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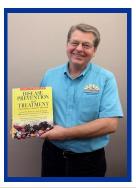
## Message From The Director

February, Valentine's Day & Other Matters of the Heart

February is known for matters of the heart. While Valentine's Day is a major feature of February, and we do wish everyone a happy and memorable day—when love is in the air. We also want focus on other matters of the heart. Specifically, we have been working with Jamie at Southwest Utah Public Health Department. She obtained a grant though IHC and the American Heart Association for blood pressure kits. The kits have a blood pressure monitor and educational information. The hope is to have these kits checkout from the library for two weeks giving people a chance to use them, and understand the importance of heart health.

Included in each kit is a booklet and information containing QR codes, along with the blood pressure monitor. The kit and QR codes give educational materials and instructions about how to take your blood pressure, what the numbers mean, a log for tracking / recording numbers, listings of resources, and some answers to questions often asked. All the materials are available in both English and Spanish.

High blood pressure is commonly known as the "silent killer," because possibly as many as 36% of patients with uncontrolled high blood pressure are not aware of their condition. (https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer). According to the American Heart Association, nearly half of American adults (about 120 million people) have high blood pressure, or hypertension, which can lead to deadly health consequences like strokes, heart attacks, heart disease, kidney disease, vision loss and other concerns if left untreated. The best way to know if you have high blood pressure is to easily monitor and check this yourself. We want to stress this doesn't take the place of health care professionals, and talk to your health care provider about concerns or findings.



So, as we kick off "Libraries with Heart" in February, and use the week of Valentine's Day as a the segue for this important matter of the heart, come check out a kit.

Alan Anderson, Director Washington County Library System

# February at the Library: More Than Just Books (But We Have Those, Too!)

February may be the shortest month of the year, but it certainly doesn't hold back on fun! It's packed with celebrations—Valentine's Day for the romantics, Black History Month for inspiration and learning, and quirky holidays like Groundhog Day, where we all pretend a rodent can predict the weather. Add in the Super Bowl and National Pizza Day on February 9th, and you've got a month that truly has something for everyone. Whether you're here for love, history, sports, or just a really good slice of pizza, the library is your go-to destination for more than just books (though, of course, we have plenty of those too).

Looking to set the mood for Valentine's Day? We've got more than swoon-worthy novels—check out a heartwarming movie, a romantic music CD to listen to, or browse through our digital collections for a great book to read (listening counts, too!) Or go hands-on and create a handmade card using our craft resources. If you're more about culinary delights, grab a cookbook and treat your sweetheart to a decadent dessert (calories don't count in February, right?).

And let's talk about the real MVPs—pizza, football, and weather-predicting groundhogs. Whether you're hosting a Super Bowl party or just here for the snacks, check out our cookbooks for the perfect game-day appetizers. Need a break from sports? Celebrate National Pizza Day on the 9<sup>th</sup> with a deep dive into the history of everyone's favorite comfort food and check out a movie that pairs perfectly with a slice (Teenage Mutant Ninja Turtles, anyone?). And for those of us anxiously awaiting spring, we've got books and resources on everything from gardening to meteorology—just in case the groundhog gets it wrong.

With so much packed into just 28 days, February proves that the best things really do come in small packages. No matter what you're celebrating, the library is here to make it more fun, more engaging, and—dare we say—more unexpected. Stop by and see what surprises are waiting for you!











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February is here, and love is in the air—or is that the pulse-pounding suspense of a killer thriller? Either way, we've got you covered! This month's newest movie and TV releases are ready to sweep you off your feet or leave you clinging to the edge of your seat. Best of all? They're available free at your library!!

Romance fans, prepare to swoon! This month's lineup includes love stories so heartwarming they'll melt even the iciest February days. Whether it's a quirky rom-com with meet-cutes galore or a passionate period drama that will have you reaching for the tissues, there's something for everyone. Fun fact: The library's movies don't ghost you halfway through, and they're always ready for a rewatch! Check out these new selections:

#### **MOVIES**

- Hallmark 2-Movie Collection Falling in Love in Niagara & A Whitewater Romance
- Absolution (Liam Neeson)
- · Saturday Night
- Remembering Gene Wilder

#### **TELEVISION**

- Battle to Beat Malaria (doc)
- Criminal Minds: Evolution Season 2
- Evolution Earth
- Sharp Wits: The Case of the Runaway Sentence

For those who prefer thrills to frills, we've got your back. Brace yourself for twisty plots, shadowy mysteries, and characters who seem to be allergic to turning on the lights. You'll be biting your nails one minute and shouting, "Don't go in there!" the next. The best part? Watching these on your couch means no one will judge you for having popcorn for dinner. Head to your library to snag these titles before they're gone—it's first-come, first-served. Who says February is dull when the library's got all the action (and romance)?

# The Super Bowl: A Legacy of Football

Did You Know? The Super Bowl wasn't always super? Back in 1967, the first Super Bowl wasn't even called the Super Bowl—it was the AFL-NFL World Championship Game (yawn). But once America realized we could combine football, over-the-top commercials, and halftime shows featuring everything from rock legends to dancing sharks, the game became a national holiday in its own right. Now, millions of fans gather every year to watch, cheer, and debate whether the ads were better than the actual game. As you get ready for this year's Super Bowl, just remember that if you love football beyond the big day, your library has you covered!

You can find books on gridiron greats, team rivalries, and even the science behind the perfect spiral. Learn about BYU legend LaVell Edwards in the book *LaVell Edwards: Building a Winning Football Tradition at Brigham Young University*. Prefer fiction? *Friday Night Lights: a town, a team and a dream* and *Football Hero* will keep you on the edge of your seat. Audiobooks let you experience the thrill of the game hands-free—perfect for pretending you're a coach while stuck in traffic.

Want more? Check out classic football films like *Remember the Titans*, *The Blind Side*, *Friday Night Lights* and *Rudy* —all available at your local library. Whether you're a die-hard fan or just here for the snacks, we've got the football fix you need (minus the nachos, sorry).

## New York Times Best Sellers -Hardcover Fiction and Nonfiction

## **FICTION:**

1. Onyx Storm by Rebecca Yarros

2. Iron Flame by Rebecca Yarros

3. Fourth Wing by Rebecca Yarros

4. James by Percival Everett

5. The Women by Kristin Hannah

6. Witchcraft for Wayward Girls by Grady Hendrix

7. The God of the Woods by Liz Moore

8. The Wedding People by Alison Espach

9. Beautiful Ugly by Alice Feeney

10. All The Colors of the Dark by Chris Whitaker

## **NONFICTION:**

- 1. The Anxious Generation by Jonathan Haidt
- 2. The House of My Mother by Shari Franke
- 3. The JFK Conspiracy by Brad Meltzer & Josh Mensch
- 4. Brooke Shields Is Not Allowed to Get Old by Brooke Shields and Rachel Bertsche
- 5. The Serviceberry by Robin Wall Kimmerer
- 6. Hope by Pope Francis with Carlo Musso
- 7. All The President's Money by James Comer
- 8. Melania by Melania Trump
- 9. Be Ready When The Luck Happens by Ina Garten 10. Cher: The Memoir, Part One by Cher

# **Employee Spotlight**

I am pleased to present Annette Barlow as the employee spotlight for January.

Annette has been an essential part of the Hildale Branch for several years, and since 2019 has been ensuring the library is always welcoming and impeccably clean.

She does a fantastic job keeping the library in sparkling shape. In fact, patrons and visitors have been heard to say that our restrooms are the cleanest public restrooms they've ever



used. It is always a pleasure to see Annette when she comes in for her shift. Her kindness and smile are contagious.

Annette's home has always been Hildale, Utah. She raised 17 children in the community, many of whom have stayed in southern Utah and northern Arizona and work for local businesses, the library and as emergency responders.

Annette enjoys going on nature walks and spending time with family, including her 13 grandchildren. She is a wonderful cook and spends a lot of time in the kitchen. You can also occasionally find her tapping into her creativity through coloring.

Patrons and staff at the Hildale branch greatly appreciate Annette for all that she does for the library and the community. Thank you, Annette, for your hard work, kindness, and dedication!

- Alan Anderson, Director

## **Library Programs and Events**

Enterprise Branch

Wednesdays - Story Time 10:30 am Wednesdays - Youth Activities 3:00 pm

#### Hildale Branch

Wednesdays - Story Time 11:00 am
Monday, February 3 - LEGO Club Plus 5:00 pm
Tuesday, February 4 - HawkWatch International 5:00 pm
Wednesday, February 5 & 19 - Teens: Learn to Draw Anime 5:00 pm
Monday, February 10 - Winter Trivia - Adult Programming 5:30 pm
Wednesday, February 12 - Teens Only: Valentine's 3:00 pm
Saturday, February 15 - Anime Club 2:15 pm
Tuesday, February 18 - Creative Kids: Magnet Painting 3:00 pm
Saturday, February 22 - Afternoon Movie Matinee 1:30 pm
Tuesday, February 25 - STEM Lab 3:00 pm
Thursday, February 27 - Books n' Bites Book Club 5:00 pm

#### Hurricane Branch

Mondays - Thursdays - Story Time 10:30 am Tuesdays - Dungeons & Dragons 7:00 pm Wednesdays - D&D Meet-Up 5:00 pm Wednesdays - Dungeons & Dragons 6:00 pm Thursdays - Dungeons & Dragons 7:00 pm Fridays - Dungeons & Dragons 7:00 pm Thursday, February 6 - Science Club 4:00 pm Friday, February 7 - Readers' Circle Book Club 3:00 pm Saturday, February 8 - Bunco Friends 12:00 pm Wednesday, February 16 - Crochet Club 3:30 pm Thursday, February 13 & 27 - LEGO Club 4:00 pm Tuesday, February 11- Arts & Crafts Club 4:00 pm Tuesday, February 19 - Jr. Dungeons & Dragons 4:00 pm Thursday, February 20 - Reading with Molly 4:00 pm Monday, February 24 - Zookeepers Club 1:00 pm Tuesday, February 25 - Teen Time Coding Basics 4:00 pm

## New Harmony Branch

Mondays - Adult Art Class 1:00 pm Tuesdays - Sit n' Stitch 1:00 pm Wednesdays - Story Time 11:00 am Thursdays - Adult Exercise Class 11:15 am Friday, February 21 - Novel Ideas Book Club 1:00 pm Friday, February 28 - 1:00 pm Air Plants

## St. George Branch Mondays- Afternoon Story Time 1:00 pm

Mondays - English/Spanish Story Time 3:00 pm
Weds. -Story Time 10:00, 11:00, 2:00 & 5:00 pm
Thursdays - Toddler Time 11:00 am
Fridays - Toddler Time 11:00 am
Saturdays - Movie Matinee 2:00 pm
Monday, February 3 - P.A.W.S. for Tales 4:00 pm
Tuesday, February 4 & 18 - Science Club for Kids 4:30 pm
Thursday, February 6 - Geologic Hazards with Rick Miller 6:00 pm
Tuesday, February 11 & 25 - Art Club for Kids 4:30 pm
Tuesday, February 11 - Page Turners Book Club 2:30 pm
Thursday, February 13 - Adult Program "Book Bingo" 6:00 pm
Thursday, February 20 - Teen Night 5:00 pm
Tuesday, February 25 - Block Busters 6:00 pm

# **Library Programs and Events**

#### Santa Clara Branch

Tuesdays - Spanish Story Time 10:30 am
Wednesdays - Preschool Story Time 10:30 & 11:30 am
Wednesdays - Teens After School 3:00 pm
Thursdays - Toddler Time 10:30 & 11:30 am
Thursdays - Chess Club 4:00 pm
Fridays - Spanish Story Time 10:30 am
Saturdays - Tai Chi 10:30 am
Saturday, February 1 - Curious Minds Book Club 1:00 pm
Tuesday, February 4 - Crafts 4 Littles 3:00 pm
Monday, February 10 - Lego Club 4:00 pm
Tuesday, February 11 - Chapter One Book Club 3:30 pm
Friday, February 14 - Art 4 Kids 3:00 pm
Thursday, February 20 - P.A.W.S. for Tales 4:00 pm
Friday, February 21- Root Beer Float Book Club 3:00 pm
Tuesday, February 25 - Adult Paint Night 4:00 pm

#### Springdale Branch

Wednesdays - Story Time 10:30 am Wednesday, February 12- Book Club 11:30 am Thursday, February 13 - Teen/Tween D&D 5:00 pm Wednesday, February 26 - 'Tween Book Club 4:00 pm Thursday, February 27 - Adult Craft Night 5:00 pm

#### Washington Branch

Tuesdays - Story Time 10:00 & 11:00 am
Wednesdays - Fridays - Story Time 10:30 am
Wednesdays - Teen Activities 4:00 pm
Monday, February 3 - Adult Program - Scrapbooking Party 4:00 pm
Thursday, February 6 - P.A.W.S. for Tales 4:00 pm
Monday, February 3,10 & 24 - Intermediate Spanish Class 5:30 pm
Wednesday, February 5,12,19,26 - Beginning Spanish Class 5:30 pm
Thursday, February 13 & 27 - Coding Club for Kids 4:00 pm
Tuesday, February 18 - Tech Tuesday 4:00 pm
Thursday, February 20 - Book Ends Book Club 4:30 pm
Tuesday, February 25 - Arts & Crafts Club 2:00 pm

