



MPL NEWS

January 2023

Library CLOSED Sunday, January 1st
and Monday, January 2nd in
observance of New Year's Day
&
CLOSED Sunday, January 15th and
Monday, January 16th in observance of
Martin Luther King, Jr. Day

Events and Happenings at Middletown Public Library

From the Director's Laptop

Do you have a New Year's resolution? Almost everyone does. It's usually about health -- starting a new diet, getting in shape, attending an exercise class and so on. We all want to be healthy, especially after coming through Covid-19.

Just this week I watched something so interesting that I actually watched it twice -- a PBS Nova production, "The Truth About Fat". If you've never watched Nova, I can tell you that it airs outstanding programs on science, health, nature, technology, and the environment.

"The Truth About Fat" reveals much about human evolution and biology that researchers have learned in the last twenty years. Below is a list of only ten. There are many more.

- Fat is not just a reserve of calories but a complex endocrine organ that produces dozens of hormones.
- Those hormones are important to our bones, brain, and reproductive organs.
- One very important hormone produced by fat is leptin which plays an active role in regulating appetite, metabolism and other biological systems.
- Research shows that 1 in 5,000 people carry the leptin gene mutation, meaning their bodies produce either too much fat or too little.
- Fat is critical to survival because it plays different roles in our bodies at different times of our lives.
- Fat is directly related to brain development in babies. Loss of fat produces brittle bones that can lead to osteoporosis in adults.
- Japanese Sumo wrestlers are metabolically healthy because they exercise daily. Their fat cells are located under their skin and not in their organs. That all changes when they exercise less.
- Being thin is not necessarily healthy. Fashion models literally starve themselves to wear a size 2 and are often sick.
- Our health is significantly affected by having either too much fat or having too little.
- Obese people are not morally inferior. They are biologically different. Biological processes are beyond will power.

What I've described is a small portion of what I learned. If you are planning to start a diet or exercise program, I strongly recommend you watch this program first because it provides a good foundation of knowledge about metabolism. You can [borrow the DVD](#), or [stream it from Hoopla](#).

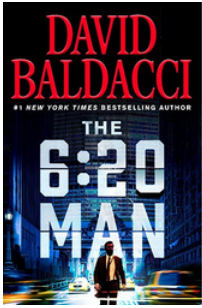
Whatever your New Year's resolution is -- read a classic, learn another language, train your dog -- use your Middletown library card to find resources that can make it happen.

In closing, be sure to check out our library website, middletownpubliclibraryri.org to learn about programs, new titles, weaving on a loom, and much more at the MPL this month. With that -- I want to take this opportunity to wish you good health, peace and happiness in 2023.

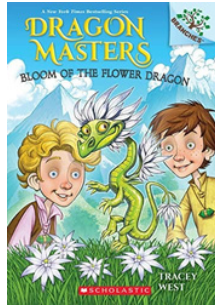
Happy New Year!
Theresa

Theresa Coish is the Director of Middletown Public Library
She is currently reading, *Ford County*, by John Grisham.

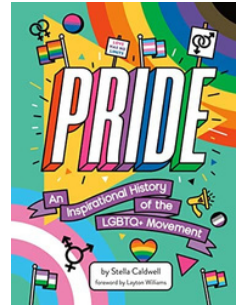
What's New at the Library



New Adult Books



New Children's Books



New Teen Books

BookPage®



Best Books of 2022
TAKE ME THERE!



Middletown residents can stop in and ask questions about local community resources including:

Heating Assistance, Education Opportunities, Housing Assistance, Recovery, Food Access, Eldercare, and more.

Contact Lori Turner, Healthy Communities Coordinator 842-6599

MPL Adult
Writers
Club

Thursday, January 12th

5:00pm-6:00pm

in our community meeting room

Short stories, essays, poetry,
novel outlines, memoirs . . . ALL
writing styles and ALL experience
levels are welcome to join us!

Registration
is required.



Youth Services Spotlight

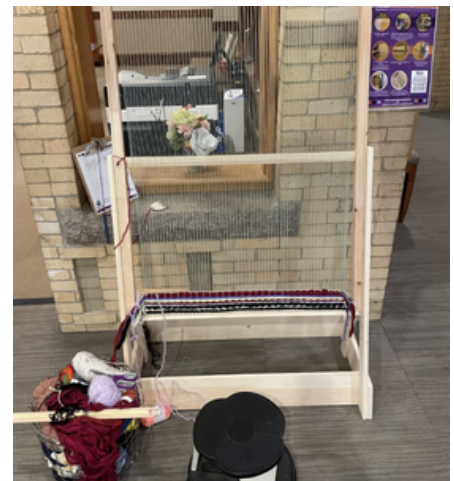
Children



Paint with Your Grandchild



Tweens



Community Loom Project EVERY DAY!

Teens



LIBRARY TEEN ADVISORY BOARD

High school & Middle school
Every Saturday from 2-3pm
Starting January 7th

Join our Teen Advisory Board and help
us design a new space!

As well as programming, new book choices
and goals for the new teen space

To join call 401-846-1573 ext 3
Commitment is just one time a month.
ZOOM links will be available

*This would look great on your college application!

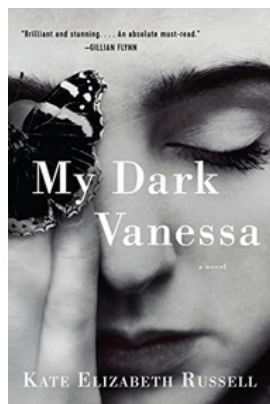
Check out our full calendar of events [HERE](#)

MPL'S Adult Book Club

3:30pm in our
community meeting room

**Monday,
January 9th**

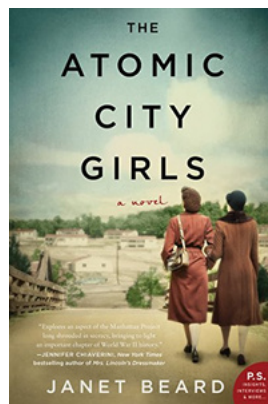
*We'll be
discussing*



My Dark
Vanessa: A Novel

Get your
copies
today!

The Atomic
City Girls



**Monday,
February 13th**

*We'll be
discussing*



We hope you can join us! Click [HERE](#) to register.

It's National Slow Cooking Month



Check out
MPL's slow
cooking
collection!

GO!

**BARBARA
WALTERS
AUDITION**
A MEMOIR

Barbara Walters
September 25, 1929 - December 30, 2022



[Click to reserve a copy
of her memoir](#)

The Friends Corner

Library Shelfie Day is on Wednesday, January 25 this year. On this day, book lovers share their favorite books and library shelves with the world in a fun way. On this day, readers are encouraged to take a selfie with their most beloved library shelf showcasing the books that stand out for them. No matter your age or interests, the Middletown Library Bookstore has works of fiction and non-fiction as well as history and biography that appeal to teens and adults.



***Snap a Shelfie, and share it
with all who wish to see it!***

As the new year begins, you can support the Middletown Library by joining the Friends of the Middletown Library. You will find an application in the bookstore or at the circulation desk or email

FRIENDSOFTHEMIDDLETOWNRILIBRARY@GMAIL.COM

Connect with us!



Middletown Public Library
700 West Main Road
Middletown, RI 02842
401-846-1573
middletownpubliclibrary@gmail.com
middletownpubliclibraryri.org

Library Hours:
Monday - Thursday 10 am - 7 pm
Friday - 10 am - 5 pm
Saturday - 10 am - 5 pm
Sunday* - 12 pm - 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