January is the month to set goals and look forward, and the Orem Library can be a great resource this year. Join us for a month of programs designed to help you reach your fitness, nutrition, organization, and family goals.

NEW YEAR, NEW YOU

JANUARY 9, THURSDAY
7:00 PM  Storytelling Wing
Easy Ways to Organize Your Home
Join organization expert Vicki Wanterton of organize-utah.com to learn 3 simple questions to ask when decluttering your home. These questions will teach you how to create a GOOD space for everything, as well as clever habits for keeping your home organized.

JANUARY 21, TUESDAY
7:00 PM  Storytelling Wing
Practical Parenting for a New Year
Parenting is the toughest job many of us have to face, but it doesn’t have to be impossible. Local dad and parenting guru Dave Hagen will be on hand to discuss solutions and tips that will enable you to be the best parent possible.

JANUARY 23, THURSDAY
7:00 PM  Storytelling Wing
Training and Racing to a PR
Looking for a race personal record this year? Hoping to qualify for a big marathon? NCAA Cross Country Champion and sub 2:10 marathoner Josh Rohatinsky will visit the library for a special program detailing training tips, race strategies and how to pick the equipment that will optimize your next race experience.

JANUARY 28, TUESDAY
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JANUARY 30, THURSDAY
7:00 PM  Storytelling Wing
New Year, New You
Healthy approach to your New Year’s resolutions. We will have a healthy recipe or two, and send you home with lots of ideas for a delicious, comfortable clothes and bring a yoga mat if you have one.

PRIZES

We asked the library staff what books were their favorite from last year. Here are the results:

GAMES

January & February 2014 Newsletter & Calendar

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Now Playing at the Library

High Definition film screenings and film events in the Media Auditorium Monday and Friday evenings.

FEBRUARY 11, TUESDAY 6:30 PM | Media Auditorium
Film Screening: The Abolitionists Part 1 (2013, NR)

FEBRUARY 12, WEDNESDAY 6:30 PM | Media Auditorium
Film Screening: The Abolitionists Part 2 (2013, NR)

FEBRUARY 13, THURSDAY 7:00 PM | Storytelling Wing
Civil Rights Discussion: Abolitionists

FEBRUARY 18, TUESDAY 6:30 PM | Media Auditorium
Film Screening: Slavery by Another Name (2012, NR)

FEBRUARY 20, THURSDAY 7:00 PM | Storytelling Wing
Civil Rights Discussion: Slavery by Another Name

FEBRUARY 25, TUESDAY 6:30 PM | Media Auditorium
Film Screening: Freedom Riders (2011, NR)

MARCH 4, TUESDAY 6:30 PM | Media Auditorium
Film Screening: The Loving Story (2011, NR)

MARCH 6, THURSDAY 7:00 PM | Storytelling Wing
Civil Rights Discussion: The Loving Story

The series Created Equal: America’s Civil Rights Struggle is made possible through a major grant from the National Endowment for the Humanities, as part of its Bridging Cultures initiative, in partnership with the Gilder Lehrman Institute of American History. Charles Holt’s performance also received funding from the Utah Arts Council’s Onstage in Utah program.

In conjunction with the 150th anniversary of the Emancipation Proclamation, the National Endowment for the Humanities has developed a special initiative, Created Equal: America’s Civil Rights Struggle. The Orem Public Library is one of the recipients of a special grant to present this series to spark public conversations about the changing meanings of freedom and equality in America.

Four outstanding documentary films, spanning the period from the 1830s to the 1960s, are the centerpiece for this project. Each of the films tells the remarkable stories of individuals who challenged the social and legal status quo of deeply rooted institutions, from slavery to segregation.

One of the four documentaries will be shown each week beginning on February 11. Following the film screenings, Dr. Gloria Cronin will lead a weekly discussion about the historical role and significance of the Civil Rights struggle. Dr. Cronin was recently named an Honorary Member of the Utah Academy of Science, Arts and Letters.

FEBRUARY 4, TUESDAY 7:00 PM | Storytelling Wing
Created Equal Series Kickoff: Charles Holt Performs Music of the Civil Rights Movement

As a kickoff event to this series, Charles Holt, nationally acclaimed Broadway actor, singer and producer will perform the words and music of Martin Luther King, Jr. on Tuesday, February 4. Mr. Holt has starred in The Lion King and Smokey Joe’s Cafe. As the kickoff event for this series, Mr. Holt’s performance will focus on the words and music of the Civil Rights Movement.

Tired of the cold and the gray?… laugh it off
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>FEBRUARY 17, MONDAY</td>
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<td>Presidents’ Day</td>
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<tr>
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<td>Created Equal Series Film Screening: Freedom Riders (2011, NR)</td>
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<td>In 1961, segregation seemed to have an overwhelming grip on American Society, until an integrated band of college students decided, en masse, to risk everything and buy a ticket on a Greyhound bus bound for the Deep South. They called themselves the Freedom Riders and they managed to bring the president and the entire American public face to face with the challenge of correcting civil-rights inequities that plagued the nation.</td>
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<td>Dr. Gloria Cronin returns to lead a discussion regarding the themes of involuntary servitude wherein thousands of African Americans were arrested, often guilty of no crime at all, compelled to work without pay, repeatedly bought and sold, and coerced to do the bidding of white masters.</td>
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<td>FEBRUARY 21, FRIDAY</td>
<td>7:00 PM</td>
<td>Media Auditorium</td>
<td>Film Screening: Better Off Dead (1985, PG)</td>
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<td>FEBRUARY 22, SATURDAY</td>
<td>1:00 PM</td>
<td>Storytelling Wing</td>
<td>Daughters of the American Revolution</td>
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<td>The public is welcome to attend the Daughters of the American Revolution’s monthly meeting.</td>
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<td>FEBRUARY 24, MONDAY</td>
<td>6:30 PM</td>
<td>Media Auditorium</td>
<td>Film Screening: Some Like It Hot (1959, NR)</td>
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<td>An Oscar-nominee selection, this documentary uses newly discovered 16 mm footage, first person testimony and images from LIFE Magazine photographer Grey Villet to expose the challenges the Lovings and their attorneys faced in working to legalize interracial marriage.</td>
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For more information visit the Orem Public Library webpage