center is ongoing. We are currently focusing primarily on house plants.

We are very grateful for your support! Please call 603-313-4076 with any questions.

A big

THANK YOU

to all who supported the Summer Reading Challenge!

What a successful Summer Reading Challenge we had this year! Over 100 patrons of all ages participated! Brag tags were collected, raffle prizes awarded and so many books were read and listened to! Here's a list of the local volunteers and organizations who supported the Summer Reading Challenge, we couldn't have done it without them! (in no particular order):

Diane Nichols and Toby

Pam Rohdenburg

Distant Hill Nature Trail

The Grafton Nature Museum

Great River Hydro

The Hooper Institute

The Walpole Historical Social

The Whitcomb Recreation Center

The North Walpole Village Park

and most importantly all our wonderful patrons!

Spotlight on Check 'Em Out! Book Club

Join us the second Saturday of each month from 9-10 am at the Main Library for this unique book group.

How it works: each month one of our staff members picks a theme and 3 books. Read all three books or just one. We discuss the theme, what we liked or didn't like about the book and much more. This lively group welcomes new members! Bring a friend or make new friends.

This month's theme is Books About Food. The selections, available at the library, are:

Save Me the Plums by Ruth Reichl

Eat a Peach by David Chang

Love, Loss and What We Ate by Padma Lakshmi

The next meeting is August 13, 9 am, at the Main Library.

Non-Fiction Book Spotlight

Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live By Becca Levy

Yale professor and leading expert on the psychology of successful aging, Dr. Becca Levy, draws on her ground-breaking research to show how age beliefs can be improved so they benefit all aspects of the aging process, including the way genes operate and the extension of life expectancy by 7.5 years.

The often-surprising results of Levy's science offer stunning revelations about the mind-body connection. She demonstrates that many health problems formerly considered to be entirely due to the aging process, such as memory loss, hearing decline, and cardiovascular events, are instead influenced by the negative age beliefs that dominate in the US and other ageist countries. It's time for all of us to rethink aging and Breaking the Age Code shows us how to do just that.

Based on her innovative research, stories that range from pop culture to the corporate boardroom, and her own life, Levy shows how age beliefs shape all aspects of our lives. She also presents a variety of fascinating people who have benefited from positive age beliefs as well as an entire town that has flourished with these beliefs.

Breaking the Age Code is a landmark work, presenting not only easy-to-follow techniques for improving age beliefs so they can contribute to successful aging, but also a blueprint to reduce structural ageism for lasting change and an age-just society.

Fiction Book Spotlight

Yerba Buena By Nina LaCour

When Sara Foster runs away from home at sixteen, she leaves behind the girl she once was, capable of trust and intimacy. Years later, in Los Angeles, she is a sought-after bartender, renowned as much for her brilliant cocktails as for the mystery that clings to her. Across the city, Emilie Dubois is in a holding pattern, yearning for the beauty and community her Creole grandparents cultivated but unable to commit. On a whim, she takes a job arranging flowers at the glamorous restaurant Yerba Buena and embarks on an affair with the married owner.

The morning Emilie and Sara first meet at Yerba Buena, their connection is immediate. But the damage both women carry, and the choices they have made, pulls them apart again and again. When Sara's old life catches up to her, upending everything she thought she wanted just as Emilie has finally gained her own sense of purpose, they must decide if their love is more powerful than their pasts.

At once exquisite and expansive, astonishing in its humanity and heart, Yerba Buena is a love story for our time and a propulsive journey through the lives of two women trying to find somewhere, or someone, to call home.

Main Library

48 Main St
Walpole, NH 03608
603.756.9806
Monday 10 am to 7 pm
Tuesday 1 to 6 pm
Wednesday 10 am to 7 pm
Thursday 1 to 6 pm
Friday 1 to 6 pm
Saturday 9 am to 1 pm



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Get to Know Our Staff

Each month we'll ask a staff member these five questions to get to know them better.

Julie Rios, Youth Services and Technology Librarian.

1. What does your family look like? My husband, Jaime, and I have 3 children: Travis, Emily and Devon: and 5 grandchildren: Matthew, Nathan, Griffin, Leah and Delaney. They are all the light in my life. We also have 2 cats, Marley and Princess Buttercup.

2. What's the last book you read? Damnation Spring by Ash Davidson. Phenomenal!

3. What 3 things would you bring to a deserted island? My kindle preloaded with all the books it could hold, knitting needles and yarn.

4. If you could travel anywhere where would you go? I would love to travel to Egypt.

5. What was your first job? My first kid job was, of course, babysitting. My first adult job was dishwasher in the cafeteria at college.

Digital Resources at the Library

Did you know that the Walpole Town Library has digital resources that are available 24/7? Here is just a sampling of what's available:

Libby is a free app that makes it easy to borrow eBooks, digital audiobooks, and magazines from the NH Downloadable Books Consortium.

Hoopla offers eBooks, audiobooks, movies, tv shows, and music with no wait times.

Newsbank provides digital access to over 2,000 newspapers, as well as business journals, government documents, newswires, and other publications from around the country.

Universal Class is a program that provides opportunities for career education and life-long learning through online courses in over 30 subject areas, many of which offer Continuing Education Units (CEU's).

To explore these, and more, valuable resources, visit the library's digital resources page on the website:
<https://walpoletownlibrary.org/digital-resources/>.

North Walpole Branch Library

70 Church St
North Walpole, NH 03609
603.445.5153
Monday 1-4 pm
Tuesday 3-7 pm
Friday 9 am to 1 pm
Saturday 9 am to 1 pm