



MPL NEWS

November 2021

Library CLOSED
Thursday, November 11th
in observance of Veterans Day
&

CLOSING at 5:00pm Wednesday, November 24th
and CLOSED on Thursday, November 25th
in observance of Thanksgiving Day

Events and Happenings at Middletown Public Library

From the Director's Laptop

Aside from celebrating both Veterans Day and Thanksgiving, can you guess why the theme of this newsletter is "Giving Thanks"? For starters, giving thanks means different things to different people depending on their circumstances. When I look back over the last year, I'm thankful for the availability of the covid-19 vaccine. What also comes to mind is the irony of the book that I am currently reading and how it connects with recognizing reasons to be thankful. The main character's life is personified by a library. Each book in the library is the story of her life and each life is different depending upon which path she chose to follow. Central to the library is her Book of Regrets, compiled of actions she took and those she didn't. It's a good read.

Getting back on point, I found a great piece about being thankful on the Harvard Health newsletter blog.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Here's my interpretation. Each holiday season expectations are high but for many this year, especially those impacted by the pandemic, the holidays will no doubt be tinged with sadness and anxiety; however, the central tenet of Thanksgiving - being grateful - can actually lift one's spirits. The word gratitude comes from the Latin word, gratia, which means depending on the context: grace, graciousness, or gratefulness. With gratitude people acknowledge the goodness in their lives, and generally come to understand that the source of that goodness lies partially outside of themselves. Therefore, being grateful helps to develop a connection to something larger - other people, nature, or a higher power.

Indeed, research on positive psychology shows that expressing gratitude is consistently associated with greater happiness because it helps people feel more positive emotions, enjoy good experiences, enhance their health, manage adversity, and develop strong relationships.

The article goes on to say that there are many ways to cultivate gratitude. One is to write a thank-you note. So here is my thank-you note to everyone who reads this newsletter.

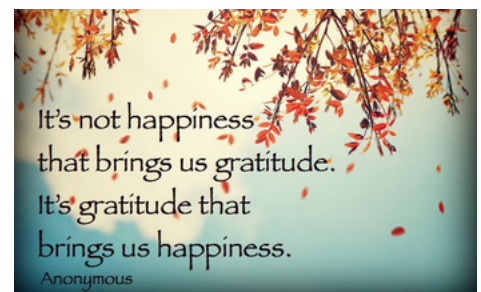
Thank you to the library staff who are the heart of the MPL, a place where I learn something new every day and where I find great literature that consistently expands my horizon.

Thank you to the Library Trustees, the Friends, the Town Council, my colleagues at Town Hall, and Middletown residents for your nurturing and financial support that makes public library service possible.

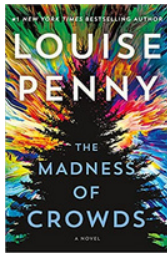
Thank you to everyone who patronizes our library, both the physical space and the virtual. Our relationship with you keeps us consistently moving forward.

In closing, thank you to our Veterans and Happy Thanksgiving.
Theresa

Theresa Coish is the Director of the Middletown Public Library
She is currently reading, *The Midnight Library*, by Matt Haig



What's New at the Library



New Adult Books



New Children's Books



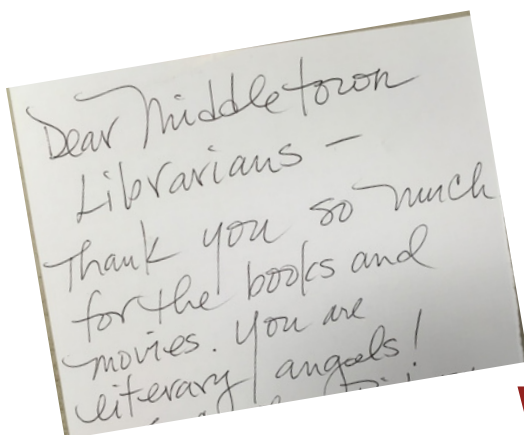
New Teen Books

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

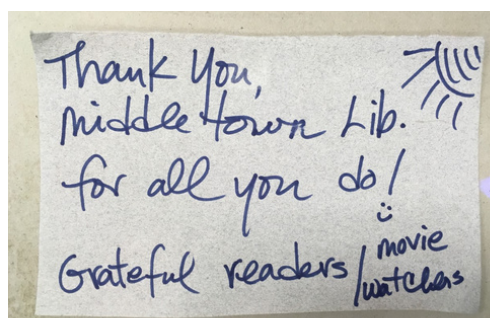
Henri Frederic Amiel

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.

A.A. Milne



**We are so thankful
when patrons
express their
gratitude!**



30 Days of *Gratitude*

1

*Start a
gratitude
journal*

2

*Call an old
friend and
catch up*

3

*List 3 people
you are
thankful for*

4

*Say hello to
your neighbor*

5

*Tell someone
you love them*

6

*Indulge in
your favorite
food*

7

*Do a random
act of kindness*

8

*What trait
are you
thankful for?
Love yourself!*

9

*Mail a hand-
written note to
someone*

10

*What's the biggest
challenge you've
overcome?
Celebrate it!*

11

*Celebrate
family with
game night*

12

*Tell someone
you love them*

13

*Make a point
to give 3
compliments*

14

*Listen to your
favorite song*

15

*Do a favor for
someone
without them
having to ask*

16

*Volunteer to
do something
you wouldn't
normally do*

17

*Hold the door
for a stranger*

18

*Say aloud 3
good things
that happened*

19

*Reflect on one
thing you're
thankful for that
money can't buy*

20

*Send a thank
you note*

21

*If you had a
positive
experience at a
business, write a
kind review*

22

*Try a new
craft, project
or hobby*

23

*Do a random
act of kindness*

24

*Go a day
without
complaining*

25

*Celebrate
family with
dinner*

26

Say thank you

27

*What exercise
are you most
thankful you're
able to do? Do it!*

28

*Hold the door
for a stranger*

29

*Tell someone
you love them*

30

*Do something
kind for
yourself*



Thank you Maggie B. for sharing your 2004 Apple Tree Day in Middletown items for our apple display!



A few of MPL's staff's favorite holiday recipes

Julie: from her childhood, she still makes it today!



[Microwave Fantasy Fudge](#)

Kris: these are addictive!

[Rosemary Gruyere and Sea Salt Crisps](#)



(from [The Smitten Kitchen Cookbook](#), by [Deb Perelman](#))

Leslie: a must have at a Latino Thanksgiving dinner!

[Arroz con Gandules](#)



Tip from **Lorraine:** portion and bake stuffing in muffin tins. That way everyone gets some crusty and some soft parts!

Arlene: long time family recipe - Apricot Bars

3/4 cup butter or margarine	1 1/3 cups shredded coconut
1 cup sugar	1/2 cup chopped walnuts
1 egg	1/2 tsp vanilla extract
2 cups all-purpose flour	1 jar (12 ounces) apricot preserves
1/4 tsp baking powder	

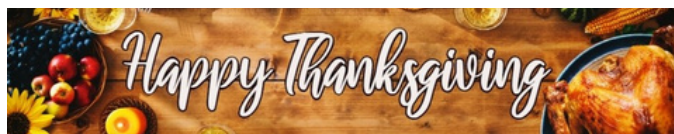
Preheat oven to 350 degrees. In a large mixing bowl, cream butter, and sugar. Add egg; mix well. In separate bowl, combine flour and baking powder. Then gradually add to the butter mixture. Add coconut, walnuts, and vanilla extract; mix thoroughly. Press two-thirds of dough in a greased 13x9x2 inch pan. Spread with preserves, crumble remaining dough over preserves. Bake for 30 to 35 minutes until golden brown. Cool in pan on wire rack. Cut into squares. Yield: 36 bars.

Chris: Mom's Apple Cake

3 cups apples, peeled and sliced	1 1/2 sticks margarine
3/4 cup + 2 Tbls sugar	1 cup flour
1/2 tsp cinnamon	2 eggs beaten

Preheat oven to 350 degrees. In greased pie plate, mix apples with cinnamon and 2 Tbls sugar. Heat margarine to brown stage. Add 3/4 cup sugar, eggs and flour. Pour over apples. Bake 40 mins.

The Friends Corner



Thanksgiving will be upon us soon and as you prepare the turkey and all the fixings you may want to keep to the standard menu or vary it. Whatever you do, the Middletown Library Bookstore has the cookbooks you need to prepare a delicious dinner. Stop in and sample a wide array of cookbooks for sale.

The Friends of the Middletown Library support a wide variety of Library projects and events for the community. You can help lend your support by joining the Friends. Stop in at the library for information and an application or email FriendsoftheMiddletownRILibrary@gmail.com.

Connect with us!



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middletownpubliclibraryri.org

Library Hours:

Monday - Thursday 10 am - 7 pm
Friday - 10 am - 5 pm
Saturday - 10 am - 5 pm
Sunday* - 10 am - 5 pm

*Sunday hours begin on the Sunday following Labor Day and end on the Sunday before Memorial Day
Library closed on Sundays preceding Monday Holidays