

Volume 1, Issue 4
January 6, 2020

NEW YEAR, NEW BOOKS AT THE HEARNE PUBLIC LIBRARY



Smith-Welch Memorial Monthly



m k s w k k p v a n m y
 u s j w q q x u o u r r
 s l h n a b n n v o f t
 i s f l o p f a o z h e
 c w s e n i z a g a m o
 d z n s c s t h r r c p
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 p l i i p j p a I m m d
 j o v j o k e s r f o t
 n o u e h d k o s h w r
 m s z k q y v v z j f u
 d e l r y n i l s k p e

fiction

humor

jokes

magazines

movies

music

nonfiction

poetry



Programs, Events, & More

- Monday January 6th at 6:30PM—Book Club first introductory meeting
- After School Program— every Tuesday and Thursday at 4PM (ages 6+)
- Monday January 20th— Library will be closed for Martin Luther King Jr. Day



New Year's Resolutions: Read, Read, Read!

Whether you want to learn something new, keep your mind active, or simply escape and relax, the library is here to help! Each month we provide new fiction and nonfiction books, DVDs, audio materials, online resources and more. So stop by to get started on a fantastic 2020!



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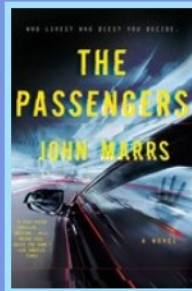
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*"For last year's words belong to last year's language
and next year's words await another voice."*

T. S. Eliot

What Are We Reading?



This fictional novel is full of twists and turns that mirror possible terrifying future impacts of increasing technology. As vehicles become more advanced, automatic, and less human-dependent to operate, what if they could also be hacked? What if the terroristic threats are not in the form of war, but in controlling innocent civilians on their daily commutes? This thoughtful, futuristic story encourages readers to be careful where they allow technology to lead the world.

What Reading Can Do for You!



SHARPENS YOUR MIND

By concentrating on the words and the story line, it stimulates your brain. This particular stimulation can help sharpen your mind, especially the part of the brain that is responsible for concentration and critical analysis.



INCREASES YOUR VOCABULARY

When reading, you might come across a few words you don't quite understand or even recognise. This confusion can lead you to look up the word and discover the definition.



LOWERS YOUR STRESS

The act of reading and focusing on the written word can help relieve your mind off the pressures of the day. By pulling your mind away from the stress at hand, you can relax and let the stress melt away.



DECREASES YOUR DEPRESSION

Reading, especially self-help books, can help ward off depressive occurrences. Just like with lowering your stress levels, reading stimulates the part of the brain that deals with depression as well.



IMPROVES YOUR MEMORY AND FOCUS

Reading at least a little each day can improve your focus and your memory function. In this instance as well, reading stimulates the brain, particularly the part of the brain that helps with memory and attention.



STRENGTHENS YOUR WRITING ABILITIES

Whether you write things for work or just for fun, heavy reading can improve your writing skills and abilities. There are several ways in which reading can help strengthen your writing skills, and each of these ways happens without you even realising it.



ENHANCES YOUR IMAGINATION

Consider the worlds that you are immersed into and the characters you come across while reading a novel. Because of these worlds and characters, the part of your brain which houses your imagination is stimulated, causing you to imagine what the places and people look like just by picturing the words.



BOOSTS YOUR SLEEP

Reading, since it helps you relax and de-stress, can help pull you into a deep and peaceful sleep. That sounds like it might be too good to be true, but reading can, in fact, help you sleep.



ENJOY YOUR ENTERTAINMENT AND PEACE

Any reader knows that reading can be peaceful and induce a relaxing state of mind. By immersing yourself in a good book, you can almost feel any stress or worry melt away.



READING CAN BRIGHTEN YOUR DAY

Books can bring joy to your life on a daily basis. The act of reading is a great benefit both to mental and physical health, but it can also brighten your day.