

Goodnow Library

January 2013
Volume 3, Number 1

LIBRARY HOURS

Regular Hours

- Monday-Thursday:
9 am-9 pm
- Friday-Saturday:
9 am-5 pm
- Sunday: 2-5 pm

**CLOSED for
New Year's Eve/Day**



- Monday, December 31, closed at 4 pm
- Tuesday January 1, closed all day

**CLOSED for Martin
Luther King Jr.'s
Birthday**



- Monday, January 21, closed all day

Welcome to Goodnow

Message from the director:



Library Director
Esmé Green

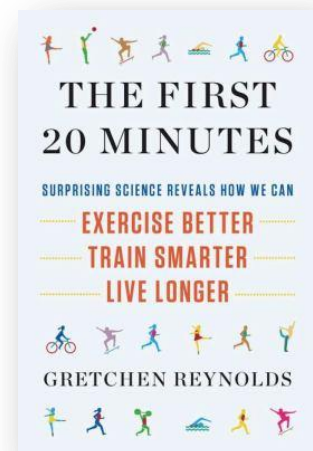
The New Year is commonly the occasion for taking stock of one's life, and cataloging the ways we can improve. Mine, like so many, is to get more exercise, eat better and spend quality time with my family. Oh, and I would love to learn sign language! As a library user, you already know that we get new books in every day on every topic imaginable. Below are a small sample of what we have to help with those resolutions; for a complete list of new titles, click [here](#).

Happy New Year! -Esmé

On Health:

[The weight of the nation](#) : surprising lessons about diets, food, and fat from the extraordinary series from HBO documentary films by John Hoffman

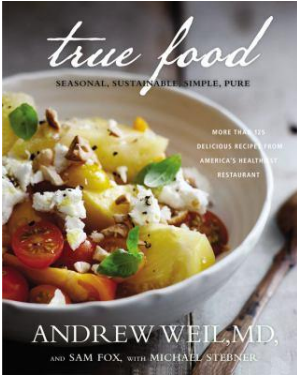
[The first 20 minutes](#) : surprising science reveals how we can exercise better, train smarter, live longer by Gretchen Reynolds



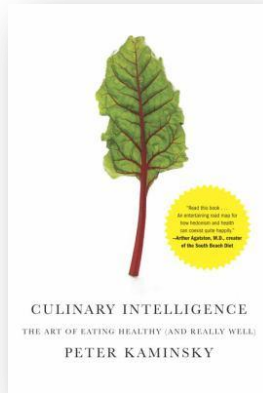
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On Eating Well:

[True food](#) : seasonal, sustainable, simple, pure / Andrew Weil



[Culinary intelligence](#) : the art of eating healthy (and really well) by Peter Kaminsky.

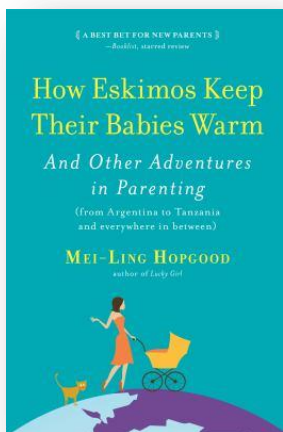


[Practical paleo](#) : a customized approach to health and a whole-foods lifestyle by Diane Sanfilippo.

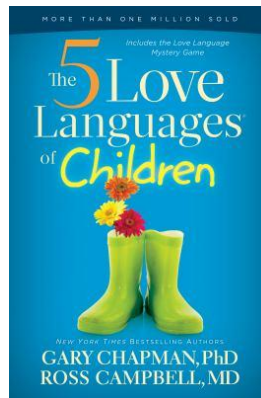


On Family:

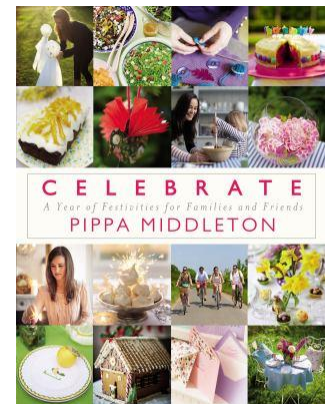
[How Eskimos keep their babies warm](#) : and other adventures in parenting (from Argentina to Tanzania and everywhere in between) by Mei-Ling Hopgood.



[The 5 love languages of children](#) by Gary Chapman



[Celebrate](#) : a year of festivities for families and friends by Pippa Middleton



January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 » 4:00 PM <u>New Year's Day</u>	2 » 10:30 AM <u>Baby & Me Ages 0-2 (R)</u>	3 » 10:00 AM <u>Story-time & Craft Ages 2+</u>	4 » 10:30 AM <u>Storytime Fun - Ages 2.5+</u>	5 » <u>Mitten Tree Donation Drive</u>
6 » 2:00 PM <u>Brownie Troop Meeting</u>	7 » 4:30 PM <u>Benson the Reading Therapy Dog-Sign-up Required</u>	8	9 » 10:30 AM <u>Baby & Me Ages 0-2 (R)</u> » 7:00 PM <u>Third Grade Book Group</u>	10 » 10:00 AM <u>Story-time & Craft Ages 2+</u> » 3:30 PM <u>IMAGIMOTION: Ages 2-5</u> » 4:00 PM <u>IMAGIMOTION: Ages 2-5</u>	11 » 10:30 AM <u>Storytime Fun - Ages 2.5+</u>	12
13	14 » 4:30 PM <u>Benson the Reading Therapy Dog-Sign-up Required</u>	15 » 10:00 AM <u>Sudbury Family Network Story & Craft</u> » 7:00 PM <u>The Goodnow Book Club For Grown Up Girls</u>	16 » 10:00 AM <u>Using Your eReader with Library eBooks</u> » 10:30 AM <u>Baby & Me Ages 0-2 (R)</u>	17 » 10:00 AM <u>Story-time & Craft Ages 2+</u> » 3:30 PM <u>IMAGIMOTION: Ages 2-5</u> » 4:00 PM <u>IMAGIMOTION: Ages 2-5</u> » 7:00 PM <u>LEGO CLUB</u>	18 » 10:30 AM <u>Storytime Fun - Ages 2.5+</u>	19
20	21 » 9:00 AM <u>Martin Luther King, Jr.'s Birthday</u>	22	23 » 10:30 AM <u>Baby & Me Ages 0-2 (R)</u> » 2:00 PM <u>Using Your eReader with Library eBooks</u>	24 » 10:00 AM <u>Story-time & Craft Ages 2+</u> » 3:30 PM <u>IMAGIMOTION: Ages 2-5</u> » 4:00 PM <u>IMAGIMOTION: Ages 2-5</u>	25 » 10:30 AM <u>Storytime Fun - Ages 2.5+</u>	26
27	28 » 4:30 PM <u>Benson the Reading Therapy Dog-Sign-up Required</u>	29	30 » 10:30 AM <u>Baby & Me Ages 0-2 (R)</u>	31 » 10:00 AM <u>Story-time & Craft Ages 2+</u> » 4:00 PM <u>Thursday Garden Club: Winter Workshop</u> » 7:00 PM <u>PAJAMA STORYTIME: HATS</u>	1	2

Weekly Children's Programs

Mondays:



Read to Benson, a Trained Therapy Dog



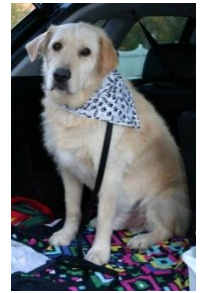
January 7, 4:30 pm | January 14, 4:30 pm | January 28, 4:30 pm

15 minute reading sessions are available. This program is designed to encourage reading and develop important literacy skills.

Please stop by the Children's Room to register or call 978-443-1035 ext. 3

For additional information on therapy dog training, please visit:

http://www.petsandpeoplefoundation.org/petsandpeoplefoundation/About_Us.html



Wednesdays:



January 2, 10:30 am | January 9, 10:30 am | January 16, 10:30 am | January 23, 10:30 am | January 30, 10:30 am

Children from birth through age 2 are invited to join Miss Amy for a lapsit story time featuring songs and rhymes to encourage parent/child interaction and movement, as well as a couple of very, very short stories!



Registration Required: [January 2](#) | [January 9](#) | [January 16](#) | [January 23](#) | [January 30](#)

Weekly Children's Programs

Thursdays:



Storytime and Craft

January 3, 10 am | January 10, 10 am | January 17, 10 am | January 24, 10 am



Please join us for a story and craft. This program is formatted for children ages 2 & up.



FRIDAYS:



Storytime Fun *with Miss Victoria*

Enjoy stories and a craft!

Ages 2.5+

January 4, 10:30 am (**A New Year with New Books**) | January 11, 10:30 am (**Cows**)

January 17, 10:30 am (**Snow Flurries**) | January 25, 10:30 am (**Monkeys**)

Special Children's Programs

Third Grade Book Group



Wednesday, January 9, 7 pm

Calling all Third Graders - join Miss Heather at the Goodnow Library for a book discussion.

This month we are discussing Phyllis Reynolds Naylor's family adventure Emily's Fortune.

Registration Required



Thursday, January 10 @ 3:30 and 4 pm

Thursday, January 17 @ 3:30 and 4 pm

Thursday, January 24 @ 3:30 and 4 pm

Imagimotion Kidz provides children with the opportunity, through movement, to imagine, explore, discover, and maximize their potential. Our specially designed movement activities promote development of motor skills and fitness through fun, creative experiences.



This program is for children ages 2 through 5

Patty Barr is the founder of Imagimotion Kidz and has been teaching creative movement classes at local preschools and child care centers for the past 20 years. For more information on Imagimotion, please visit:

<http://www.imagimotionkidz.com/>

Registration Required - Space is limited

[Thursday, January 10 3:30](#) | [Thursday, January 10 4 pm](#)

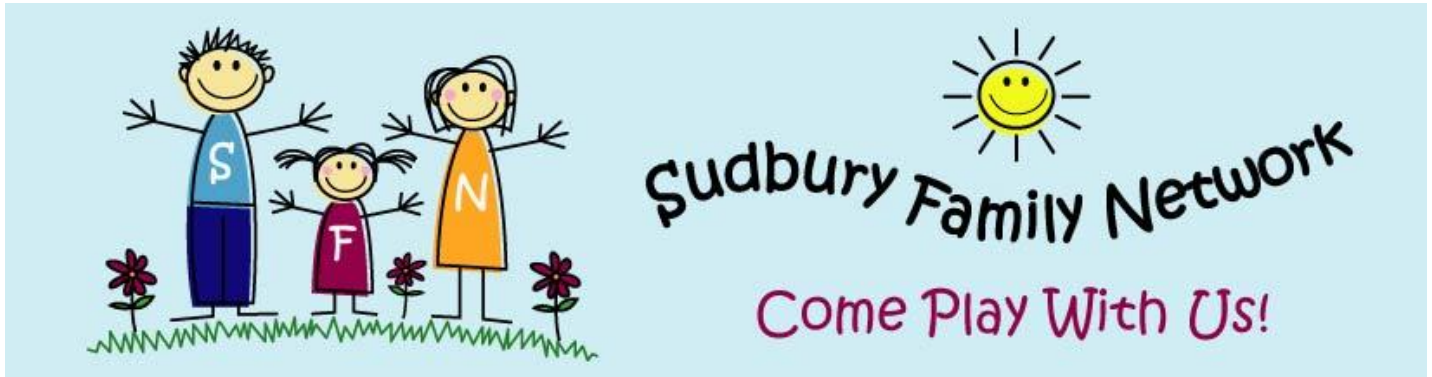
[Thursday, January 17 3:30](#) | [Thursday, January 17 4 pm](#)

[Thursday, January 24 3:30](#) | [Thursday, January 24 4 pm](#)

Special Children's Programs

Sudbury Family Network Story & Craft

Tuesday, January 15, 10 am



Please register with the Sudbury Family Network:

<http://www.sudburyfamilynetwork.org/>



Lego Club



Thursday, January 17, 7 pm

Lego Building Challenge



AGES 9 & UP

[REGISTRATION REQUIRED](#)

THURSDAY GARDEN CLUB

Thursday, January 31, 4 pm



AGES 7+

REGISTRATION REQUIRED



Thursday, January 31, 7 pm



****Children & Parents can wear their favorite hat****

Family Program for children ages 3 & up

Adult Book Clubs

"The Bookies" Book Discussion Group

Tuesday, December 11, at 6:30 pm



The "Bookies" next title for discussion is **The Buddha in the Attic** by Julie Otsuka. This novel follows the lives of young women brought from Japan to San Francisco as mail-order brides nearly a century ago. Winner of the PEN/Faulkner Award for Fiction and the National Book Award, Otsuka's spare but potent prose is a sort of prequel to her earlier acclaimed title, **When the Emperor Was Divine**. Come see if it's a 'winner' by the "Bookies" standards.

Books in Bloom Book Group



We're taking time off for the holidays!

Watch for new dates in 2013!

The Goodnow Book Club for Grown up Girls

Monday, January 15, 7 pm at the Fairbank Community Center

Interested in reading smart, fun, modern fiction for women? Want to get together with other like-minded souls to talk about books? Why not try the newest book club in town: The Goodnow Book Club for Grown Up Girls, jointly sponsored by the Goodnow Library and the Sudbury Park & Recreation Department.

January's title is the [Widower's Tale](#) by [Julia Glass](#)

Enjoying an active but lonely rural life, 70-year-old Percy haplessly allows a progressive preschool to move into his barn and transform his quiet home into a lively, youthful community that compels him to reexamine the choices he made in the decades after his wife's death.

Books will be available at the circulation desk of the Goodnow Library.

This event is free and open to the public, but you must register by calling 978-443-1092.



The Friends of the Goodnow Library Present...

Shop Amazon today and Support Goodnow Library!

Fill up your cart and help support:

- Adult Programs
- Film Series
- Children's Programs
- Concerts

And MUCH more!!

- Museum Passes
- Book Groups


The Friends of Goodnow Library organization is an Amazon.com Affiliate!

What does this mean to YOU? What does this mean to Goodnow Library?

It means that virtually any Amazon purchase made through the special link on our website will be credited to the Friends of Goodnow Library. Your shopping experience will be exactly the same, but a small commission on the items you purchase will be sent to the Friends.

How to shop Amazon through Goodnow Library:

1. Start at the Library's website:
<http://sudbury.ma.us/departments/library/>
2. Click on the Amazon link.
3. Place an order.



THIS APPLIES TO ANY PURCHASE –NOT JUST BOOKS.

When you choose to shop on Amazon for anything – books, clothing, computers, office products, electronics, food, health and beauty supplies, furniture, toys, tools, etc., please order through the Goodnow Library gateway. Participation in this program will benefit Library resources and services. Amazon does NOT share your name, address or payment information with the Library.

The Amazon Associate Program is administered by the Friends of Goodnow Library. Commissions earned through this effort will go directly toward funding Library programs and services.

ALL PROGRAMS PROVIDED BY THE [FRIENDS OF THE GOODNOW LIBRARY](#)

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IN THE MCQUEEN GALLERY

End War!

An international labor poster exhibit

assembled by

STEPHEN LEWIS

at

Goodnow Public Library

21 Concord Rd.

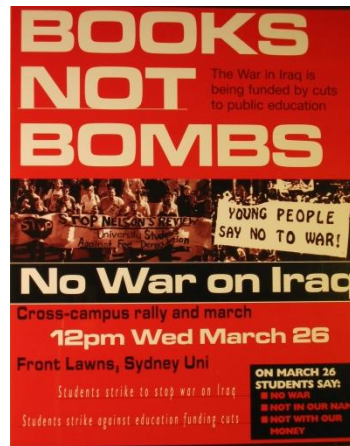
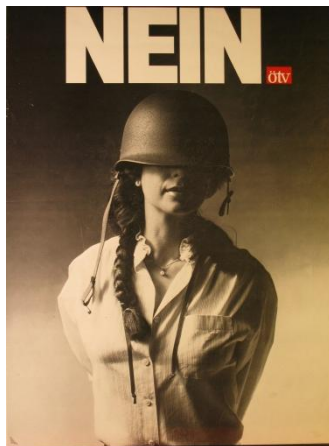
Sudbury, MA

January 5 through January 31, 2013

Open Monday-Thursday 9:00 a.m.-9:00 p.m.

Friday & Saturday 9:00 a.m.-5:00 p.m. Sunday 2 pm to 5 pm

Fully accessible. For information call 978-443-1035



Getting More from Your Library

Did you get a new eReader for the Holidays? Here's help...

Using Your eReader with *FREE Library* eBooks

Wednesday, January 16, 10 am*

Wednesday, January 23, 2 pm*

SNOW DATE (if either is canceled):

Wednesday January 30, 10 am

Would you like to know how to access free library content?

Bring your devices and your questions and we'll do our best to answer them for you!

Learn about:

- *Different e-readers and audio devices
- *Configuring your device
- *Searching and downloading content

Matt Amory, computer specialist and reference librarian, will demonstrate these services and answer your questions



Getting More from Your Library

Volunteer Opportunities



Would you be willing to assist the library in sorting and shelving its incoming materials delivery? We are looking for someone with basic computer skills, good organizational skills, and an interest in helping us serve the public in a vital way. The process takes about 3-4 hours start to finish, from the point when our delivery arrives on Fridays (usually between 11:30 and 12:30), and involves the following: emptying bins of library materials (usually between 10 and 20 bins) onto carts,

processing materials which have been reserved by Sudbury library patrons, and filing all of these alphabetically on our reserve shelves. There is some standing, sitting, and moving of loaded, wheeled carts involved. Staff will train, and are available throughout the process to answer questions



Online Resource of the Month: [Learning Express Library](http://LearningExpressLibrary.com)

LearningExpressLibrary.com

Learning Express Library is an online collection of practice tests and study aides on a variety of topics. Just some of the many practice tests available include:

- ACT
- Advanced Placement
- ASVAB
- Civil Service
- Cosmetology
- EMS
- Firefighter
- GED
- GMAT
- GRE
- Law Enforcement
- Praxis/PPST
- Real Estate
- SAT
- TOEFL
- U.S. Citizenship

The Learning Express Library also includes basic reading, writing, and math skills improvement for school children and adults. A "skills improvement" section is also included with Spanish language instruction.



Goodnow Library

21 Concord Rd
Sudbury, MA 01776

PHONE:
978-443-1035

E-MAIL:
Sudbury@minlib.net

LIBRARY CATALOG:
Library.minlib.net

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[The Trustees of the Goodnow Library](#)



[The Goodnow Library Foundation](#)

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- [Children's Room Mailing List](#)

Visit our Website

- library.sudbury.ma.us

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About the Library

The Goodnow Library is a lifelong recreational and learning/informational resource and community center for Sudbury. The library assists users of all ages and interests in meeting personal, educational, vocational and social goals that contribute to their well-being and to reaching their potential as individuals and as members of a democratic society. Goodnow strives to enhance the quality of life of all users, to strengthen the fabric of the Sudbury community and to promote a well informed and enlightened citizenry.

