**THE READING ROOM AT GILMAN LIBRARY**

**ALTON## GILMAN LIBRARY WINTER RAFFLE** -It is not too late to get your tickets for the current Winter Raffle.  The cozy purple hand-knitted shawl made from Berroco Sesame yarn is coupled with a double volume, classic bestsellers “Peyton Place” and “Return to Peyton Place” by Grace Metalious.  Tickets are $1 each or six tickets for $5.  Proceeds benefit the Gilman Library.  Winners will be drawn on Saturday, February 26th.

**FUN FACT** – Did you know that studies show that the activity of reading a book, imagining characters and scenarios, turning pages, and creating mental images, can positively affect the brain for up to FIVE days after completing the book?  Yes!   Sometimes even longer if you really like the book.  According to neurologist Guillermo Garcia Ribas, “reading facilitates the decoding of language and symbolic thought.”  The physical and mental activity of reading helps us to “disconnect and relax our internal dialogue” regarding problems and difficulties.  You can learn more about the effect of reading on our brain at https://exploringyourmind.com/magical-effect-reading-brain/.

**NEW ADDITIONS TO THE COLLECTION** - We have the March 2022 issue of “National Geographic Kids” ready for circulation, as well as the current “Consumer Reports,” “Fine Gardening,” “Parents,” and “People” magazines.  In the Children’s collections, we have “Ultimate oceanpedia: the most complete ocean reference ever.”  This is described as “Amazing facts, photos, illustrations, and diagrams are found throughout this book, along with conservation tips, weird-but-true facts, and a mini ocean atlas.”  We have added the oversized (15- x 17-inch) big book edition of “If You Give a Mouse a Cookie” by Laura Numeroff, and a standard-sized easy reader, “Wash Your Hands” by Kim Dean. We have three new books by James Patterson, a biography, “The Defense Lawyer: the Barry Slotnick story” his fiction thriller “Fear No Evil,” and his newest 2022 title “The horsewoman: a novel,” co-written with sportswriter, Mike Lupica.  Additional new fiction includes “The Dark Hours” by Michael Connelly, “The Sweetness of Water” by Nathaniel Harris, and “The Saturday Evening Girls Club” by Jane Healey.  If you prefer non-fiction, “Sheet Pan Suppers” by Molly Gilbert, is a unique cookbook that takes one-dish meals to a new level.  Also new is “Colors of Paradise: a spiritual journey,” a collection of essays, poetry, and paintings by Fereidun Shokatfard. Perhaps you would prefer “The Inner Work of Age: shifting from role to soul” by Connie Zweig.  This is summarized as “ aguide to working through the inner obstacles of late-life and embracing the spiritual gifts of aging.”  We have these new titles and more besides.  See you at the library.  **#423**