



GOOD *NEWSLETTER*

March 2013
Volume 3, Number 3

LIBRARY HOURS

Regular Hours

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

DELAYED OPENING for Staff Training



- Thursday,
February 28
- OPEN
12:30-9 pm

CLOSED



- Sunday,
March 31
CLOSED ALL DAY



Good then. Goodnow.

Kick off Goodnow Library's
Sesquicentennial Celebration!

OPEN HOUSE



Activities for Everyone!
Music, Food, and Festivities

Saturday, April 27, 2013
10 am to 4 pm



Scan this code for
updates on
yearlong
celebratory events

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	1 » Read Across America Day	2 » 9:00 AM Volunteers Needed » 10:00 AM Drop-in Craft: Happy Birthday Dr. Seuss
3	4 » 4:30 PM Benson the Reading Therapy Dog-Sign-up Required	5 » 3:30 PM Volunteers Needed	6 » 10:30 AM Baby & Me Ages 0-2 » 11:00 AM SING-A-LONG » 2:00 PM Movie	7 » 10:00 AM Story-time & Craft Ages 2+	8 » 10:30 AM Books in Bloom Book Group	9
10 » 2:30 PM Daisy Troop Program	11 » 4:30 PM Benson the Reading Therapy Dog-Sign-up Required	12	13 » 10:30 AM Baby & Me Ages 0-2 » 1:00 PM Brownie Troop Meeting » 2:00 PM Daisy Troop Program » 7:00 PM Third Grade Book Group	14 » 10:00 AM Story-time & Craft Ages 2+	15	16 » 10:00 AM Drop-in Craft: Saint Patrick's Day
17	18 » 4:30 PM Benson the Reading Therapy Dog-Sign-up Required	19 » 10:00 AM Maple Sugaring Storytime	20 » 10:30 AM Baby & Me Ages 0-2	21 » 10:00 AM Story-time & Craft Ages 2+ » 7:00 PM PAJAMA STORYTIME: SPRINGTIME	22 » 3:30 PM Volunteers Needed	23 » 11:30 AM Russian Musical Program
24	25 » 4:30 PM Benson the Reading Therapy Dog-Sign-up Required	26 » 3:30 PM Volunteers Needed	27 » 7:00 PM 4-6 Grade Book Group	28 » 10:00 AM Story-time & Craft Ages 2+	29	30
31 » CLOSED	1	2	3	4	5	6

Adult Book Clubs

"The Bookies" Book Discussion Group

Tuesday, April 2, at 7 pm



The "Bookies" discussion group will next meet on **Tuesday, April 2nd at 7 pm** to discuss **The Mambo Kings Play Songs of Love** by Oscar Hijuelos. This bestselling Pulitzer Prize winning novel of 1989 follows the paths of two musical Cuban brothers immigrating to New York City. By turns raucous, earthy and ineffably sad, this vibrant and soulful tale explores the Cuban psyche through the popular 1950's Latin music. Sure to pay off in fine 'notes' to the Bookies who sing the book's praises or even find it off-key. Join in for the discussion and have a seat on one of our musical chairs!

Last meeting the "Bookies" took Richard III apart and put him back together in a new way. We read and discussed Josephine Tey's unique mystery **Daughter of Time** about the much-maligned old English king. According to Tey's main character, Inspector Grant, it seems good Richard may have been innocent of all murderous charges. Shakespeare be damned! Long live the King! And the Bookies made no bones about having a rousing good discussion!



Books in Bloom Book Group

Friday, March 8, 10:30 am



Do you love to read? Do you enjoy arranging fresh flowers or silk flowers? Would you like to combine your two interests and share them with a group? We are a new Book Discussion/Flower Arranging group that meets on the 2nd Friday of each month at 10:30-12 noon in the Small Conference Room at the Goodnow Library. Our goal is to choose a book to discuss each month and then to interpret it with individual flower arrangements (fresh or silk). The arrangements are made by you at home and are brought to the meeting: they can be symbolic of the characters or themes in the book.

Books will be ordered by Maureen Hines, Group Leader, and will be available at the Goodnow Library*. Just bring yourself, your creativity, and a sense of fun to the meeting. We will share a love of books and a love of arranging flowers--No expertise is needed. This program is free and sponsored by the Goodnow Library. Hope to see you there!

March's title is *The Language of Flowers* by Vanessa Diffenbaugh. This title has many reserves. If you are interested in purchasing a copy from Amazon, please use [this link](#),



THE STAFF AND TRUSTEES OF THE GOODNOW LIBRARY
WOULD LIKE TO THANK
THE FRIENDS OF THE GOODNOW LIBRARY
FOR THEIR HARD WORK AND SUPPORT
THROUGHOUT THE YEAR.



DID YOU KNOW?

Through their annual fundraising, the Friends make these programs possible:

- The Museum Pass Program
- Adult Programs and Concerts
- Children's Programs and Concerts
- eBooks and eAudio Books

[Please support these programs by becoming a Friend today!](#)

IN THE MCQUEEN GALLERY

JENNIFER COLEMAN DOWLING

BIOGRAPHY

Jennifer Coleman Dowling is an experienced educator, designer, and artist. She is an Associate Professor at Framingham State University where she teaches courses in new media, computer animation, advertising, and visual design. Dowling has a B.A. in Studio ART from the University of New Hampshire, and an MFA in Visual Design from the University of Massachusetts, Dartmouth.

Dowling has been dedicated to her teaching and professional work for over 20 years, which includes: web design, interactive multimedia, animation, print design, illustration, logo and corporate packaging, educational software, advertising, product promotion, and presentation graphics.

Dowling creates nature-based digital art with an emphasis on detailed views of plants and flowers. Her work combines digitally manipulated photographs with fine art methods, such as watercolor, acrylic, and pastel. She strives for an authenticity in each piece so that the final result represents a unique quality amidst the digital creation process. She continually experiments with new techniques for creating, manipulating, and producing art and design, using various software programs and printing devices merged with traditional art approaches.

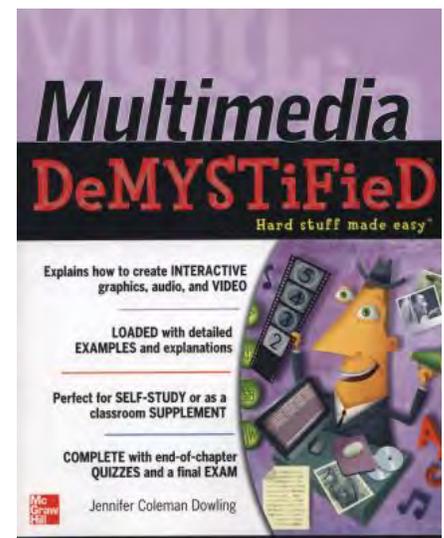
ARTIST STATEMENT

I have always felt a strong connection between the natural world and my innate spirituality. Year-round I spend time taking photographs outdoors. Flowers, grass, water, ice, stones, berries, branches, leaves, and bark are precious and unique entities that also appear to me as meditative visual surfaces.

My artwork addresses universal themes that revolve around natural subjects, and my purpose is to explore and convey an appreciation of the beauty found in tones, colors, textures, and shapes. I strive for an authenticity in each piece, creating one-of-a-kind entities while taking into consideration the reproducibility of computer-generated imagery.

When creating art, I look for ways to combine digitally manipulated images with fine art methods and the culmination is a digital-traditional hybrid.

My artistic technique involves many steps and it changes and evolves with each new piece. At times I create original works of art using conventional approaches, such as drawing and printmaking, and scan the pieces to further develop them on the computer. Most often, I take digital photographs and then layer and manipulate the images in Adobe Photoshop. I print them out on textured paper or canvas, and overlay them with pastels, colored pencils, watercolor, and acrylic paints. This allows me to combine my penchant for artistic materials with which I was formally trained, with innovative digital techniques.



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:

[Digital Media Catalog \(OverDrive\)](#)

The Goodnow Library, in conjunction with the Minuteman Library Network, offers eAudiobooks and eBooks, available for download from the library's website. Library card holders can check out and download digital media anytime, anywhere by visiting the [Digital Media Catalog](#)

Users may browse the library's website, check out with a valid library card, and download to PC, Mac®, and many mobile devices. Users will need to install free software. For audiobooks, music, and video: OverDrive® Media Console™. To read eBooks, users will need Adobe® Digital Editions. Titles can be enjoyed immediately or transferred to a variety of devices, including iPod®, Sony® Reader™, and many others. Some audio titles can also be burned to CD to listen on-the-go. Titles will automatically expire at the end of the lending period. There are no late fees!



In the Know at Good(k)now

MOBILE APP REVIEWS FOR YOU

By [Laura M. Bogart](#)

After Snowpocalypse 2013, many people were left with two thoughts: first, how lucky we were that our communities were so prepared for this storm and, second, how we can better prepare and protect ourselves for future storms. This month I am featuring reviews of two weather emergency apps.

[Hurricane](#) by the American Red Cross.

Devices: iPhone and Android.



Features: Preparation info, alerts, shelters listings, and emergency tools, including a quick one-touch button to alert friends that you are safe.

Pros: Great for alerts, planning, and a quick way to notify friends of your safety. Free and easy to download.

Cons: You have to remember to program in your safe messages and save login info to everything you want notified (Facebook, Twitter, Google Voice, etc) before the storm hits. Otherwise, you'll waste time and battery power setting up the message during the crisis. The "Flashlight" feature is only useful if your phone has a very bright light.

Overall: I recommend this app as a safety precaution, even if you've never before had a disaster where you live.

Recommended at 4 out of 4 stars.



[ping4alerts!](#) by Ping4 Inc.

Devices: iPhone and Android



ping4alerts!

Features: Uses geofencing to pinpoint your exact location and send alerts from National Weather Service and MEMA targeted to where you are.

Pros: Free and easy to use. If you've enabled Public Alerts, alerts about life threatening conditions will override your phone's silent setting.

Cons: If you've disabled location (GPS) on your phone to conserve battery or for security reasons, this app will not work. The "Deals and Offers" box will wear down your battery with offers if you check it. If you're traveling, it isn't sophisticated enough to switch from MEMA to the other state.

Overall: The Public Alerts feature is simple, useful, and easy to use, but the Deals and Offers is annoying if left checked. Best used in combination with the "Hurricane" app.

Recommended at 3 out of 4 stars.

In the Know at Good(k)now

Take One Book and Call Me in the Morning

by [Laura M. Bogart](#)



A recent article in CTV News¹ talked about a study in which patients struggling with depression or anxiety improved more by reading books than by using therapy alone. The books recommend were not only self-help books, but also "feel-good novels," such as "The Alchemist" by Paulo Coelho and "The Builders" by Maeve Binchy.

Seeing the medical community recognize the mental health benefits of books made me wonder when they will start prescribing books for other medical issues. It may sound like I'm speaking in jest, but you've probably experienced some of these benefits yourself and not noticed.

Cure For Insomnia: More and more, doctors are warning against using electronic devices, such as televisions or computers, before going to sleep². However, reading a book is very relaxing and conducive to your pre-sleep ritual.

Exercise Tool: For those of us who get bored jogging in place for an hour, a good book on the treadmill stand is a must. In a public gym, televisions never have anything you want to watch and at home you have to turn it up to damaging decibels in order to hear it over the sound of the treadmill. A good book can be so engrossing that you may jog an extra 15 minutes to finish your chapter.

Increase Attention Span: As Nicholas Carr explains in detail in his book, "The Shallows," reading a normal book (without hypertext or popups) puts our brain into a state of deep concentration. Contrarily, electronic devices, with their constant interruptions, put our brains into a state similar to A.D.D., leading to difficulty in concentrating and recollection³. The best cure for this "culturally induced A.D.D." is settling into a good, long read.

So, next time you stock up on wellness supplies, drop by your local library and pick up some books. You may find they do more good than those superdose vitamin C packets.

Sources:

¹CTV News. "British doctors to prescribe mood-boosting books to patients." February 9, 2013.

<http://www.ctvnews.ca/health/british-doctors-to-prescribe-mood-boosting-books-to-patients-1.1150154>

²Dotinga, Randy. *USN HealthDay*. March 7, 2011. "Using electronics before bed may hamper sleep."

<http://health.usnews.com/health-news/family-health/sleep/articles/2011/03/07/using-electronics-before-bed-may-hamper-sleep>

³Carr, Nicholas. "The Shallows: what the internet is doing to our brain." New York : W.W. Norton, 2011.

Weekly Children's Programs

Mondays:



Read to Benson, a Trained Therapy Dog

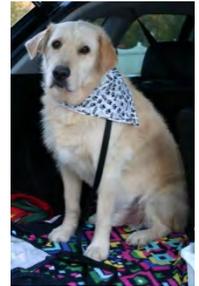


15 minute reading sessions are available. This program is designed to encourage reading and develop important literacy skills.

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:



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!

There will be no Baby & ME session on Wednesday, March 27.



Thursdays:



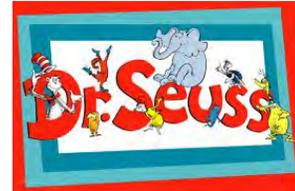
Storytime and Craft

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

Special Children's Programs

Drop-in Craft: Happy Birthday Dr. Seuss!
Saturday, March 2, 10am-12 noon

Join us for a fun drop-in Seussical craft!



SING-A-LONG WITH JAMES LEPLER

Wednesday, March 6, 11 am



James Lepler has been performing and writing songs for over 20 years for kids and grownups alike. His programs are a fun mix of music, rhythm and movement for children ages 5 and under.

You can preview songs from his CD "Had to Dance" on [iTunes](#) and check out his website www.kidsnharmony.com.



Early Release Movie: **Wreck-It Ralph**

Wednesday, March 6, 2 pm

Bring a friend and watch a movie at the Library!

Rated PG



DROP-IN SAINT PATRICK'S DAY CRAFT

Saturday, March 16, 10 am-12 noon



Join us for a fun drop-in craft!

Special Children's Programs

Maple Sugar Season Story Time
Tuesday, March 19, 1 am



Join Land's Sake Educator, Megan Rynne, for all things Maple!

Listen to the story *Sugarbush Spring* by Marsha Wilson Chall, learn how to identify a Sugar Maple Tree, and try your hand at tapping with real tools. From tapping to collecting to boiling to tasting, there is something to learn and love about Maple Sugar Season for everyone!



Pajama Storytime
Thursday, March 21, 7 pm



For families with children age 3 and up
Join us for stories and songs on the first day of spring!
Stay and plant some seeds to celebrate spring!



LET'S SING IN RUSSIAN!
WITH TANYA ZA & KATYA NE
Saturday, March 23, 11:30 am

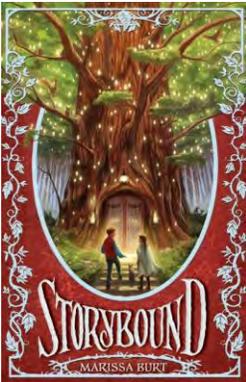


This interactive one-hour program is for Russian-speaking kids ages 2-6 years old and their parents.

Let's learn new songs and sing together in Russian, play music instruments, and have fun!



**Third Grade Book Group
Wednesday, March 13, 7 pm**



**THIRD GRADERS WILL BE READING & DISCUSSING
STORYBOUND BY MARISSA BURT**

Registration Required



**Fourth, Fifth and Sixth Grade Book Group
Wednesday, March 27, 7 pm**

**Please check back to see what this
month's book will be...**



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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.

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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.