

We will be closed on Monday, January 2 and Monday, January 16. We will be closing early on Wednesday, January 4 at 7:00 PM.



## Monthly E-Newsletter January 2017 Volume 23, Issue 1

### Local Therapist and Author Presents Program on "Personal Freedom"

Kennebunk therapist and author [Kingsley Gallup](#) wants people who feel trapped in their lives to feel free and experience happiness, joy, and peace. Gallup will read from her guidebook, "Project Personal Freedom," and answer questions about how people can attain personal freedom, no matter what their circumstances on **Saturday, January 14 at 1:00 PM.**



"Project Personal Freedom" is a daily guidebook that offers inspirational and instructional tips about how people can access their own freedom. The book is designed to help everyone, from people coping with occasional stress to those living with chronic emotional and psychological conditions such as depression, anxiety, and PTSD. According to Gallup, the book is for people who "feel trapped by life circumstances, belief systems, and/or emotions."

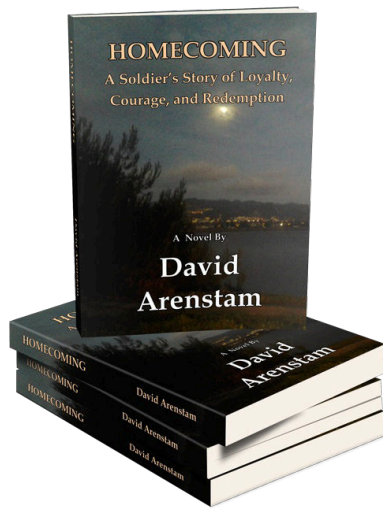
Gallup created Personal Freedom Therapy (PFT) based on what she sees as a widespread desire for empowerment and self-determination. She says that PFT offers a concrete, solution-oriented approach that helps her clients live authentic, liberated lives. Following the reading, Gallup will answer audience questions and facilitate a discussion. Light refreshments will be served.

Gallup is a licensed professional counselor, a nationally-certified counselor, a distance-credentialed counselor, and a certified mediator. "Project Personal Freedom" is the result of her work with hundreds of clients during the last 16 years.

### Saco Author Debuts Novel About Vietnam War

[David Arenstam](#), a writer, journalist, and teacher at Thornton Academy, will read selections from his debut novel, "Homecoming: A Soldier's Story of Loyalty, Courage, and Redemption," on **Tuesday, January 17 at 6:00 PM.**

Based on hundreds of hours of interviews with



Vietnam veterans, "Homecoming" follows two American aviators assigned to the Aerial Rocket Artillery in Vietnam. Crew chief Russell Warriner and co-pilot Bobby Connelly are brought together for a mission in early 1968. As the Tet Offensive rages, the two men discover that their courage and strength alone may not be enough to bring them home safely.

A Bates College graduate and finalist for the Maine Teacher of the Year award, Arenstam recently received his master's degree in journalism from Harvard University. "Homecoming" grew out of a project for his graduate program, in which he interviewed the real-life Russell Warriner, a 68-year-old Vietnam veteran who lives in Old Orchard Beach.

According to Jon Marcus, a former Boston Magazine editor, Arenstam's novel is "a meticulously researched book not at politics or strategy, but at the men who fought the war in Vietnam - whose stories we risk forgetting."

## Local Horror Author Discussion

On **Saturday, January 21 at 2:00 PM** local author, Martin Campbell, will talk about writing horror and read from his debut short-story compilation, *Maine After Dark: A Collection of Nightmares*.

Martin will be joined by two other local authors, Jeff Deck and David Price, to discuss the different aspects of horror such as themes, inspirations, writing styles and how writing in the genre has changed over the years.



Martin has written several short stories for various anthologies, magazines and websites. He is a Maine-based author who grew up with a fascination for reading about things that go bump in the night. He has been a fan of horror, fantasy and science fiction his whole life.

## Memoir by Local Author, *Rebel Without A Clue*

Join local author Steve Hrehovcik on **Wednesday, February 1 at 6:00 PM** as he discusses his recently completed memoir *Rebel Without A Clue*. Steve has written more than 500 feature articles newspapers, magazines and business publications. Among them are personal profiles, historical events, art exhibits, theater reviews and humorous personal accounts. In addition, he has written movie scripts, comedy stage plays, musical reviews and a comedy television travel show featured on the Maine Public Broadcasting Network. He also writes poetry and is working on a musical comedy.

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## Children's Programming

### Parenting Class

Stevie Westmoreland, LMFT, LCPC leads her Parenting Class on **Friday, January 6 at 10:00 AM**.

The class offers an opportunity for parents, grandparents and caregivers to gather to share the joys and challenges of parenthood. Skills developed will focus on identifying and understanding a child's four basic feelings, calming ourselves down and the positive effect of mirror neurons with your child.

Stevie has been in private practice as a Licensed Marriage and Family Therapist and Licensed Clinical Professional Counselor for 30 years. She also brings her own experience as a parent and grandparent to the discussion.

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## Tail Waggin' Tutor

Jack, a Tail Waggin' Tutor will be at the Library on **Saturday, January 7 from 10:00 - 11:00 AM** to listen to children read. Children of all ages and abilities are encouraged to sit with Jack, and experience the pleasure of reading to such a non-judgmental listener. Children often relax in a manner they might not when reading to an adult or sibling. Practice gained by reading to a dog has been shown to help students increase reading fluency.



Jack is a certified therapy dog, and will be accompanied by his favorite humans, Ursula and Kate Roese. He also volunteers at the Kennebunk Nursing and Rehabilitation Center.

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## Storytimes Return the Week of January 9



Mondays @ 10:15 AM: Peek-a-Book Babies (birth to age 2)  
Tuesdays @ 10:15 AM: Family Storytime (all ages)  
Thursdays @ 10:15 AM: Time for 2s & 3s (toddlers)

Age-appropriate toys are brought out at the end of Peek-a-Book Babies. Families are invited to spend some time interacting with other parents while engaging their children with the toys.

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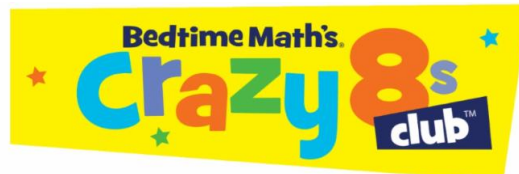
## Imagination Station

Make a magnet maze. Create your own goop. Challenge your parents to a pasta building contest. Welcome to Imagination Station, where you can let your imagination run wild! Everyone ages 3-103 is encouraged to join us for a series of programs showcasing science, technology, engineering, arts, and math (STEAM) - in ways that are fun and accessible for all. Find out how stuff works, why things happen, and what makes our world the way it is.

Imagination Station will run 4:00-5:00 on the second Thursday of the month. Come for the whole hour or drop in when you can.

-January 12 - Goop: Liquid or Solid?  
-February 9- Pasta Building Challenge  
-March 9- All About Magnets

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A new session of Bedtime Math's Crazy 8s Club, starts on **Wednesday, January 18 at 4:00 PM**. This session is designed for children in Grades K-2.

This is a totally new kind of math club where you'll build stuff, toss beach balls, make amazing mazes and more! You'll have a blast with mischief-making activities like Beach Ball Party, Funny Money and Glow-in-the-Dark City.

[Pre-registration](#) is required, and participants are expected to attend each 'Crazy 8s Club' session. The Club meets on alternating Wednesdays at 4PM from January 18 to April 26. Registration is limited to 14 children.

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## Legos Club

Legos Club is for children K and up. The next meeting will be on **Wednesday, January 25 at 4:00 PM**. All Legos blocks will be supplied; please leave yours at home. [Pre-registration is required.](#)

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## December Fun: Gingerbread Houses and Holiday Beadcraft



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## Genealogy Group - Expanding Your Views: Getting to Know Your Research Locales

The Genealogy Group will next meet on **Saturday, January 7 at 10:00 AM** when Pam Stone Eagleson, Certified Genealogist, will be speaking on research locales.

As we search for our ancestors and their stories, one of the basic tenets of research is to familiarize yourself with your research locale-- to get a sense of place and learn about and understand both the historical and physical landscape. This presentation will describe a 7 step process to learning about a research locale.

The Genealogy Group is open to the public and meets nine times a year.

Learn more about [Pam and her work.](#)



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## Friends of KFL Meeting - Monday, January 9 at 5:30 PM Open to All

Come join this fast-growing group of Library supporters.

[Learn more about joining the Friends](#)

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## New Arrivals



## Teen Programming

TEEN THURSDAYS

**January 12, 19 & 26**

2:30 - 4:30 PM

Head to the Library after school ends, and spend Thursday afternoons with Melissa, the Teen Librarian in a new 'multi-purpose' space at Kennebunk Free Library. This is a drop-in any time event, no pre-registration required. Open to teens in Grades 6-12. Play a game with friends. Color, create or collaborate. Get help with homework. Find a new favorite book.

TEEN GAMING (Fridays)

**January 6, 13, 20 & 27**

Come play the Wii on the KFL projector screen. Handheld devices and trading card games also encouraged.

2:30-4:30 PM

ANIME AFTERNOON

**January 11**

4:00-5:00 PM

Join Melissa, the teen librarian to talk about anime, learn to draw your favorite characters, watch your favorite anime files on the projection screen and everything anime in-between.

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## Library Closures

Monday, January 2 - New Year's Day Observed

Wednesday, January 4 (7:00 - 8:00 PM) Computer Upgrades

Monday, January 16 - Martin Luther King, Jr. Day

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## Silent Art Auction Fundraiser

**Art Auction Fundraiser at KFL January 6 to 21, 2017**

Again this year we have received wonderful donations of art from our community. Paintings and prints, both large and small will be part of the offerings at Kennebunk Free Library's third annual silent art auction that will be held January 6 to 21, 2017. A bid book with additional information about each item will be available for viewing in

Speers Gallery. People who wish to place a bid on any of the items will first need to sign up for a free bid number at the adult desk. Bidding will end at 5PM on Saturday, January 21 at the close of business. Winning bidders will be notified on Monday, January 23.

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## Refugees and Global Migration: Humanity's Crisis

KFL is once again the recipient of a grant, sponsored by the Camden Conference, in cooperation with the World Affairs Council, to bring highly qualified speakers to present to our community. In addition, we're also offering passive programming, a book discussion and have added several new titles to our collection about this current, dynamic topic.

On **Thursday, January 19 at noon** a book discussion will be held about *The Sympathizer* by Viet Thanh Nguyen. KFL will have copies of the 2016 Pulitzer Prize for Fiction available to check-out on a first come, first served basis. All are welcome to join.

John D. Doughty will present on February 7 (snow date: 2/27) at 6:00 PM. His presentation is on *Global Migration and Refugees: Why People Migrate, the Economics and Security Implications of Immigration and the Current Refugee Crisis, and What Lies Ahead*.

Dr. Barry Costa Pierce, Chair of the Department of Marine Sciences and Director of the Marine Science Center at the University of New England, will present on March 1 (snow date: 3/6) at 6:00 PM. His presentation is on *UNE Marine Sciences Developing New Trans-Atlantic Ocean Foods Entrepreneurship through International Scientific and Educational Cooperation*.



Please make sure to also stop by throughout January to contribute to our ancestry map to see where our families have migrated from over the years. Visitors will also have the opportunity to color in their personal migrations and to make a journal entry about their history.

The Camden Conference is a non-profit, non-partisan organization whose mission is to foster informed discourse on world issues. This year's conference, *Refugees and Global Migration: Humanity's Crisis*, will be held February 17-19, 2017. For more information about the Camden Conference, visit [www.camdenconference.org](http://www.camdenconference.org), email [info@camdenconference.org](mailto:info@camdenconference.org), or call 207-236-1034.

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## The Bill of Rights and You

KFL is hosting a new pop-up exhibition from the [National Archives](http://National Archives), *The Bill of Rights and You*, commemorating the 225th anniversary of the ratification of this landmark document.

*The Bill of Rights and You* spotlights one of the most remarkable periods in American history, explores the origins of the first ten amendments to the U.S. Constitution (collectively known as the [Bill of Rights](http://Bill of Rights)), illustrates how each amendment protects U.S. citizens, and looks at how Americans exercise the rights outlined in the amendments. *The Bill of Rights and You* invites visitors to connect directly with the people, places, and events that mark this historic document's evolution. This exhibit runs through January 31, 2017.

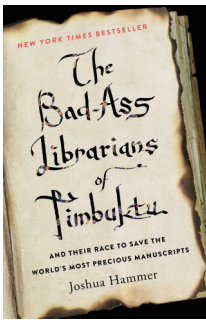
The exhibit's co-curator Jennifer Johnson states: "The Bill of Rights represents the Founder's vision that it would be the people, through votes, that could change the Constitution with enough consensus. And when the people desired a Bill of Rights, our first ten amendments were added to our governing charter."



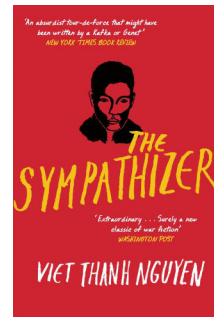
*The Bill of Rights and You* is organized by the National Archives and Records Administration, and traveled by the National Archives Traveling Exhibits Service (NATES). This exhibition was developed in collaboration with the [National Archives' National Outreach Initiative](http://National Archives' National Outreach Initiative) to commemorate the 225<sup>th</sup> Anniversary of the Bill of Rights. The exhibition is presented in part by AT&T, Seedlings Foundation, and the National Archives Foundation. This exhibit is brought to you in collaboration with the [Maine Humanities Council](http://Maine Humanities Council) and the Federation of State Humanities Councils.

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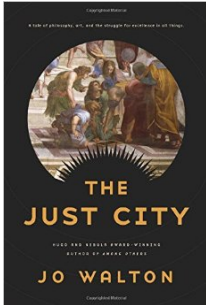
## Reading Groups



Nonfiction Book Discussion -  
*The Bad-Ass Librarians of Timbuktu* by Joshua Hammer  
on Monday, January 9 at 6:30 PM.



Camden Conference Book Discussion -  
*The Sympathizer* by Viet Thanh Nguyen on  
Thursday, January 19 at 12:00 PM.



Book Discussion -  
*The Just City* by Jo Walton on  
Tuesday, January 24 at 1:00 PM.

[Check out the newly announced listing of books for the Adult Book Group!](#)

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## Own a Reproduction of the William E. Barry *Historical & Road Map of Kennebunk, ME & Vicinity*



The original map was presented to KFL by Henry Parsons and was compiled and drawn by Wm. E. Barry, Arch. 1904-8

**Select Size:**

-Full Size: 29" x 51"

-Reduced Size: 22" x 41.5"

**Select Frame:**

-None

-Artiplaq mount (ready to hang)

**Select Frame Color:**

-Black

-Gold

-Silver

-White

**Complete a form and please allow a minimum of 2 weeks for delivery.**

**Visit KFL to see the original and how the mounted product looks.**



The Crafting Friends group meets on the first Wednesday of each month (**January 4**)\* and we're looking for new members. This group is open and free to the public and all portable projects are welcome.

\*On January 4 the group will meet 5:00-7:00 PM but will resume in subsequent months to their regular time slot of 5:30-7:30 PM.

Currently the projects range from adult coloring to a medallion project to knitting to cross stitch and tapestry weaving. Come join in on the fun, share stories, learn from each other and meet new friends.



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**Come join us by the fire on Wednesdays and Thursdays.**



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**Did You Know...**



...just inside our main entrance and to the left is our Elevator. The next time you're looking to avoid the stairs please make use of it. It stops at all levels; main, entry and lower.

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**NEW KFL Bags, Aprons and Mugs**





Large Canvas Bags:  
\$15.00

Small Jute Bags:  
\$5.00

Aprons: \$15.00

Mugs: \$5.00



You now have the option of contributing a portion of your Amazon purchase through [smile.amazon.com](https://smile.amazon.com)

We are listed as Kennebunk Free Library Association.



## Claim It

If this belongs to you let us know by 1/6/17. If it isn't claimed it will used for fundraising.



## Nifty Knitters

Every Tuesday at 11:00 AM.

Bring a needlework project to work on while socializing with other crafters, or bring in your project for others to help you.

Beginners welcome. We lend needles and wool is available for

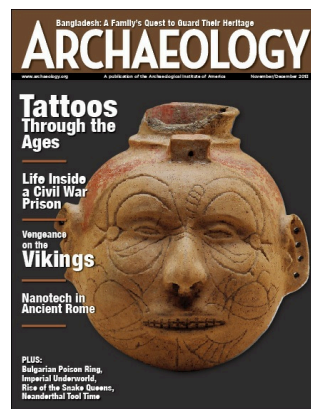
the asking.



# TRIVIA

January 25 at 6:30 PM

## New Magazine Titles in the New Year



## Available in the Reading Room

### Save the Dates

#### March 4: Cabin Fever Reliever

A winter-blues-rousing fundraiser including delicious food prepared by Kitchen Chicks Catering, music by the Kennebunk River Trio, silent auction, cash bar and pop-up relievers that will entertain and educate.



#### March 29: Worthy Wednesdays at David's KPT

David's KPT is partnering with KFL to donate 10% of their evening's revenue.

#### July 14: 20th Edition Road Race

Have you made your New Year's Resolution yet? How about joining us this year for this momentous occasion as either a walker or runner? We hope to see you there!

## January Calendar of Events

- Jan. 3: Nifty Knitters, 11:00 AM
- Jan. 4: Crafting Friends, 5:00 PM
- Jan. 6: Parenting Class, 10:00 AM
- Jan. 6: Teen Gaming, 2:30 PM
- Jan. 6: Art Auction Starts
- Jan. 7: Genealogy Group, 10:00 AM

Jan. 7: Tail Waggin' Tutor, 10:00 AM  
 Jan. 9: Peek-a-Book Babies Storytime, 10:15 AM  
 Jan. 9: Friends Meeting, 5:30 PM  
 Jan. 9: Nonfiction Book Group, 6:30 PM  
 Jan. 10: Family Storytime, 10:15 AM  
 Jan. 10: Nifty Knitters, 11:00 AM  
 Jan. 11: Anime Afternoon, 4:00 PM  
 Jan. 12: Time for 2s & 3s, 10:15 AM  
 Jan. 12: Teen Thursdays, 2:30 PM  
 Jan. 12: Imagination Station, 3:30 PM  
 Jan. 13: Teen Gaming, 2:30 PM  
 Jan. 14: Author Talk: Gallup, 1:00 PM  
 Jan. 16: Library CLOSED  
 Jan. 17: Family Storytime, 10:15 AM  
 Jan. 17: Nifty Knitters, 11:00 AM  
 Jan. 17: Author Talk: Arenstam, 6:00 PM  
 Jan. 18: Bedtime Math, 4:00 PM  
 Jan. 19: Time for 2s & 3s, 10:15 AM  
 Jan. 19: Camden Conference Book Discussion, 12:00 PM  
 Jan. 19: Teen Thursdays, 2:30 PM  
 Jan. 20: Teen Gaming, 2:30 PM  
 Jan. 21: Author Talk: Campbell, 2:00 PM  
 Jan. 21: Art Auction Ends, 5:00 PM  
 Jan. 23: Peek-a-Book Babies Storytime, 10:15 AM  
 Jan. 24: Family Storytime, 10:15 AM  
 Jan. 24: Nifty Knitters, 11:00 AM  
 Jan. 24: Adult Book Discussion, 1:00 PM  
 Jan. 25: Legos Club, 4:00 PM  
 Jan. 25: Trivia Night, 6:30 PM  
 Jan. 25: Chair Chi, 2:30 PM  
 Jan. 26: Time for 2s & 3s, 10:15 AM  
 Jan. 26: Teen Thursdays, 2:30 PM  
 Jan. 27: Teen Gaming, 2:30 PM  
 Jan. 30: Peek-a-Book Babies Storytime, 10:15 AM  
 Jan. 31: Family Storytime, 10:15 AM  
 Jan. 31: Nifty Knitters, 11:00 AM  
 Jan. 31: Trustees Meeting, 7:00 PM





Young Kennebunk patrons, Haley and Nicholas, decided to open a lemonade stand on Saturday, August 27 to raise money for the Library. Their hard work raised \$25.00 which they donated to their much-loved Library. Thank you so much Haley and Nicholas!

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Kennebunk Free Library | 207-985-2173 | [kfl@kennebunk.lib.me.us](mailto:kfl@kennebunk.lib.me.us) | [kennebunklibrary.org](http://kennebunklibrary.org)

STAY CONNECTED:

