



October 2019



October brings National Health Education Week and World Mental Health Day!

In honor of World Mental Health Day (October 10) and National Health Education Week (October 21-25), MPL invites you to check out the sampling of our related resources below and to come to the library to explore more.

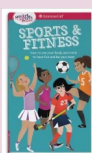


Need help finding information on a certain topic? Our staff is here to help!

Health Revolution: Finding Happiness and Health Through an Anti-inflammatory Lifestyle: Wholeness, Food, Research, Exercise, Beauty, Insight



Sports & Fitness: How to Use Your Body and Mind to Play and Feel Your Best



On the Other Side of the Garden



Headcase: LGBTQ Writers & Artists on Mental Health and Wellness



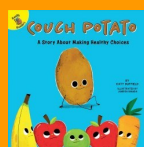
Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches



Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers



Couch Potato: A Story About Making Healthy Choices



Dear Bully: Seventy Authors Tell Their Stories



Turning Pages: My Life Story



The Teenage Guy's Survival Guide: The Real Deal on Going Out, Growing Up, and Other Guy Stuff



Selected MPL ONLINE DATABASES
at <https://www.marlborough-ma.gov/library/pages/databases-z-title>

- Health Reference Center Academic
- Health & Wellness Resource Center
- Physical Therapy & Sports Medicine Collection
- Psychology Collection

Access the MPL Social Service/Community Resource Directory at bit.ly/MPLResourceDirectory2019

Additional consumer health resources and links on the MPL website at <https://www.marlborough-ma.gov/marlborough-public-library/subject-guides/pages/consumer-health>

Selected MAGAZINE TITLES

- Eating Well
- Cycle World
- Prevention
- Runners World
- Web M.D.
- Yoga Journal

When I'm Feeling Scared



A New Way to Food: 100 Recipes to Encourage a Healthy Relationship with Food, Nourish Your Beautiful Body, and Celebrate Real Wellness for Life



October Holiday Hours

The MPL will be
CLOSED
Monday, Oct. 14
for
Columbus Day

**Need a peaceful, quiet
place to relax? Come hang
out with us at the library!**



*Judy enjoys her crossword puzzle
at a comfy spot in the library's
reading room.*

From the Director



Libraries Versus Publishers

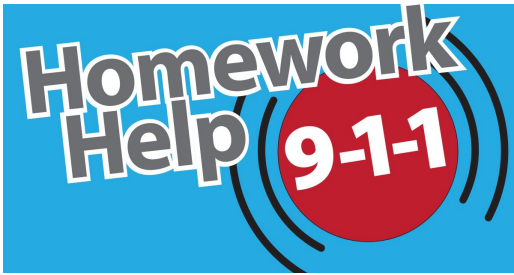
There is currently a battle waging between publishers and libraries over e-books. Publishers are under the mistaken idea that libraries cost them business. The truth is that libraries add to their bottom line by buying copies of their latest works and promoting their authors. Word of mouth is a big factor in sales, and libraries help achieve that buzz for new titles by recommending them, organizing book groups to discuss them and holding events that promote them.

The latest company to consider libraries a threat is Macmillan, a huge publishing conglomerate that is one of the five largest publishers in the U.S.

The purchase restrictions they will soon be placing on e-books are causing an uproar across the country. Effective November 1 within our CW MARS network, we will only be allowed to order one copy of Macmillan titles to share among the 140 libraries that belong to CW MARS for the first 60 days after a title is released. That means long queues for some popular titles. Libraries across the country are concerned that other publishers will follow Macmillan's lead and implement these new rules.

Many library-related groups, such as the American Library Association and other state and national organizations, are pushing back. A compromise might be one copy per library but even that will be insufficient in some instances. We hope that the efforts to reason with the publishers result in a more moderate approach and that we can continue to purchase all the copies that we need.

Having trouble with your homework?



Massachusetts libraries are here to help 24/7! Through our databases, we have a wealth of information that can be helpful around the clock, whether its art, geography, history, or science that you need help with.

Find resources at <https://libraries.state.ma.us/pages/homework-911> for elementary, middle school, high school and college students.

Databases are made possible by the Massachusetts Board of Library Commissioners with funding from the Institute of Museum and Library Services and the Commonwealth of Massachusetts and by the Massachusetts Library System.



Need a Hand?

Access the MPL Social Service/
Community Resource Directory at
bit.ly/MPLResourceDirectory2019



English Conversation Circles

English Conversation Circles offer an opportunity for English Language Learners to speak in a relaxed atmosphere.

No Registration Required



October English Conversation Circles

Tuesdays at 10 a.m.

Wednesdays at 9:30 a.m.

Thursdays at 6:30 p.m.

Sundays at 2 p.m. (except no session Oct. 13)

Please check our calendar of events at
bit.ly/EnglishCircles
for meeting cancellations.

**Would you like to receive the MPL
Newsletter delivered directly to
your email inbox every month?**




Sign up at bit.ly/MPLeNEWS

When you sign up you can also opt to receive additional alert reminders of kids, teen or adult events, holiday hours and special announcements.



Due to concern for our environment, we are no longer ordering plastic bags to pass out at the circulation desk. Please join us in being Earth friendly by bringing your own sack, if needed, to carry library materials you are taking with you.



Got a  interest in the intriguing, sometimes quirky, often fun, always informative posts being shared by MPL?

Follow us on Pinterest

at www.pinterest.com/marlboroughpl/



Shhhh! Here's a hint to the kinds of stuff you might spy if you peek at our Pinterest page:

Top Requests -- items in Marlborough with the most holds

Book Club recommendations -- all the books the library book clubs are reading

Food -- recipes and inspirational images relevant to the time of year or themes, such as fall foods (apples, pumpkin goodies, crockpot meals), Halloween treats, and football-watching snacks.

Plus there are **semi-permanent boards**, varying every few months, such as a recent one for our adult board game collection and one for our science book club read-alikes. Those checking out our page in October will find a new *Hygge* board which will hang around for a bit. Every month there are a couple of **rotating boards**, tending to be on a theme for that month -- A recent one showed dorm room ideas and desk/office decor. And you never know, a creepy craft board might just rise up in October!

Adult Book Suggestion



The Rosie Result

By Graeme Simsion

Graeme Simsion, for the third time (after *The Rosie Project* and *The Rosie Effect*), has written an entertaining but yet thoughtful account of what it is like to be "on the spectrum" of autism. The book can stand alone, but will have much more meaning if the first two books are read first, as this is a continuation of the characters' stories. The book describes the trials and tribulations that people who may have autism go through—how they are perceived by the world at large and how they think of themselves. The story evokes smiles at times and some tears. The ending is very satisfying. I read somewhere that this is the last installment, but I think there are plenty of stories to come with Hudson going to high school, so I am going to look forward to another Rosie book. Enjoy!

-Diane, Reference Librarian

Adult Services



To sign up for any event that requires registration, go to bit.ly/MPLRegisterOCT2019 or call (508) 624-6900.

Adult Events

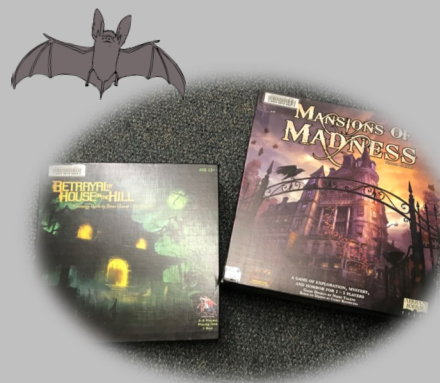
Board Game Night

Monday, Oct. 7, from 6-8 p.m.

Come enjoy a game from the library's selection of board games! Revisit classics like *Catan* or *Carcassonne*, or try something new like

Terraforming Mars, *Unstable Unicorns*, or *5-Minute*

Dungeon! But if October finds you seeking something spooky, test your luck with *Mansions of Madness* or *Betrayal at House on the Hill*. We also have End of World/Disaster choices like *Pandemic* and *Forbidden Desert*. Come play with us! This event is for ages 16 and over. *No registration required.*



Cyber Security 101

Tuesday, Oct. 8, from 6:30-8 p.m.



The all-ages program taught by staff from iuvo Technologies is aimed at educating community members about the importance of security, fraud-prevention, digital and device best practices and more. Real world examples will be used to teach participants

how to secure devices as well as sensitive websites and apps, password best practices, common fraud tactics and more. You are encouraged to bring your device as the staff can provide assistance in setting up additional security. *Please register.*

More Adult Book Suggestions

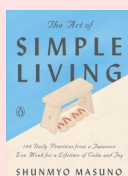


The Winter of the Witch

By Katherine Arden

Now, in the conclusion to this powerful trilogy, Moscow has been struck by disaster. Its people are searching for answers--and someone to blame. Vasya finds herself alone, beset on all sides. The

Grand Prince is in a rage, choosing allies that will lead him on a path to war and ruin. A wicked demon returns, stronger than ever, determined to spread chaos. Caught at the center of this conflict is Vasya, who finds the fate of both worlds resting on her shoulders. With her destiny uncertain, Vasya must uncover surprising truths about herself and her history as she desperately tries to save Russia, Morozko, and the magical world she treasures. But she may not be able to save them all.



The Art of Simple Living: 100 Daily Practices from a Japanese Zen Monk for a Lifetime of Calm and Joy

By Shunmyō Masuno

Relax and find happiness amid the swirl of the modern world with this guide to simplifying your life by a Japanese monk who embodies the wisdom of Zen.

Adult Services



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More Adult Events

Adult Book Club

Join us *Monday, Oct. 21, from 6:30-8 p.m. or Thursday, Oct. 24, from 10:30 a.m.-noon* for Adult Book Club. This month we will discuss *The Nightingale* by Kristin Hannah. Extra copies are available at the circulation desk. Learn more about the Adult Book Club on our website at bit.ly/MPLAdultBookClub.

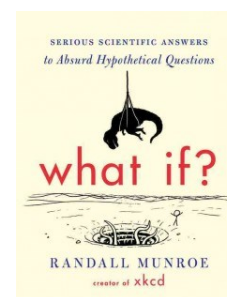


Science Book Club

Monday, Oct. 28, from 6:30-8 p.m.

Read a book about a topic in science! No previous experience in the subject necessary; come to learn something new or to share your expertise!

This month we are reading *What if? Serious Scientific Answers to Absurd Hypothetical Questions* by Randall Munroe. It answers questions like "What if we set off an atomic bomb in the sun?" or "Are fire tornadoes possible?" using actual physics, chemistry, and biology. This club is open to ages 18 and over.



Forever Young Adult

Wednesday, Oct. 30, from 6:30-7:30 p.m.

Join our book club for adults who read YA books. Teens are welcome, too! October's book is *The Agony House* by Cherie Priest. Copies of this month's book are available at the circulation desk.



YA Book Suggestions



Free Lunch

By Rex Ogle

Free Lunch is the true story of Rex Ogle's first semester in sixth grade. Rex and his baby brother often went hungry, wore secondhand clothes, and were short of school supplies, and Rex was on his school's free lunch program. See middle school through the eyes of a kid experiencing intense physical hunger and the humiliation of having to announce his circumstances every day in the school lunch line.



Caster

By Elsie Chapman

Aza Wu knows that casting magic can kill--it killed her sister--but she needs money desperately to pay off Saint Willow, who controls her sector of Lotusland, and to save the family teahouse. She secretly enters an underground casting tournament --and finds herself competing against other castors with "full magic," and even victory could cause her to lose her freedom, her magic, and her life.

Young Adult

To sign up for any event that requires registration or to view all events, go to <http://bit.ly/MPLRegisterOCT2019> or call 508-624-6903.

Teen Events for Grades 6-12

Trick or Treat

Halloween is not just for little kids at MPL! We've got special teens-only events all month long. *Thursday, Oct. 3*, is an early release day for Marlborough public schools. Get in the October spirit by making a creepy haunted forest painting at **ArtLab** from 3-5 p.m. Follow along with our sample or give it your own unique twist. *Registration is required.*

After four years in a row, it's officially an MPL teen tradition: **painting mini pumpkins!** Teens can paint and decorate their own mini pumpkins using acrylic and puffy paint, eyeballs, and more. This seasonal **Lazy Crafternoon** is *Tuesday, Oct. 8*, from 3-5 p.m. *Registration is required by Monday, Oct. 7*, so we can be sure to have enough pumpkins.



It's time for the **Halloween Cupcake Challenge** again! You'll get three cupcakes to decorate in a Halloween theme. We'll vote for the winner in two categories: "Best Overall" and "Grossest." Join us *Thursday, Oct. 24*, from 6-7:30 p.m. *Registration is required.*

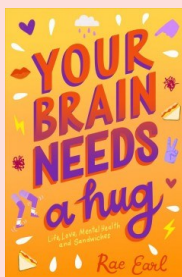
Hang out at our **Hocus Pocus party** *Tuesday, Oct. 29*, from 6-7:45 p.m. Watch *Hocus Pocus*(PG), eat witchy snacks, and make your own version of the spellbook from the movie (just a journal with a creepy cover). *Registration appreciated but not required.*

More YA Book Suggestions



Loki: Where Mischief Lies By Mackenzi Lee

Young Loki is desperate to prove himself heroic and capable, while it seems everyone around him considers him a villain . . . except for Amora. Asgard's resident sorceress-in-training feels like the only person who sees the best in him and his magic. But then she is banished to earth. When Asgardian magic is detected in relation to a string of mysterious murders on Earth, Loki is planted in 19th century London to investigate.



Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches By Rae Earl

My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Z's of mental health, social media, family, and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. This book contains friendly advice, coping strategies, and humorous moments to get you through the difficult days.

Young Adult

More Teen Events for grades 6-12

Cosplay Party!

Join the **Teen Anime & Manga Club** for a Cosplay (Costume Play) Party *Thursday, Oct. 10, from 5:30- 7 p.m.* Dress up as your favorite character and join

fellow fans for pizza, games, a photo station, and more!
Please pre-register to help us plan for food.



Cozy Cocoa in the Teen Room

Introducing **Hot Cocoa Cafe!** Hang out, do homework, and drink cocoa in the



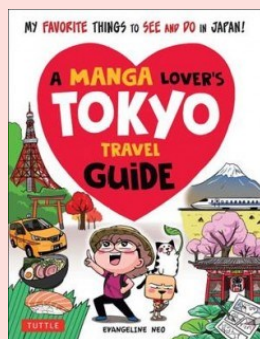
Teen Room *Wednesday, Oct. 2, from 3-5 p.m.* and *Wednesday, Oct. 23, from 6-8 p.m.* You can also use our button-maker to make custom flair for your backpack.
No registration required.

Monthly Events

This month you've got two chances to earn volunteer hours for school by being a **Window Artist**. Join us *Monday, Oct. 7, from 3-5 p.m.* to paint Star Wars Reads designs on the Children's Room windows. Then you can paint Halloween designs *Monday, Oct. 21, from 3-5 p.m.* You are welcome to sign up for one or both days.
Registration is required to reserve a window.

To register for events or to view regularly scheduled monthly teen programs, go to <http://bit.ly/MPLRegisterOCT2019> or call 508-624-6903.

Another YA Book Suggestion



A Manga Lover's Tokyo Travel Guide: My Favorite Things to See and Do in Japan

By Evangeline Neo

In this manga-style guidebook, Evangeline Neo travels to the Japanese capital with her mascots Kopi the dog and Matcha the cat, bringing you to all the *Otaku* sights the city has to offer. She'll tell you everything you need to know about: shopping for manga memorabilia in Akihabara and Nakano; visiting anime and manga museums like Studio Ghibli and Sanrio Puroland; getting dressed up at a cosplay studio; going to a maid café and a butler café; taking a manga drawing class.

Young Adult

More Monthly Events for Grades 6-12

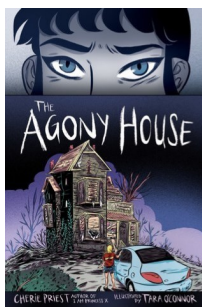
Join other teen authors for a special seasonal **Teen Write-In**

Wednesday, Oct. 16, from 6-7 p.m.
We'll talk about how to craft a story that will

make your audience's hair stand up and their spines tingle. We'll also have music, hot cocoa, and writing prompts in case you get stuck. *Registration appreciated, but not required.*



What have you been reading lately? Share your book reviews, get recommendations for what to read next, and enjoy some pizza at **Reading at the Table** Thursday, Oct. 17, from 6-7 p.m. You'll also get first dibs on brand new YA books before they hit the shelves. This is a casual book discussion with no assigned books. *Please pre-register.*

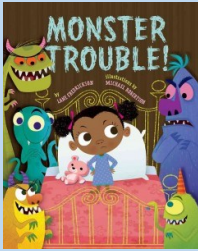


Forever Young Adult is our book club for adults who read YA books. **Teens are welcome, too!** October's book is *The Agony House* by Cherie Priest. Come discuss the book with us Wednesday, Oct. 30, from 6:30-7:30 p.m. Copies of this selection are available at the Circulation Desk.

To register for events or to view regularly scheduled monthly teen programs, go to <http://bit.ly/MPLRegisterOCT2019> or call 508-624-6903.

Children's Book Suggestions

Picture Book

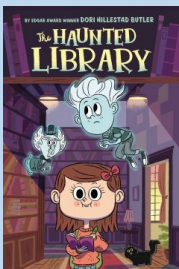


Monster Trouble

By Lane Fredrickson

Although Winifred thinks the monsters who creep into her bedroom each night are cute, she cannot get any sleep and tries to scare them away.

Beginner Reader



The Haunted Library

By Dori Hillestad Butler

When ghost boy Kaz's haunt is torn down and he is separated from his ghost family, he meets a real girl named Claire who lives above the town library with her parents and her grandmother. Claire has a special ability to see ghosts when other humans cannot, and she and Kaz quickly form a friendship.

Children's



To view all children's activities or to sign up online for any event that requires registration, go to bit.ly/MPLRegisterOCT2019 or call 508-624-6902.

Are you ready for that spooky time of year?

The Children's Room has all kinds of special events planned just for you! The festivities begin Wednesday, Oct. 16, at 3:30 p.m., when we'll have a **Mini Pumpkin Decorating Workshop** for children ages 2-12. Please pre-register for this event. We expect it will fill up pretty quickly.



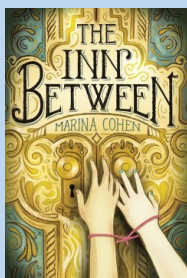
On Saturday, Oct. 19, we'll have a **Cat Party** at 11 a.m. Jennifer Morris, the author of *Flubby*, will be here to read from her adorable picture book series. You'll also get the chance to play with real cats from a local shelter, eat cupcakes, and get your very own pair of cat ears, and do a fun craft.

On Wednesday, Oct. 30, at 4 p.m. we'll have our annual **Halloween Party**. We'll have spooky stories, crafts, games, treats and a costume contest. You'll also see Spike's Halloween costume. Can you guess what she might wear?



Another Children's Book Suggestion

Chapter Book



The Inn Between By Marina Cohen

During a long car trip, best friends Quinn and Kara explore the strange and creepy goings-on at a remote Nevada inn when Kara's family stops for the night.

Children's



To view all children's activities or to sign up online for any event that requires registration, go to <http://bit.ly/MPLRegisterOCT2019> or call 508-624-6902.

More Children's Events

Starting Monday, Oct. 7, at 4:30 p.m. come join us for three sessions of **Math Exploration**! We will use math tools, math manipulatives and math games to explore a variety of mathematical concepts. The only thing you need to bring is an inquisitive mind and a love of math. This program is intended for children in grades 3 and 4. *Registration is required.*

Little Artist's Studio The **Little Artist's Studio** will be Friday, Oct. 11, at 11 a.m. Join us in this art workshop, where we will listen to a story, sing, paint, collage and imagine. This program is for children ages 2-6, with a caregiver.



And finally, **STEAM Storytime** will begin Thursday, Oct. 24, at 10 a.m. We'll listen to stories, sing songs, try a hands-on activity and play. Each week we'll explore a new STEAM-related topic. This program is for children ages 3-6, with a caregiver. *No registration is necessary.*



Let's get spooky! This month, the **Hooked on Books** young readers book club (for intermediate readers, grades 2-5) is exploring the horror fiction genre with R.L. Stine's *The Ghost Next Door*. Borrow a copy of this title from the children's desk, then join us Tuesday, Oct. 28, from 4:30-5:15 for a book talk, snack and fun activity. *Space is limited, and registration is recommended.*

About this book:

After waking from a horrific nightmare, Hannah Fairchild is baffled to discover that the empty house next door has suddenly been sold to a new family, as if overnight. Pale and mysterious, twelve-year-old Danny somehow has the ability to survive a series of near-fatal accidents. The more Hannah investigates, the more questions pile up. *Is Danny the ghost next door?*

