

WDM LIBRARY

West Des Moines Public Library Monthly Newsletter



REGULAR HOURS

Labor Day - Memorial Day

Monday - Thursday
9am - 9pm

Friday 9am - 6pm

Saturday 9am - 5pm

Sunday 2pm - 5pm

Library advocate and online sensation Mychal Threats (Mychal the Librarian) spoke at the WDM Library's Staff Training Day.

Blood Pressure Monitors Now Available for Checkout

The WDM Public Library is proud to partner with the [American Heart Association](#) on their "Libraries with Heart" initiative. Through this program, patrons can now check out one of three Blood Pressure Monitor kits to track their heart health.

Each kit includes:

- 1 Blood Pressure Monitor
- 1 Blood Pressure Cuff
- 1 Instruction Manual
- 1 American Stroke Association Pamphlet
- 1 Quick Start Guide



These kits can be checked out at the 2nd Floor Adult Services Desk for three (3) weeks with your WDM library card. Additionally, there will be a model on display to try out at the desk. [Check one out now.](#)

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 such as stroke, heart disease, kidney disease, vision loss and sexual dysfunction if left untreated. The best way to know if you have high blood pressure is to check it and talk about it with your health care provider.

IN THIS ISSUE

HOW DO I... RESERVE THE FRONT DISPLAY CASE?

BOOK MADNESS BEGINS AGAIN!

NEW TITLES ADDED TO THE COLLECTION

ADULT MARCH EVENTS

CHILDREN & TEENS MARCH EVENTS



Library Closed Easter Sunday Sunday, March 31, 2024

The Library is closed for Easter Sunday. We will reopen at 9:00 AM on Monday, April 1.

How do I...?

Q: Reserve the Front Display Case?

A: Groups, organizations and individuals may request to use the display cabinets by filling out the Display Consideration Form. As the display spaces are in public areas of the library building and accessible and viewable by patrons of all ages, materials or exhibits must be such that they would be considered suitable for viewing by a general audience congruent with the standards of the community served by the library.

Display Consideration Form:
<https://www.wdmlibrary.org/form/display-case-consideration-form>

Book Madness Begins Again!

In the spirit of March Madness, the WDM Public Library is hosting our own bracket challenge: but with books! We've pulled the top titles in four "divisions": Adult, Young Adult, Picture Books, and Juvenile. Each week, we'll open a new survey to vote your favorite books into the finals and ultimately crown the Best Book!

Vote in Round 1 until Thursday, March 7 at 11:59 PM here:
<https://forms.gle/vDRWfVvBaPFp6t7s6>

ADULT

- Lessons in Chemistry by Bonnie Garmus vs. It Starts With Us by Colleen Hoover
- Demon Copperhead by Barbara Kingsolver vs. Mad Honey by Jodi Picoult and Jennifer Finney Boylan
- Spare by Prince Harry vs. Hello Beautiful by Ann Napolitano
- Someone Else's Shoes by Soje McInnes vs. Simply Lies by David Baldacci

YOUNG ADULT

- The Ballad of Songbirds and Snakes by Suzanne Collins vs. The Giver by Lois Lowry
- The Inheritance Games by Jennifer Lynn Barnes vs. If He Had Been With Me by Laura Nowlin
- The Final Gambit by Jennifer Lynn Barnes vs. A Good Girl's Guide to Murder by Holly Jackson
- The Hunger Games by Suzanne Collins vs. It's Not Summer Without You by Jenny Han

PICTURE BOOKS

- Don't Let the Pigeon Drive the Bus by Mo Willems vs. Freight Train by Donald Crews
- The Very Hungry Caterpillar by Eric Carle vs. Chicka Chicka Boom Boom by Bill Martin Jr. and John Archambault
- Pete the Cat: I Love My White Shoes by James Dean and Eric Litwin vs. The Day the Crayons Quilt by Drew Daywalt
- Llama Llama Home with Mama by Anna Dewdney vs. Fancy Nancy by Jane O'Connor

JUVENILE

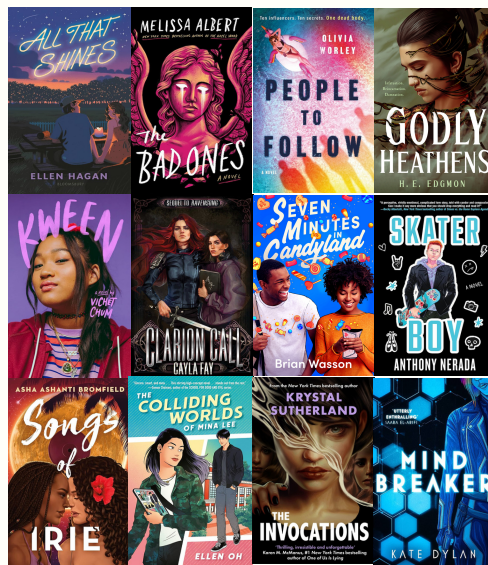
- Diary of a Wimpy Kid: Big Shot by Jeff Kinney vs. Friends Forever by Shannon Hale and Lydiafar Pham
- Dog Man: Twenty Thousand Fleas Under the Sea by Dav Pilkey vs. Click by Kayla Miller
- The Tryout by Christina Soontornvat and Joanna Cacoo vs. The Baby-Sitters Club: Secret Language by Ann Chu
- Who Would Win: Ultimate Showdown by Jerry Pallotta vs. The Baby-Sitters Club: Mary Anne's Back Luck Mystery by Cynthia Voigt King

New Titles Added to the Collection

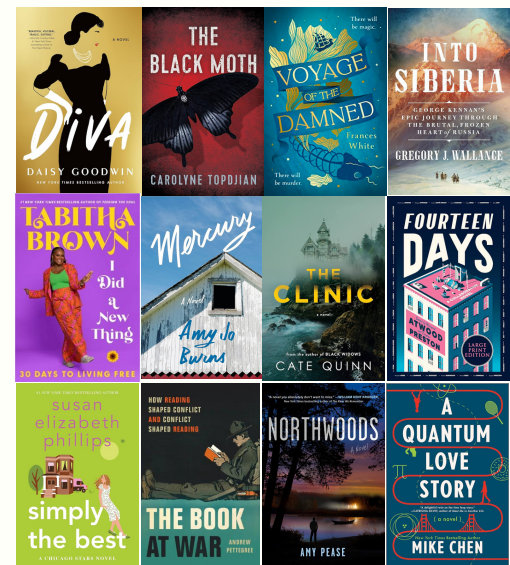
Children's



Young Adult



Adult



March Adult Events at the WDM Library

Tech One-On-One

Saturday, March 2 & 16 - 10:00, 10:30, 11:00 AM

Do you have a specific computer, mobile device, or other technology-related questions? We are here to help! Registration requested.



Step Back in Time: Historical Fiction Book Group

Thursday, March 21 - 7:00 - 8:00 PM

Hosted at the Jordan House (2001 Fuller Rd)

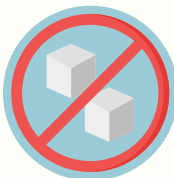
This group discusses titles from a wide variety of time/places/people. Please join us for a discussion of The Known World by Edward P. Jones. Registration required.



21 Days to Health: Kick Sugar Cravings

Tuesday, March 5 - 6:30 - 7:45PM

In this program, you'll learn just how blood sugar impacts health and the steps to maintaining healthy blood sugar balance. Following this program, you can turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep and more! No registration required.



Tom Buckmiller: The History of The Blues

Saturday, March 23 - 1:00 - 2:00 PM

Do you think all Blues music sounds the same? Think again! Local Blues artist and Drake University professor Tom Buckmiller will be presenting a History of the Blues. Not only will you hear some fantastic music, but you'll also learn about some of the origins of Blues music. No reg.

WDM Writer's Group

Saturday, March 9 & 23 - 10:00 AM - 1:00 PM

Open to aspiring authors of all experience levels. Each participant brings an approximately 1500-word excerpt of their work-in-progress to read aloud. Constructive critique follows each writer's turn. No reg.



Mary Seifert: A Personal Path to Publishing

Monday, March 25 - 6:30 - 7:30 PM

Please join us for a presentation by author Mary Seifert. She has written the Katie and Maverick Cozy Mysteries series, which are set in outstate Minnesota. You may recognize her name, as she taught computer science at Valley High School.



Club Read & Book Club Social: Hybrid Edition!

Monday, March 11 & 25 - 7:00 - 8:45 PM

On March 11, join Alana and Amy for a hybrid book club meeting. We will be discussing Tom Lake by Ann Patchett. On March 25, join them for Book Club Social to talk about books you read this month. Registration required for both programs.



Author Event: Beth Hoffman

Tuesday, March 26 - 6:45 - 8:00 PM

The Friends Foundation is proud to present local author Beth Hoffman. Beth is the author of Bet the Farm: The Dollars and Sense of Growing Food in America, a first-hand account of the perils of farming today and a personal exploration of more just and sustainable ways of producing food. No registration.

21 Days to Health: Detoxify Your Life

Tuesday, March 12 - 6:30 - 7:45 PM

Did you know that our world is polluted with about 80,000 chemicals? In this program, we'll discuss 2 key ways to minimize their negative impact and discover the benefits of daily detoxification. We will also uncover how to reduce your toxic burdens. No reg.



Mindfulness and Meditation for Seniors

Wednesday, March 27 - 10:30 - 11:30 AM

In each session, you will learn meditations to help de-stress from your week and prepare for a relaxing weekend. Each session will include some teaching on mindfulness themes followed by 30 minutes of practice. Registration required.



YA Not Club Read

Thursday, March 14 - 6:30 - 8:00 PM

YA Not Club Read is our non-traditional book club for "Grown ups" who like to read and talk about Young Adult books. We will be discussing The Black Queen by Jumata Emill. Registration required.

The Thankful Band Jazz Trio

Thursday, March 28 - 7:00 - 8:00 PM

Jazz trio The Thankful Band will be here to swing you through different styles of jazz in this family-friendly music appreciation event. With lots of upbeat selections, this will be a fun, toe-tapping evening sure to get you excited about this truly American art form. No reg.



Iowa Files: Lewis and Clark in Iowa

Sunday, March 17 - 2:30 - 3:30 PM

"Lewis and Clark in Iowa" begins with the story before the expedition: the sale of the Louisiana Purchase to the United States. Additionally, the audience will be exposed to the many "firsts" that occurred in Iowa, the true peril of this journey and the return of Lewis and Clark to civilization at the journey's end. No reg.



Final Friday Fiber Club

Friday, March 29 - 10:00 - 11:30 AM

Do you embroider, cross-stitch, crochet, or knit? You'll have the opportunity to do a simple embroidery project - we'll provide the supplies and basic instructions. You're also welcome to bring your own project from home. Reg required.



Adult Craft Night: Diamond Painting Bookmarks

Thursday, March 21 - 6:30 - 8:00 PM

Come join us to create a fun craft for the adult crowd! We will have a variety of supplies to make diamond painting bookmarks. Registration required.



Library Closed: Easter Holiday

Sunday, March 31 - ALL DAY

The Library will be closed on Sunday, March 31 in observance of Easter. We will reopen at 9:00 AM on Monday, April 1.

Children & Teen March Events at the WDM Library

Family Storytime

Wednesdays (6:30 - 7:30 PM) Thursdays (10:30 - 11:30 AM) and Fridays (10:30 - 11:30 AM) Dates: 3/1, 3/20, 3/21, 3/22, 3/27, 3/28, 3/29

Join us in the Community Room for this class featuring stories, songs, and rhymes followed by gross and fine motor play all with an early literacy focus! No reg.



Shake, Rattle & Roll (Ages 3-6)

Thursday, March 14 - 10:30 - 11:15 AM
(Ages 3-6)

You'll be movin' and groovin' on this hand-clappin', foot-stompin' morning! For ages 3-6. Registration required.



Saturday Storytime

Saturday, March 2, 23, 30 - 9:30 - 10:00 AM OR 10:30 - 11:00 AM

(Ages 0-6 w/ adult)

Drop in and join us in the storyroom for Saturday Storytime! Build a lifetime love of books and reading as we share stories, songs, and interactive rhymes with an early literacy focus. No registration.

Friday Flicks: The Super Mario Bros. Movie

Friday, March 15 - 1:30 - 3:00 PM

(Rated PG)

Today's movie will be The Super Mario Bros. Movie (Rated PG, 1h 33min). Popcorn and water will be provided, or you may bring your own snack and covered drink (please avoid bringing peanut products to protect our patrons with allergies). No registration.



Tween Club Read: Clean Getaway

Tuesday, March 5 - 4:15 - 5:00 PM

(Ages 11-14)

If you like to talk about books (but you're getting too old for our other book clubs), this club is for you. Join us for discussion about Clean Getaway by Nic Stone! Register online or at the Children's Desk.



Lapsit Storytime

Mondays (3/18, 3/25) - 9:30 - 10:00 AM

OR 10:30 - 11:00 AM

(Ages 1 mo. - 18 mo. w/ adult)

Using puppets, rhymes, songs, and short stories, we will engage baby and caregiver in language-rich activities designed for pre-walking babies. No reg.



Teen Game Night

Thursday, March 7 - 6:00 - 7:30 PM

(Grades 6-12)

Board games, card games, and a Nintendo Switch will be available to play, and attendees are encouraged to bring along their own favorite game to share! Registration required.

Family Night at the Library: BINGO!

Monday, March 18 - 6:30 - 7:30 PM

(All ages)

Join us this month to play bingo as a family. During Library BINGO, everyone leaves a winner! Please register each person attending (children and adults).

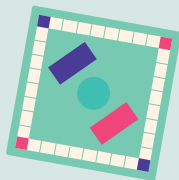


Spring Break Board Games

Monday, March 11 - 1:00 - 4:00 PM

(All Ages)

Start your Spring Break week with a fun afternoon of board games at the library. Join us anytime between 1:00 and 4:00 and choose from a wide selection of games. No registration.



Toddler Storytime

Tuesdays (3/19, 3/26) 9:30 - 10:00 AM

OR 10:30 - 11:00 AM

(Ages 6 mo. - 2 yrs w/ adult)

We incorporate activities that reinforce body part identification, counting, rhythm, sensory stimulation, fine and gross motor skills, and animal sounds. No reg.



Teen Nintendo Switch Free Play

Monday, March 11 - 1:00 - 4:00 PM

(Grades 6-12)

Join us in the Teen Center for free-play on the Nintendo Switch! We have an assortment of games to choose from. No registration.

Baby Doll Storytime

Wednesdays (3/20, 3/27) - 9:30 - 10:00 AM OR 10:30 - 11:00 AM

(Ages 18 mo. - 4 yrs w/ adult)

Bring a favorite doll or stuffed animal and join us! Children will participate in songs, rhymes, and stories while interacting with their baby doll. No reg.

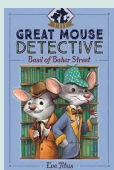


Kids Club Read: Basil of Baker Street

Tuesday, March 12 - 4:15 - 5:00 PM

(Ages 7-10)

Join us for discussion and activities related to this month's book Basil of Baker Street (#1 in The Great Mouse Detective series) by Eve Titus. Reg. required.



Kids Graphic Novel Club Read: Little Monarchs

Thursday, March 21 - 4:15 - 5:00 PM

(Ages 8-12)

Join us for discussion and activities related to this month's book, Little Monarchs by Jonathan Case. Reg required.



After School Adventures: Slime

Wednesday, March 13 - 1:30 - 2:15 PM

(Ages 5-12)

Join us in the Community Room after school to embark on an adventure! This month, we'll get gross and make slime to creep out your friends and family! Registration required.

Group Service Project (Teens)

Wednesday, March 27 - 3:00 - 5:00 PM

(Grades 9-12)

Are you looking for a few Silver Cord, Community Service, or other volunteer hours? The Library is looking for volunteers to help with a monthly group service project. Registration required.



Shake, Rattle & Roll (Ages 1 - 3)

Thursday, March 14 - 9:30 - 10:15 AM

(Ages 1-3)

You'll be movin' and groovin' on this hand-clappin', foot-stompn' morning! For ages 1-3. Registration required.



Library Closed: Easter Holiday

Sunday, March 31 - ALL DAY

The Library will be closed on Sunday, March 31 in observance of Easter. We will reopen at 9:00 AM on Monday, April 1.

