**THE READING ROOM AT GILMAN LIBRARY**

**ALTON## THEATER THURSDAY MONTHLY MOVIE MATINEE** - Classic movies are shown for free on the first Thursday of every month at 1:00 pm in the Agnes Thompson Meeting Room on the lower level. Our large Smart Board Screen with surround sound and our comfortably padded chairs offer the amenities of the Cinema Theaters. Our movies are always free and served up with a complimentary beverage and packaged snack, plus a free door prize raffle ticket. For details about the March 3rd film, visit our website at www.gilmanlibrary.org. Our virtual library is always open. Then call 603-875-2550 or drop by the brick-and-mortar library at 100 Main Street, to sign-up.

**FUN FACT** –Do you have trouble sleeping? Let us help. We are not going to recommend that you read our circulating encyclopedias to cure your insomnia. We will just share this quote from Pocket Worthy by Sarah Harvey. “Just six minutes of reading time before bed has been shown to reduce stress levels by two-thirds and promote good sleep. Choose a couple of nights of the week where you read before bed rather than look at a screen and see if it makes a difference.” Read more in the online full article at https://getpocket.com/explore/item/how-to-sleep-try-japan-s-kaizen-method-to-cure-insomnia-and-sleep-anxiety, and choose an interesting book that you will want to read from the Gilman Library. Books check out for three weeks. We have lots of interesting books to choose from, that can be read for six minutes a night for 21 nights.

**NEW ADDITIONS TO THE COLLECTION** - We have a new magazine subscription recently donated to the library by a generous patron. “Archaeology Magazine” is waiting for you to check out and dig in. Our newest nonfiction is “I Alone Can Fix It,” about Donald Trump’s last year in office, by Carol Leonnig and Philip Ruckner. In our fiction collection, we have added ”Flowers of Darkness,” a dystopian thriller fiction by Tatiana de Rosnay, “The Wonder Boy of Whistle Stop,” more stories from Fannie Flagg’s creation in Whistle Stop, Alabama, “Silverview,” a spy fiction by John LeCarre, and “The Kitchen Front” by Jennifer Ryan. This last novel is rated as the “Good Housekeeping Book of the Year.” Set in World War II, the historical fiction revolves around a radio-sponsored cooking contest designed to bring the community together and the four competitive women that might break it apart. IF you are interested in any of these titles, log in to reserve from our catalog at gilmanlibrary.org or call us at 603-875-2550. Come on in. You will find these and more waiting for you to check out. See you at the library. **#432**