

November Greetings from Baxter Memorial Library

Quitting Conversations: Accessing the Maine QuitLink

Thursday, November 19th 6pm via Zoom

Join us as we discuss tobacco dependence, how to support tobacco users looking to quit, and the free resources that are available to Mainers.

In this program, attendees will learn about tobacco dependence, the Maine QuitLink and how to use it, and how to engage individuals in conversation about their tobacco use.

The Maine QuitLink is free, confidential, and evidence-based. It offers both tobacco counseling and Nicotine Replacement Therapy (NRT) medication at no cost to Maine Residents. Those interested will receive a certificate of participation.

In Partnership with Portland Public Health.

Register online at www.baxterlibrary.org under events. Once you have registered, a Zoom link for the program will be sent to the email address you provide.



Starry Night Tour with Southworth Planetarium Tuesday, November 17th 5:30pm

Join us on the Library Lawn where we will enjoy a starry night tour by Southworth Planetarium. This will be an outdoor, socially distant program, with masks required. **The rain date is November 18th.**

The Universe remains readily accessible to all of us, despite whatever travails beset us on Earth. With our powerful green laser pointers, we will explore our wondrous cosmos! See the broad and brilliant Summer Triangle high in the western evening sky. Glide along the band of our home galaxy! Admire the brilliant planets Jupiter and Mars. In fact, Mars is brighter now than it has been within the last year and a half! We'll watch for meteors, satellites, and could even see the International Space Station traversing our skies. There is so much to see our small part of the Universe that no night sky tour is ever the same. Bring your families! Ask your questions! Enjoy a wonderful evening discovering our Universe.

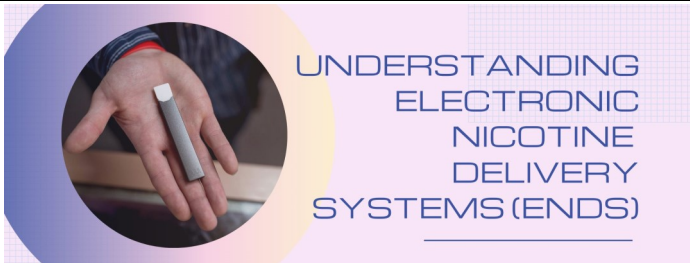
Understanding E.N.D.S (Electronic Nicotine Delivery Systems)

Thursday, November 12th 6pm via Zoom

"What is a vape?"

"Wasn't there a flavor ban?"

"How much of a health risk is this for my teen?"



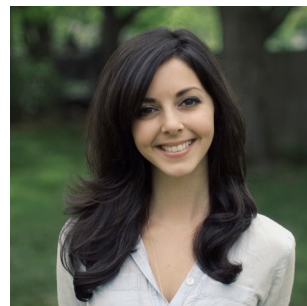
From the comfort of home, participants will learn the basics of what is an Electronic Nicotine Delivery System ("ENDS" or "vape"), the public health risks they pose to young people, the recent law changes around flavored products, and more! There will also be a Q&A opportunity for Val Johnstone, Cumberland County's District Tobacco Prevention Partner. Register online at www.baxterlibrary.org under events. Once you have registered, a Zoom link for the program will be sent to the email address you provide.

Ukulele Videos

Check out a ukulele at Baxter Memorial Library or just dust off the one you have hiding in your closet! We have added 8 ukuleles in a plethora of colors for you to borrow up to 3 weeks. Our resident musician, Mr. Jeff has made video lessons including how to tune a ukulele, common chords, and how to play some simple songs. All videos can be found on the Youth Services page at www.baxterlibrary.org.



Special Book Reading with Author/Illustrator Alexandra Thompson Tuesday, November 10th 9:30am



Join us November 10th at 9:30 am on Facebook Live with Maine author/illustrator

Alexandra Thompson for a reading of her picture book, *A Family for Louie*. This is the heartwarming story of a little foodie french bulldog searching for his forever family.

There will be a Q&A at the end. Send in your questions ahead of time to hwhelan@gorham.me.us so Alexandra can answer them live!

Geared towards ages 3-7.

Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:30am Travels w/ Ms. Heidi	4 10am Virtual STEAM-Nice Cream	5 9:30am Virtual Toddler Discovery Time	6	7
9	10 9:30am Book Reading with Author/Illustrator Alexandra Thompson	11 CLOSED FOR VETERANS DAY	12 9:30am Virtual Toddler Discovery Time 6pm Understanding E.N.D.S.*	13	14
16	17 9:30am Travels w/ Ms. Heidi 5:30pm Starry Night Tour w/ Southworth Planetarium	18 10am Virtual STEAM-Fun Fabric Napkins	19 9:30am Virtual Toddler Discovery Time 6pm Quitting Conversations*	20	21
23	24 9:30am Travels w/ Ms. Heidi	25 10am Virtual STEAM-Double-Doodle Drawing	26 CLOSED FOR THANKSGIVING	27 CLOSED	28
30				KEY: Adult Programs Youth/Family Programs * = Please register	

For an update on our events, please visit our online calendar at www.baxterlibrary.org or call 222-1190 for more information.