

Winter Newsletter

WINTER 2010

Adult Programs

In cooperation with the Town of Uxbridge Board of Health, the Library is pleased to offer a series of programs called "Be Your Own Health Care Advocate". With health care reform in the news, Dr. Charles Lutton will attempt to help us make sense of the expectations, risks and benefits of health advocacy and tackle the most pressing health care issues in this community.

On **Tuesday, February 23rd**, we begin with the signature program, **Be Your Own Health Care Advocate**. Learn why education is so important, discuss patient and provider expectations and know your benefits and risks.

On **March 23rd** we'll ad-

dress the issue of **Nutrition** and exercise, and why this is so essential to maintaining good health.

On **April 27th** we'll examine "**Metabolic Syndrome**", which is a cluster of conditions – increased blood pressure, elevated insulin levels, excess body fat around the waist or abnormal cholesterol levels – that occur together, increasing your risk of heart disease, stroke and diabetes.

According to the Center for Disease Control, **Obesity** continues to be a major health concern. On **May 25th**, Dr Lutton will talk about the causes, risk factors, complications and treatment of this condition.

On **June 22nd** we'll wrap up our spring health series with

a more in-depth discussion of **Diabetes Mellitus**, affecting over 17 million people in the U.S.

We will resume our Be Your Health Advocate in the fall with discussions on heart disease and cancer.



It's never too early to start planning your vegetable garden! On **Monday, March 8th**, we welcome Massachusetts Master Gardener Betty Sanders for a program on "**Planning, Preparing and Planting Your Vegetable Garden**" at 6:30pm. Get expert recommendations on ordering seeds, buying healthy plants and preparing the soil before you begin.

(More Adult Programs on Page 2)

"The library connects us with the insight and knowledge, painfully extracted from Nature, of the greatest minds that ever were..."

I think the health of our civilization, the depth of our awareness about the underpinnings of our culture and our concern for the future can all be tested by how well we support our libraries."

Carl Sagan, *Cosmos*

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Genealogy & Family History Workshops

The library will be offering an ongoing series of free Genealogy and Family History workshops from 10am to noon on Saturday mornings beginning January 9th, led by Mike Potaski.

These workshops will pro-

vide beginners with the fundamentals of gathering and organizing information both to construct a family tree and write a family history. Advanced researchers will benefit from the exchange of information on

research techniques and information resources and will have the opportunity to share their experience with those just starting out. To register, call the library at 508-278-8624 or stop by. Hope you can join us!

This newsletter was generously funded by the Uxbridge Free Library Board of Trustees.



Adult Programs Continued...

On March 18th, naturalist **John Root** returns to present a program on “**Songbirds of the Northeast**” from 6:30-8pm. Featuring

recordings and photographs of our native and introduced birds, you’ll learn to recognize songs and calls in time for spring birding!



Calling all numismatists! We have a special program for all you coin enthusiasts on **Monday, April 19th** at

6:30pm. Matt Erskine and Bob Moffatt, members of the American Numismatic Association will be here to present a program on **Coins and Coin Collecting**.

Mark your calendar for **Thursday, May 6th, 6:30pm** when adventurer **Phil Buck** returns from the jungles of Bolivia to tell us about his upcoming voyage on the **Viracocha III!** Buck and his crew will embark from Boston later that month and sail 7,000 miles to Egypt, retracing a trade route existing before the time of the

Vikings. If you’re a fellow adventurer, or even just an armchair enthusiast, you won’t want to miss this exciting presentation!



Future programs include Stamp Collecting and Bee-keeping. We will add more programs over the next several weeks, so be sure to check the library website or stop by for updates!

Please Note...

All adult programs will be held in the Trustees Room on the Main Floor of the Library at 6:30pm unless otherwise noted.

Please RSVP for adult programs by calling the library or stopping by the front desk, we want to be sure we have plenty of seating!

Board of Trustees

The Board of Trustees for the Uxbridge Public Library meets every third Tuesday of the month, except July. All meetings are open to the public unless otherwise stated.

Meetings begin at 7:00 PM in the Main Reading Room.

The meetings for the next quarter are scheduled as follows:

- January 19th
- February 16th
- March 16th
- April 20th

Officers

Mark Francis, Chairman
Judith Lynch, Vice Chair
Cathy Parker, Secretary
Arthur Jackman, Treasurer

Page Turners

Book Discussion Group

In cooperation with the Council on Aging, the Library will be offering a monthly book discussion group held at the Senior Center starting March 11th. If you love to talk about books, good and bad, stop by every second Thursday from 1-2pm. You might just discover a new author you may have missed!

Friends of the Library

The **Friends of the Library** was founded as a non-profit group, whose purpose is to support and promote the services and programs of the library. Current officers are: Lisa Anderson, President
Laura Derderian, Vice-Pres.
Linda Fraga, Secretary
Cathi Harding-Cone, Treas.
Tina Alberto, Publicity
Sue Hill, Membership
Amanda Ayers, Nominations

The Friends raise money throughout the year with book and bake sales and other special events. These fundraising events have made it possible for the organization to assist the library with the purchase of museum passes, a new circulation desk, a copier machine, present special programs, a media book box, and much more. All this is possible with the support of our Friends,

local business sponsors, and the community.

Winter Concert

The Friends of the Uxbridge Free Public Library invite you to enjoy a special evening of music with Atwater-Donnelly. The award winning duo have been combining their instrumental and vocal talents for over 22 years.

Come and listen as they perform a



blend of traditional American and Celtic folk music, including original songs. This event will be held **Tuesday, February 16, 2010** at the Community House on Court Street, Uxbridge, MA. The program will be begin promptly at **6:30 pm** and is free to the public. To learn more about the music of Atwater-Donnelly, visit their website at: <http://www.atwater-donnelly.com>.

Childrens' Room News

StoryTime Update

The weekly drop-in story time continues each Tuesday from 10:30-11. The second session concludes December 29. The next six week session will begin January 26.

Performers

The Uxbridge Library was the recipient of an early childhood literacy grant written by Mary Lou Schiavone of Beginning Bridges in Whitinsville. The grant money comes from SMOC a division of MA Department of Early Education and Care.

The library will host a series of programs for young children to encourage reading and using the library.



The first scheduled event will be held on **Saturday, January 30 at 11 am.** **Carol Weis**, also known as The Cow Lady will read her book *When the Cows Got Loose* and

introduce children to her puppets.

In late March, **Roy Drew** storyteller and

puppeteer will entertain

children with his program.



Due to the nature of the programs and space limits, registration will be necessary for these programs.

More information will be available as the time draws closer.

Teen Advisory Board

The Teen Advisory Board (T.A.B) is holding a Super Smash Mario Brothers tournament on December 29 from 2-4 in the Young Adult Library.

Registration is required and a \$3 per person charge will be collected at the time of registration. A \$20 prize will

be awarded to the winner of the tournament. Sign up at the Childrens Room desk.



Young adults are being sought to join the Teen

Advisory Board. There are many openings. Students ages 13 -18 are encouraged to see Deb Young for details. The group meets once a month and assists with programming, materials purchase and overall guidance of all matters that have to do with library teen activities.

Home Delivery Service

We are pleased to introduce a Home Delivery Program to Uxbridge residents who for physical reasons are unable to use the Library. This program is available on a short-term basis for individuals who have had an accident or illness or on a long-term basis for seniors and individuals with disabilities who are physically unable to get

to the Library. Staffed by volunteers from the Friends of the Library, this service provides biweekly home delivery of Library materials, including books, magazines, DVDs, music CDs and audiobooks. Materials may also be ordered from other libraries if not available at the Uxbridge Free Public Library.



Home Delivery patrons are contacted every other week to determine what is needed. Some patrons prefer to select the titles and authors themselves; others leave the material selection up to the Library Staff. Deliveries are made on Tues-

days by volunteers who deliver new books and pick up materials for returns. All participants are asked to complete a brief Home Delivery Request Form to help us best fit your needs. A library card and PIN number is required to place holds. For more information, please call the Library at 508-278-8624.

PLEASE NOTE:

In regards to donations, the Library holds two book sales each year, one in April and the other in the fall. According to Library Policy, "The Library will accept up to 50 hardcover or paperback books and audiovisual materials in good condition. Nothing that is marked, yellowed, musty, or damaged will be accepted. Donations will be accepted only on the last Saturday of the month, except for June, July, and August."





UXBRIDGE FREE PUBLIC LIBRARY

15 No Main St.
Uxbridge, MA 01569
508-278-8624
508-278-8621 (Childrens Room)
508-278-8618 (fax)

Email
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youthservices@uxbridgelibrary.org

Library Staff
Jane Granatino, Director
Debra Young, Assistant Director/Head
of Children's Services
Carol Caffrey, Library Assistant
Deidre Girard, Library Assistant
Betsy Youngsma, Library Assistant
Christine Hutchinson, Library Assistant
Judy Byrnes, Library Assistant
Rebecca Brule, Page
Kylie Krause, Page
Tom Ames, Custodian

Museum Passes

Due to the generosity of the Friends of the Library and the Board of Trustees, we are able to offer several discount Museum Passes, which you can now reserve online! Using the Library Insight software, pass availability can be checked either by museum OR by date—just visit our website, enter your library card number, click and reserve!

In order to reserve a Pass, you must have a valid CMARS library card (with no outstanding fines/fees) and a PIN (personal identification number). You may reserve a pass up to three months in advance with this system. If you prefer to have library staff make a reservation for you, please have your library card with you when you come in. Individual passes may be free or have a small co-pay, depending on the museum. Most allow 4 discounted tickets per use. For more information, please call the library at 508-278-8624 or 508-278-8621.

Museum of Science, Boston
Higgins Armory Museum, Worcester
Worcester Art Museum, Worcester
Davis' Farmland/Mega Maze, Sterling
Ecotarium, Worcester
Museum of Fine Arts, Boston
Massachusetts State Parks Pass
Mystic Aquarium, Mystic CT
Childrens Museum, Providence RI
Roger Williams Park Zoo, Providence
Salem Witch Museum, Salem
Tower Hill Botanic Garden, Boylston

New Titles

Fiction

The Wettest County in the World/Bondurant
The Piano Teacher/Lee
The Lost Symbol/Brown
Say You're One of Them/Akpan
Sarah's Key/de Rosnay
I, Alex Cross/Patterson
The Lacuna/Kingsolver
A Good Fall/Ha Jin

Nonfiction

Stones Into Schools/Mortenson
Imperial Cruise/Bradley
The National Parks/Duncan
True Compass/Kennedy

Audiobooks

Literary Life; a 2nd memoir/McMurtry

Pirate Latitudes/Crichton

Ford County/Grisham
Wishin' and Hopin'/Lamb
Flying Drunk/Balzer
My Father's Tears/Updike

DVDs

Night at the Museum: Battle of the Smithsonian
Inglourious Basterds
Julie & Julia
Terminator Salvation

My Sister's Keeper
Harry Potter and the Half Blood Prince
Star Trek

Music

Jason Mraz's Beautiful Mess
I Dreamed a Dream/Boyle
I Look to You/Houston

Childrens Books

Lunch Lady & the Cyborg Substitute/Krosoczka
The Kung Fu Puzzle/Theilbar
I Want Your Moo/Weiner
Boss of the World/Manushkin
Abby Cadabby Fairy Tale Fun/Quinn
Chicken Cheeks/Black
Sloppy Joe/Keane

Young Adult

Web 2.0/Willis
Night World series/Smith
Need/Jones
Eye of the Forest/Kerr
Forever Princess/Cabot
One Lonely Degree/Martin
Hunger Games/Collins
The Graveyard Book/Gaiman

