



HOURS

Monday: 1:00 PM - 8:00 PM
Tuesday: 1:00 PM - 6:00 PM
Wednesday: 1:00 PM - 6:00 PM
Thursday: 1:00 PM - 6:00 PM
Friday: 9:00 AM - 12:00 PM
Saturday: 9:00 AM - 2:00 PM
Sunday: Closed

October 2019 Newsletter

Find Out What's New at the Library!

Check Out Kindles

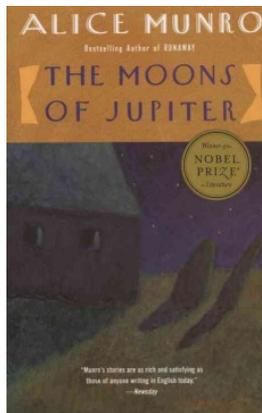
With our online service, Overdrive, we provide 4 Kindles ready for patrons to check out. Come into the library and let us know what books you would like to read. We will fill up the Kindle with your requests. Ask for more information at our front desk!

Puzzles & Board Games

You can check out and take home a puzzle and board games for 2 weeks.

We have a wide selection of 200 to 1,000 piece puzzles.

Get family and friends together to play some games. Test the mind with trivia! Keep your minds quick with fast-moving card games!



Book Club October 20 2:00 PM

The Moons of Jupiter By Alice Munro

Themes of heartbreak and the sadness of aging women dominate this collection of stories by the renowned Canadian author.

Join Now! The Book Club holds a meeting every month. No purchase necessary. Books on loan through the Southwest Wisconsin Library System.

[New Books - Click Her For Full List](#)

FICTION



The Testaments by Margaret Atwood

Margaret Atwood's dystopian masterpiece, *The Handmaid's Tale*, has become a modern classic--and now she brings the iconic story to a dramatic conclusion in this riveting sequel.

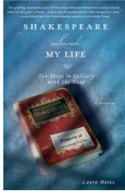
More than fifteen years after the events of *The Handmaid's Tale*, the theocratic regime of the Republic of Gilead maintains its grip on power, but there are signs it is beginning to rot from within. At this crucial moment, the lives of three radically different women converge, with potentially explosive results.

Two have grown up as part of the first generation to come of age in the new order. The testimonies of these two young women are joined by a third voice: a woman who wields power through the ruthless accumulation and deployment of secrets.

As Atwood unfolds *The Testaments*, she opens up the innermost workings of Gilead as each woman is forced to come to terms with who she is, and how far she will go for what she believes.

Descriptive content provided by Syndetics™, a Bowker service.

NON-FICTION



Shakespeare Saved My Life

by Laura Bates

While volunteering at a prison, Laura Bates conducts a Shakespeare In Prison program with the inmates. This book serves as a biography piece on Laura's experience, but also tells the story of inmate Larry Newman.

NON-FICTION



The Body Keeps The Score

by Bessel A. Van der Kolk

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing.

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies.

Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

Descriptive content provided by Syndetics™, a Bowker service.

More New Books - [Click Here For Full List](#)

FICTION

- *The Timepiece* - Beverly Lewis
- *Killer Instinct* - James Patterson
- *The Tyrant's Tomb* - Rick Riordan
- *Lying Next to Me* - Gregg Olsen
- *The Chestnut Man* - Søren Sveistrup
- *Listening to Love* - Beth Wiseman
- *The Dearly Beloved* - Cara Wall
- *The Girl Who Lived Twice*-David Lagercrantz
- *The Last Thing She Ever Did* - Gregg Olsen
- *Machines Like Me* - Ian McEwan
- *Here to Stay* - Mark Edwards
- *The Art of Inheriting Secrets*-Barbara O'Neal

NON-FICTION

- *Expelling the Poor : Atlantic Seaboard States and the Nineteenth-century Origins of American Immigration Policy* by Hidetaka Hirota
- *Code Talker* - Chester Nez
- *Call Sign Chaos : learning to lead* by James N. Mattis
- *The Mosquito : a human history of our deadliest predator* - Timothy C. Winegard
- *She Said : breaking the sexual harassment story that helped ignite a movement* by Jodi Kantor

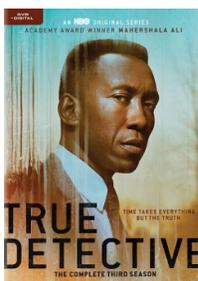
New Movies



This Is Us - Season 3

The third season brings more spellbinding moments for the Pearsons. The Big Three undergo big changes as they turn 38, and another shocking family truth is revealed. As we join Jack and Rebecca on their awkward first dare, we learn more about other romances. Kevin's visit to the Vietnam village where Jack served brings revelations, Randall enters a new arena, Beth resurrects an old dream, and Kate and Toby refuse to give up on parenthood. Through it all, love strengthens the bond of this family.

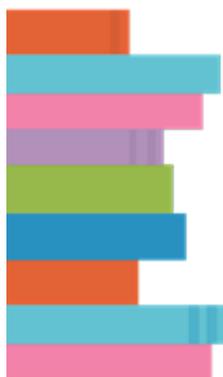
Check out what to watch next!



[Browse the Benton Public Library card catalog for books, audiobooks, and DVDs in our local area!](#)



[You can download eBooks, audiobooks, music, and videos for FREE with Overdrive!](#)



NEW ITEMS LIST

We update the list every month so patrons can see every new book and movie available.

Check out bentonpubliclibrary.com and click the New Items section.

Unwind With A Book!

Staff

Michele Anderson - Director
Susan Ward
Connor McCarthy
Contact us at: manderson@swls.org

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Benton Public Library

48 W. Main, Benton
Benton, Wisconsin 53803
608-759-2665

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