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

Best Books of 2022

TAKE ME THERE!

MIDDLETOWN
Outreach
Library Hours
Middletown Public Library • 700 East Main St.
WEDNESDAYS
10 AM-12 PM

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

Coloring our World Storytimes
Thursday 3:00-4:15

Paint with Your Grandchild

JANUARY 28, 2023 AT 10 AM
ALL AGES WELCOME. NO EXPERIENCE NEEDED.

Wear clothes you can get messy!

Tweens

Dungeons & Dragons For girls!
Starts Saturday, January 7th at 2pm
For Middle Schoolers

Community Loom Project
EVERY DAY!

Teens

Watercolor Class
Every Friday 3:00-4:00

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 401-846-1973 ext 3.
Commitment is just one hour a month.
ZOOM links will be available.

*This would look great on your college application!

Check out our full calendar of events HERE
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.

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.

MPL's Adult Book Club

Monday, January 9th
We'll be discussing
My Dark Vanessa: A Novel
Get your copies today!
My Dark Vanessa
Kate Elizabeth Russell

Monday, February 13th
We'll be discussing
The Atomic City Girls
Get your copies today!
The Atomic City Girls
Janet Beard

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
September 25, 1929 - December 30, 2022

Click to reserve a copy of her memoir

The Atomic City Girls

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

Library Closed

Connect with us!
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