

Haston Highlights

Bigfoot in Massachusetts?

On **Thursday, January 26 at 6:30 pm**, author and reality TV star Ronny LeBlanc will be here at the Haston Library to tell us about his work and research into the domain of the paranormal. Come and learn more about some of the unusual and weird things that he studies!

Ronny LeBlanc stars in two shows for Discovery+ & Travel Channel, **EX-PELITION BIGFOOT** and **PARANORMAL CAUGHT ON CAMERA**.

Ronny is a globally recognized figure in the world of paranormal, Bigfoot and UFOs. Ronny is an independent researcher and author of the critically acclaimed and best-selling book “Monsterland: Encounters With UFOs, Bigfoot and Orange Orbs,” which details the history and connection between the various phenomena, highlighting his experience and a research area called Monsterland in central Massachusetts. The follow up was released in 2019.

Ronny was the first person ever to cast a Bigfoot print in the Bay State from a trackway discovered by a couple in Leominster State Forest in the summer of 2010. He is a regular speaker at UFO, Bigfoot and Paranormal Conferences around the country and has appeared on Coast to Coast AM, CBS and cover stories for *Boston Her-*



[Bigfoot, cont. on p. 2]



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LIBRARY HOURS

Monday:	1 PM—7 PM
Tuesday:	10 AM—5 PM
Wednesday:	9 AM—7 PM
Thursday:	1 PM—6 PM
Saturday:	9 AM—12 PM

Haston Highlights

Dawn Thistle, Editor

FOOD FOR THOUGHT, PART 2!

Dave Brown, a retired veterinary virologist who spent most of his career as a medical researcher in the fields of genetics, virology, and immunology, presented a talk this past September titled *Food for Thought*. That talk focused on problematic “foods” introduced into our diet during the past century that have compromised gastrointestinal health and created an epidemic of ill health including insulin resistance, obesity, cardiovascular disease, macular degeneration, autoimmunity, and mental illness. On **January 12th, 6:30 pm** at the Haston Public Library in North Brookfield, Dave will continue that discussion, with a focus on strategies to improve brain health. Misguided dietary recommendations have led to serious deficiencies of critical nutrients essential for brain health.

Dave will talk about these nutrients, and he will describe strategies to promote mitochondrial health. The



brain is a highly active organ with great energy demands. Mitochondria are the powerhouses of cells; and without healthy mitochondria, cells of the brain will be particularly vulnerable to degeneration. Effective prevention and treatment of diseases like Alzheimer’s does not have to await a magical pill from the pharmaceutical industry; and a simplistic pill approach to brain health that ignores the importance of critical nutrients and lifestyle modifications will fail to adequately address the perfect storm of contributing factors that have led to the widespread incidence of mental illness. This presentation continues a dialogue made possible through a 2022 grant awarded by the North Brookfield Cultural Council, funded by the Mass Cultural Council.

For more information about this program, please call the library at 508-867-0208.

[*Bigfoot, cont. from p. 1*]

ald, Sentinel & Enterprise and Telegram & Gazette.

He has been featured on “In Search of Monsters”, Shock Docs “This is Halloween”, “Conjuring Kesha”, “Finding Bigfoot”, and “Bigfoot: Fear in the Woods”.

Ronny explains his early interest in the paranormal: “I was hooked into all things paranormal thanks for the Leominster Public Library. There was a book that caught my eye, “*Mysterious Universe*” by Loren Coleman. The idea that there were these undiscovered animals still lurking about in the forests at night had me hooked.

I would then take out armfuls - eye level high worth -of books on UFOs, Bigfoot, ESP and the strange. I would eventually have my own experience with something that was otherworldly and unexplainable in Leominster State Forest when I was 11 years old. And LSF would again play a part in my world when a friend and his wife discovered footprints that were eventually classified by experts to be made by Sasquatch creatures that have been sighted in the Bay State for decades.”

Come on **January 26** and learn more!



PORTABLE MAGIC

Stephen King, in his book, *On Writing: A Memoir of the Craft*, says, “Books are a uniquely portable magic.” Librarians are probably the first to agree, and now books are even more portable than they have ever been before. If you haven’t tried downloading an e-book or e-audio book, you should give it a try. You never know when you’ll be sitting in an office waiting room with nothing to do, and a book on your phone might keep you entertained. Or you might be cooking or sewing—using your hands—but want to listen to a good story at the same time.

Using [OverDrive](#) with its Libby app, you can explore and read millions of books for free! Simply download the Libby app from your favorite app store. Then enter your 14-digit library card number and your password (often this is the last 4 digits of your telephone number) and search for your favorite author or title.

The e-books and e-audio that you’ll find have been made available by CW MARS and individual, local libraries. You can place holds on popular new releases or borrow older titles immediately, just as you would with hard copies at the library. Titles will circulate for 14 days and can often be renewed.

I like to sew, so I will often borrow a physical book and download the audio version so that I can go back and forth! And e-books are especially nice if you have travel plans. As long as you have your library account number with you, you can download books from wherever you have an internet connection!

And don’t forget that Overdrive also offers hundreds of magazines! If you don’t want to subscribe, but you heard about an interesting article in *The Econo-*

mist, or about a delicious recipe in *Cook’s Illustrated*, or you want to investigate new travel destinations in *The Explorer’s Journal*, or you want to find a new crochet pattern in *Crochet World*, just go to Overdrive to check them out.

If you have any trouble accessing your account or downloading items, give the library a call at 508-867-0208!



January: Start the new year off right by picking up a 2022 favorite from any Best of the Year list.

February: Read a romance or a love story starring Black characters.

March: Read a book made popular by BookTok. Need inspiration? Search BookTok Books 2022.

April: Read a book that is being adapted into a movie or TV show in 2023. (NovelList tip: Search Page to screen.)

May: Read a book starring a main character who has a disability.

June: Use the genre Book Club Best Bets to pick a title.

July: Read a mystery or thriller set in the summer.

August: Read a book that stars an unreliable or unnamed narrator.

September: It’s time to go back to school! Read a book with the theme dark academia.

October: Read a book with an orange or black cover.

November: Give thanks and read a book about chosen family or family gatherings.

December: Read a collection of short stories or essays by a non-American author.

VOLUNTEER SPOTLIGHT

Emily Janes

If you come into the library on Tuesday or Thursday afternoon, you have probably been greeted with a smile and a compliment by volunteer Emily Janes! Emily has been a volunteer at the Haston Library since February 2018. Most of the time she cleans the library, dusting and washing down surfaces and windows. She also enjoys doing special assignments, like stamping Date Due slips or cutting out holiday shapes for decorations. Emily's favorite part of working in the library is the people. She says the library is a "nice environment and very cozy" and she likes "helping to make it clean."

When she's not working at the library, she enjoys coloring (especially with the Coloring Group on Mondays at 5:30 pm) and, "I love to write!" She has recently completed a draft of a book about Christmas and continues to write in her blog, children-stories.wordpress.com.

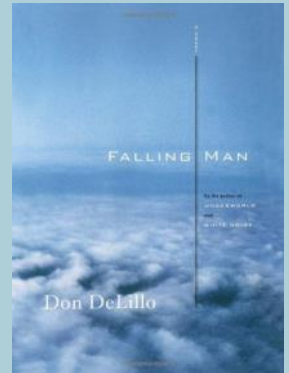


Emily is a wonderful volunteer, a good friend and a lovely person. The library is SO lucky to have her as a member of our volunteer team!

BOOK GROUP NEWS

This month the Haston Library Book Group is reading *Falling Man* by Don DeLillo.

"There is September 11 and then there are the days after, and finally the years. *Falling Man* is a magnificent, essential novel about the event that defines turn-of-the-century America. It begins in the smoke and ash



of the burning towers and tracks the aftermath of this global tremor in the intimate lives of a few people.

First there is Keith, walking out of the rubble into a life that he'd always imagined belonged to everyone but him. Then Lianne, his estranged wife, memory-haunted, trying to reconcile two versions of the same shadowy man. And their small son Justin, standing at the window, scanning the sky for more planes.

These are lives choreographed by loss, grief and the enormous force of history."—Goodreads

We'll discuss the book on **January 31 at 7:00** in the library and via ZOOM. Copies are available in the library, so come in and get one! Call the library (508-867-0208) for more information and/or the ZOOM link.





SHIBORI FABRIC DYEING

Monday, January 9 at 5:30—Join the Hoston Art Club to learn the fabulous techniques of Japanese Shibori resist dyeing. By bundling fabric in different ways, you can produce a traditional set of prints including arashi, kumo, itajime, and ne-maki. According to marthastewart.com, “Essentially, any way you can think of to fold, twist, stitch, or bind fabric before dyeing will achieve the look. And while the results are currently on trend—you’ll find it in all shapes and forms in home décor—the process is also extremely meditative. Folding and binding without really knowing what to expect when you unwrap the dyed piece is a thrill in and of itself, making this art form low pressure with consistently beautiful results.” There are

an infinite number of ways one can bind, stitch, fold, twist, or compress cloth for shibori, and each way results in very different patterns. The resulting patterns are examples of Japan’s appreciation of the beauty of imperfection – known as *wabi sabi* – and are prized for their individuality and arresting beauty.

Space is limited; registration is required along with a \$5 fee for supplies. Call the library at 508-867-0208 to reserve your dye kit!

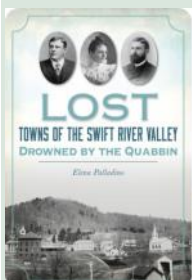
Coming in February & March!

Saturday, February 25 at 10:00

For school vacation week we have a visit from renowned storyteller Eshu Bumpus. Eshu Bumpus captivates his audience by telling a variety of African, African-American and World folktales leavened with music, humor and mystery.



Thursday, February 9 at 6:30



Author Elena Palladino will come to speak about her new book, *Lost Towns of the Swift River Valley: Drowned by the Quabbin*. Palladino grew up in Sturbridge, and now lives with her family in the former home of Marion Smith in Ware. In researching Smith, Palladino learned that Smith had originally come from Enfield, one of the towns “drowned by the Quabbin.”

Thursday, March 23, 6:00 (sponsored by the Friends of the Library):

What better way to celebrate spring than to lift a glass with friends? Join us at Agronomy Farm Vineyard to taste their delicious wines!



\$20 per person, limited to 25 people. Call to reserve your spot: 508-867-0208!

Haston Library Children's Room

January Storytimes

Tuesdays 10:30 am

January 3



The Smiley Snowman
by M. Christina Butler

Painted Snowman Craft

January 10



Snowflake in My Pocket
by Rachel Bright

Foam Snowflake Craft

January 17



How High is the Sky?
by Anna Milbourne

Rocking Penguin Craft

January 24



Here Comes Jack Frost
by Kazuno Kohara

Winter Picture Collage Craft

January 31



The Mitten
by Jan Brett

Mitten Craft

161 North Main St,
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508-867-0208