

## January at the Library



PRESS RELEASE  
FOR IMMEDIATE RELEASE

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### **Holiday Closures**

The Great Falls Public Library will be closed on Monday, January 20 in honor of Martin Luther King, Jr. Day.

### **Art @ the Library**

In January the Great Falls Public Library is featuring an art exhibit of work by staff at the library. Works range from oil paintings, quilts, and photography to needlepoint, special collections, and glass art.

### **OpenBooks Discussion**

The OpenBooks Discussion Series, which runs October – May, continues on Thursday, January 2 at 7:00 pm, in the Montana Room of the library. These discussions, sponsored by Humanities Montana and the Great Falls Public Library Foundation, are free and open to the public. You may attend any and all of the discussions. Books are available at the library three weeks prior to each meeting. You will need a library card to check a book out whether you attend the discussion or just read the book. Discussions are facilitated by Penny Hughes-Briant, a teacher at UGF. For more information on this series call 453-0349.

January's discussion is Nathaniel Hawthorne's *The Scarlet Letter*. Forget having read this classic in high school and embrace its story today for a thought provoking experience. Set in the harsh Puritan community of 17th century Boston, this tale of an adulterous entanglement that results in an illegitimate birth reveals Nathaniel Hawthorne's concerns with the tension between the public and the private sectors. Publicly disgraced and ostracized, Hester Prynne draws on her inner strength and certainty of spirit to emerge as the first true heroine of American fiction. Arthur Dimmesdale stands as a classic study of a self divided; trapped by the rules of society, he suppresses his passion and disavows his lover, Hester, and their daughter, Pearl. This book was not written as realistic, historical fiction, but as a "romance", a creation of the imagination that discloses the truth of the human heart.

### **Cooking Matters**

Help arrives just in time with those New Year's resolutions. Join us at the Great Falls Public Library for a five-part series on Thursday evenings in January and February to get helpful strategies for healthy living and eating on a budget. The series will be presented by Sandee Cardinel, a nutrition educator with MSU Extension and a personal chef and owner of Earth to Table Chef Services. These classes are free and open to the public.

## January at the Library

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Thursday, January 2, 7:00 pm Nutrition Beginnings and Basics

Learn about the five food groups, what we need nutritionally, how much and why, and how to eat well within a budget. Sandee will touch upon food safety, exercise, portion control, fast & junk food.

Thursday, January 9, 7:00 pm Let's Go Shopping

Go on a virtual grocery shopping tour at Walmart, focusing on how to read labels and make healthy choices for your budget.

Thursday, January 23rd, 7:00 pm Fruits and Veggies

Fifty percent of a healthy diet is comprised of fruits and veggies. Learn how to integrate these into your diet.

Thursday, January 30, 7:00 pm Whole Grains: The Staff of Life

Learn how to incorporate whole grains into your diet, along with their benefits.

Thursday, February 6th, 7:00 pm Calcium and Protein

How to keep bones and muscles strong and functioning.

Each class will also feature an one-pot meal, which Sandee will prepare and the audience can sample for recipe ideas.

### **Gadgets Galore**

The Great Falls Public Library is hosting free drop-in sessions on Thursday, January 2 and January 16, from Noon to 1 pm. These sessions will offer training for using electronic gadgets to access and utilize various library materials, including MontanaLibrary2Go. From MontanaLibrary2Go, patrons may download audio and e-books for check-out. The sessions are not meant as general training or tech support for electronic gadgets, but rather as stated above geared towards using electronic gadgets in relation to various library resources.

Devices include, but are not limited to, e-readers, Smart phones, iPads, iPods, mp3 players and other comparable devices. If applicable, attendees are reminded to bring passwords and usernames. Reference librarian Sean Anderson will lead these sessions.

For more information on these ongoing trainings call the Information Services department at 453-0349.

Foreign and Independent Film Series

The Great Falls Public Library's Foreign and Independent Film Series continues its seventh season on Wednesday, January 8 at 7:00 pm. and Saturday, January 11, at 2:00 pm. This series is free and open to the public.

January's selection is the American film *The Dynamiter*. This film tells the story of 14-year-old Robbie who yearns for a family. Yet, his wayward mother has run off again and he's left to care for his half brother, Fess. With older brother Lucas dangerously returning to their lives, Robbie must face the fact that his dreams may never come true and he may lose Fess, the only real family he's ever had. This film contains adult situations, language, and violence (AS, L, V). There are no subtitles.

The featured short is *The Roundup*.

Films will be shown each month on the first Wednesday and the following Saturday. The series, which runs September through May, is free and open to the public. Be forewarned, some films may contain strong language or adult situations. They are not rated by MPAA but in our brochures we have tried to indicate content. Brochures are available at the library.

### **New Book Discussion**

The Great Falls Public Library is hosting two new book discussions clubs, beginning in January.

Page Forward on Wednesdays begins on Wednesday, January 8, 7:00 p.m., and continues on the second Wednesday evening of each month. If you like to read and are interested in a fun, stimulating discussion group, check this out.

## January at the Library

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January's selection is *The Hobbit*.

Page Forward on Saturdays begins on Saturday, January 11, 10:00 a.m., and continues on the second Saturday morning of each month. This discussion group is unique in as much as each month's discussion will be a celebration of the 100th anniversary of women's suffrage in Montana and will focus on books written by and about Montana women.

January's selection is *Goodbye Wives and Daughters*.

Participation is free and open to the public. The group meets in the Small Meeting Room in the basement of the library. A limited number of books will be available for checkout at the front desk of the library three weeks prior to each discussion.

### **Donations Days for Friends Book Sale**

Great Falls, Montana – The Friends of the Great Falls Public Library announced that they will be holding special book donation days in preparation for their annual used book sale held in May. The dates of this year's sale are May 14, 15, 17, & 18.

If you have items you'd like to donate for this sale, you can bring in those donations on one of the scheduled donation days. The advantage of the donation days is especially noticeable for those with more than a small donation. On these scheduled donation days, you bring your items to the library's garage, in the alley behind the building. Volunteers will be available to assist, especially with transferring donations from your car to the building.

Dates for the donation days are as follows:

- Saturday, Jan. 25, 10 am – 2 pm
- Saturday, Feb. 22, 10 am – 2 pm
- Saturday, March 22, 10 am – 2 pm
- Saturday, April 26 10 am – 2 pm

All donations are appreciated, but the Friends will not accept the following:

- Items in poor condition
- Magazines
- Encyclopedias
- Condensed Reader's Digests
- Textbooks

You can bring your donations into the library anytime during operating hours, but assistance cannot be guaranteed except on scheduled donation days.

Proceeds from the book sale are used to sponsor special library programs and projects that the library's budget cannot cover.

Anyone interested in more details, volunteering for the book sale or donating books can contact Jude Smith at 453-0349 or [jusmith \[at\] greatfallslibrary \[dot\] org](mailto:jusmith@greatfallslibrary.org).

### **Supporting Documents**

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[Press Release - January at the Library](#) (330 KB) (PDF)

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