



# The Nesmith NEWS

January 2019

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## January is National Oatmeal Month

*Diane Mayr,  
Assistant Library Director*

Nothing says warmth like a bowl of hot oatmeal on a cold January morning. Is it any wonder then, that January has been declared National Oatmeal Month?

Besides being a heart-healthy breakfast, oatmeal is also gluten-free. The Whole Grains Council shares this bit of good news about oatmeal:

Unique among the most widely-eaten grains, oats almost never have their bran and germ removed in processing. **So if you see oats or oat flour on the label, relax: you're virtually guaranteed to be getting whole grain.**

That's definitely worth knowing if you're concerned about your family eating highly-processed foods!

Here at the library our collection of cookbooks has a nice variety of recipes using oatmeal. From cereal: "Overnight Baked Oatmeal" found in *Gluten-Free on a Shoestring, Quick and Easy: 100 Recipes for the Food You Love – Fast!* by Nicole Hunn [641.5638 HUN] to

cookies: "Oatmeal Bar Cookies" in *101 Great Gifts Kids Can Make* by Stephanie R. Mueller [J 745.5 MUE] to bread: "Peach-Oatmeal Bread" in *King Arthur Flour Whole Grain Baking: Delicious Recipes Using Nutritious Whole Grains* [641.815 KIN] – this hefty volume has several dozen recipes that use oatmeal – not just bread!



And, here's a bonus: oatmeal is a natural ingredient in many facial scrubs and other health and beauty products! Look for *Natural Beauty at Home: More Than 250 Easy-to-Use Recipes for Body, Bath, and Hair* by Janice Cox [646.72 COX] where you'll discover soaps, bath treatments, and more you can make at home.

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## Toddler Time

*Karen Frey,  
Circulation Coordinator*

Snow is coming, and the winter session of Toddler Time will be starting! Toddler Time is a drop-in program for children ages 18 months to three years, accompanied by a favorite adult. The program is offered on Monday mornings, and you choose either the 9:30 or 10:30 session to attend. No registration is required. Toddler Time lasts approximately 25 minutes, featuring books, songs, and movement activities.

This is followed by time for social interaction and play.

The following dates have been scheduled: January 7, January 14, January 28, February 4, February 11, March 4, March 11, and March 18



## January Adult Programming

*Maria Schroeter,  
Reference Librarian/Interlibrary  
Loan/Adult Programming*

### Trivia Night!

Is your New Year's resolution to hit the gym and flex your muscles? Well, don't forget about your brain! Join us on Wednesday, January 9 at 6:00 p.m. and activate your "little grey cells," as Hercule Poirot would say. Pizza will be served! Ages 16 and up, and registration is required.

### Identifying New Hampshire Backyard Birds

Have you always wanted to know what birds are visiting your yard or frequenting your bird feeder? Can't tell the difference between a purple finch and a house finch? Join us on

Wednesday, January 23 at 6:00 p.m. when Steve Hale will be offering tips on identifying our resident and migrant feathered friends, and letting us know what to feed them to attract a diverse population. Ages 12 and up, and registration is required.

Steve Hale, holds university degrees in marine biology, evolutionary biology, and ecology. He has lived in New Hampshire over 20 years and has explored most of the state. An avid hiker, birder, and experienced naturalist, Steve loves to share his experience and knowledge with others, especially children and others eager to learn. In April 2016,

Steve formed Open World Explorers to more fully share his knowledge and experiences in ecology, ornithology, and Earth science, and to help others find personal value in the natural history and landscape of the area. [www.openworldexplorers.com](http://www.openworldexplorers.com).



## From the Children's Room

*Jane McCue,  
Children's Librarian*

### LEGO Racers After School Program

On Thursday, January 17 at 4:00 p.m., the SEE Science Center of Manchester returns to bring their ever popular engineering program, LEGO Racers, to the Nesmith Library. This program is designed for students in grades three and up. Participants are challenged to work together in teams. Students will be divided into small groups and use their engineering skills to create a LEGO course of their own. Simple machines will be discussed and explored.

This program runs from 4:00 to 5:00, and parents have the option of remaining in the library during the program, or filling out a permission slip for their child to

stay alone under the direction of the Nesmith Library staff and be picked up at 5:00.

Registration is required, and registrants must be nine years of age or older or in grades three through six. Space is limited. Please call the library at 432-7154 or stop by the circulation desk to register.

### Attention Parents!

Please note story hour registrants will be contacted mid-January with the remaining story hour dates. Once these classes are confirmed, we will open up registration to new members. Thank you for all your support, and we look forward to seeing you again in 2019!



## Tip of the Month

Karen Frey

Ever picked up a book and not been sure if you have read it? The library does not keep track of the items you have checked out due to confidentiality laws, but you can keep track yourself!

Sign into your account online (hint: if you don't remember your password, try the last four digits of your phone number).

1. On the right, click **My Record**.
2. Next, click **Contact Information and Preferences**.
3. Scroll down and check the box that says **Maintain reading history**. When the pop-up message appears, click **OK**.
4. Finally, click the **Submit**

Account details: Patron code, Date of original registration, Card renewal date, Last activity date.

Messages section.

Contact Information and Preferences: Please verify your contact information.

Preferences: Phone number for TXT messages, Carrier,  Maintain reading history, Send e-mail notices in: Basic, plain text, Full, HTML format.

Submit Change Request button.

Right sidebar: My Record, Items Out, Requests, Pay Fines, Reading History, Saved Searches, Log Out, My Lists.

5. Going forward, you can click **Reading History** on the right side and see all the items you have checked out!

## Need Tech Help?

Sylvie Brikiatis,  
Assistant Library Director / Youth  
Services Librarian

### Teen Tech Mentoring Program

Do you need help with technology? Got a new Kindle, iPad, or cell phone? The Nesmith Library, in conjunction with local high school students, will be providing open help desk sessions on the first Wednesday and third Saturday of each month. Please join us!

The type of help being provided will include:

- Help setting up new devices (tablets, cell phones, laptops, etc.).
- Establishing online accounts (email, social media like Facebook, etc.).
- Help with common applications (Word, Publisher, Excel, creating PDFs).



- Attaching files and photos to email or Facebook.
- Maintaining contacts on email and cell phones.
- Downloading apps.
- Downloading eBooks.
- And much, much more.

So if you need a little help getting started or moving forward

with your technology, come and take advantage of the expertise our teens seem to be born with these days.

No registration is required. Just drop in. Time may be limited if the demand is high.

Please call the Nesmith Library at 432-7154 with any questions.

## New Children's Books

Jane McCue

### New E Readers

*Chicken on Vacation*  
by Adam Lehrhaupt  
*Fox the Tiger* by  
Corey R. Taborff  
*Mouse Loves Summer*  
by Lauren Thompson  
*Mr. Monkey Visits a  
School* by Jeff Mack

### New J Non-Fiction

*2013 Boston  
Marathon* by Heather  
Williams  
*Game Changer: The  
Story of Venus and  
Serena Williams* by Lesa  
Cline-Ransome  
*John McCain: The  
Courage of Conviction* by  
Heather E. Schwartz  
*Not My Idea: A Book  
About Whiteness* by  
Anastasia Higginbotham  
*Olympic Records* by  
Thomas Adamson  
*Prince Harry and  
Megan: Royals for a New  
Era* by Jill Sherman  
*The Role of President*  
by Cathleen Small  
*Start Now! You Can  
Make a Difference* by  
Chelsea Clinton  
*The Superpower Field*

*Guide: Beavers* by Rachel  
Poliquin  
*Ultimate Predator-*  
*Pedia* by Christina  
Wilsdon

### Searchlight Books: Discover Planets

Titles include:  
*Discover Earth*  
*Discover Jupite*  
*Discover Mars*  
*Discover Mercury*  
*Discovery Neptune*  
*Discover Saturn*  
*Discover Uranus*  
*Discover Venus*

### Help Me Understand

Titles include:  
*What Happens When  
My Parent Dies?*  
*What Happens at a  
Funeral?*  
*What Happens When  
My Parents Get a  
Divorce?*

### National Geographic Kids: Absolute Expert

Titles include:  
*Dinosaurs*  
*Dolphins*  
*Volcanoes*

### STEM in Our World

Titles include:  
*Medical Technology:  
Genomics, Growing  
Organs, and More*  
*Space Technology:  
Landers, Space Tourism,  
and More*  
*Travel Technology:  
Maglev Trains,  
Hovercrafts, and More*

### New Picture Books

*Duck on a Disco Ball*  
by Jeff Mack  
*The Epic Adventures  
of Huggie and Stick* by  
Drew Daywalt  
*Is that You, Eleanor  
Sue?* By Tricia Tusa  
*Mary Had a Little Lab*  
by Sue Fliess  
*Mustafa* by Marie-  
Louise Gayfd  
*Night Job* by Karen  
Hesse  
*An Otis Christmas* by  
Loren Long  
*The Thank You Book*  
by Lyn Ray  
*The Wall in the Middle  
of the Book* by Jon Agee  
*What Can a Citizen  
Do?* By Dave Eggers

## Nesmith Library

8 Fellows Road  
Windham, NH 03087

Phone:  
(603) 432-7154

Website:  
[www.nesmithlibrary.org](http://www.nesmithlibrary.org)

### Library Hours

Mon 9:00 a.m.-8:00 p.m.  
Tue 9:00 a.m.-8:00 p.m.  
Wed 9:00 a.m.-8:00 p.m.  
Thu 9:00 a.m.-8:00 p.m.  
Fri 9:00 a.m.-5:00 p.m.  
Sat 9:00 a.m.-4:00 p.m.  
Sun 1:00 p.m.-5:00 p.m.

The Nesmith Library will  
be closed on the following  
dates:  
Tuesday, January 1 and  
Monday, January 21.

## Dates to Remember

1/1	New Year's Day, Library Closed	p.m.			
1/3	Nesmith Knitters, 12:30-2:30 p.m.	1/14	Toddler Time, 9:30 and 10:30 a.m.	1/21	ing, 1:00-3:00 p.m. Martin Luther King, Jr. Day, Library Closed
1/7	Toddler Time, 9:30 and 10:30 a.m.	1/15	Library Board of Trustees Meeting, 7:00-8:15 p.m.	1/23	Identifying N.H. Backyard Bird, 6:00 p.m.
1/9	Teen Tech Mentor- ing, 3:00-5:00 p.m.; Trivia Night, 6:00	1/17	Nesmith Knitters, 12:30-2:30 p.m.	1/28	Toddler Time, 9:30 and 10:30 a.m.
		1/19	Teen Tech Mentor-		

