

January KFL



Monthly E-Newsletter
January 2020
Volume 27, Issue 1

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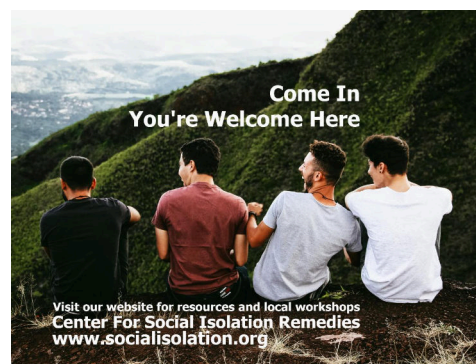
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Adult Programs

Social Isolation Roundtable - January 2

Perhaps more than at any other time in history, people are feeling isolated and lonely. There are many reasons behind this huge, destructive problem.

On Thursday, January 2 from 2:00 to 3:00 p.m., former social worker Susan Richards will lead a round table workshop to discuss social isolation. We shall explore the causes for it and avenues to come together in community. Join us to share your ideas, experiences and questions about social isolation. Please stay tuned for upcoming dates.



Round table workshops are presented by the Center for Social Isolation Remedies (socialisolation.org) in conjunction with the Kennebunk Free Library.

Susan Richards has a Master's Degree in Social Work and was a therapist for fifteen years in both inpatient and outpatient mental health treatment facilities. She was also a Writing Adjunct for ten years at SUNY Ulster and Marist College. Richards is the *New York Times* best selling author of three memoirs: *Chosen by a Horse*, *Chosen Forever*, and *Saddled*. She was married to renowned Magnum Photographer Dennis Stock who died in 2013. She currently lives in Kennebunkport with two pugs.

Genealogy Group - January 4

Your relatives' stories may not be quite as dramatic as *The Da Vinci Code*, but if your ancestor was a member of the Freemasons, The Elks, The Knights of Columbus, or other organizations, you may have a rich source of genealogical information to mine. Join us on Saturday, January 4 at 10:00 a.m. to watch a webinar about these fraternal organizations and how to track down their records.



Heart and Home Book Club - January 6

The Heart & Home Book Club is a pick-your-own book discussion group at Kennebunk Free Library. Participants choose their own fiction or nonfiction book based on a monthly theme. To join us for one or more meetings, simply drop in! On Monday, January 6, at 2:00 p.m., our theme will be *Hope*. Feel free to call or stop by the library for help finding a book.



Meditation Class - January 6

Meditation: Are you a beginner? Looking to deepen your practice? Join us at the Kennebunk Free Library on Monday, January 6 at 6:00 p.m. for the first in a series of meditation classes with presenter Cindy Simon. All are welcome!



Where does most of your awareness and attention go? Do you live in the moment? Are you aware of your breath? Relax and imagine peaceful scenery, learn deep stillness and quiet, utilize positive affirmations, and rid your mind of negative chatter. Learn to bring meditation into your everyday life and discover deeper relaxation, sleep, patience, and calm.

Ten Reasons for the Decline of the Evening News - January 7 (rescheduled from Dec 2)

The Camden Conference presents Peter Imber at the Kennebunk Free Library on Tuesday, January 7 at 6:00 p.m. to discuss *Ten Reasons for the Decline of the Evening News*.



Fifty years ago, at the height of his popularity as "the most trusted man in America," Walter Cronkite and the CBS Evening News averaged nearly 30 million viewers a night. Today, the three major network television evening news broadcasts have a combined audience every night that is

half of that.

How this happened will be the focus of Imber's discussion, which will examine the history of TV news, the impact of technology, the influence of corporate control of the networks, the rise of cable news and the growth of social media as a news source.

Peter Imber worked in the ABC News Los Angeles Bureau for 26 years as a producer for ABC News' broadcasts, including World News Tonight with Peter Jennings and Nightline with Ted Koppel.

During his career he covered the Los Angeles riots in the wake of the Rodney King beating, the O.J. Simpson trial, the Columbine school shooting and other major news stories.

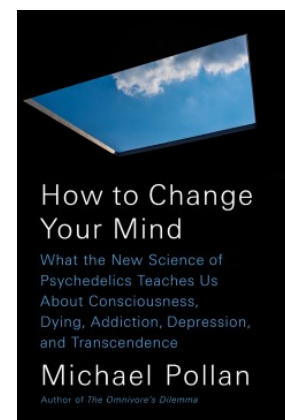
His work was nominated for National News Emmys four times, winning once, and he has received a DuPont-Columbia Award and a National Press Club Award.

Imber graduated from Dartmouth College and lived on a kibbutz in Israel for seven years in the 1970s and served in the Israeli army. He retired to Maine in 2010 and is a past president of the Camden Conference.

Nonfiction Book Group - January 13

Join us on Monday, January 13 at 6:30 p.m. to discuss *How to Change Your Mind* by Michael Pollan.

"Food writer Pollan (*Cooked*) shifts his focus to other uses of plants in this brilliant history of psychedelics across cultures and generations, the neuroscience of its effects, the revival of research on its potential to heal mental illness-and his own mind -changing trips. For an entire generation, psychedelics were synonymous with Harvard professor-turned-hippie Timothy Leary and his siren call to 'turn on, tune in, drop out.' But, Pollan argues, that freewheeling attitude quickly turned into a 'full-on moral panic about LSD' that 'doomed the first wave of research.' By the 1990s, the body of knowledge about the successful use of LSD to treat alcoholics in the '50s and '60s was buried, and medical interest only revived in 2010 with studies on treating cancer anxiety with psilocybin. Pollan writes movingly of one man whose 'psychedelic journey had shifted his perspective from a narrow lens trained on the prospect of dying to a renewed focus on how best to live the time left to him.' Today, renewed interest has sent scientists racing ahead with trials of psychedelics to treat addiction and depression, and curious seekers like Pollan into experiments with these substances. This nuanced and sophisticated exploration, which asks big questions about meaning-making and spiritual experience, is thought-provoking and eminently readable." (Publishers Weekly, vol 265, issue 11)



Nutrition and Aging - January 14

On Tuesday, January 14 at 3:00, join Megan Patten MS, RD, LD, Hannaford Dietitian, at the Kennebunk Free Library for a nutrition talk focusing on how our bodies and nutrition needs change as we age. Learn about the essential role that eating a balanced diet plays in fostering a long healthy life. The presentation will include information on specific nutrients that are vital to keeping the aging body healthy.



Journaling Meetup - January 15

Do you love to keep a journal, diary, planner, or

similar type of notebook? If so, you're invited to Kennebunk Free Library on Wednesday, January 15 at 6:00 p.m. for a Journaling Meetup to chat about... all things journaling! Sharing from your journal is welcome but *not* required.



Planet Talk - January 25

In the coming year, The Planeteers of Southern Maine, in collaboration with The Kennebunk Free Library, will resume "Planet Talks" - a series of presentations and informed conversations about various topics related to our Environment. On Saturday, January 25 from 2:00 - 3:30 p.m., join us at KFL for a discussion that will focus on PFAS (per- and polyfluoroalkyl substances): what they are, the health risks they pose, and possible ways of dealing with them.



Leading the conversation will be three special guests:

Patrick MacRoy is the Deputy Director of the Environmental Health Strategy Center (EHSC) in Portland. His past professional experience includes serving as the Executive Director of the Alliance for Healthy Homes, a national advocacy organization focused on eliminating health hazards in housing. Under his direction, the Alliance advanced congressional action and regulations to protect families from formaldehyde, lead, radon, toxics in fragrances, and other chemicals in homes, while launching innovative partnerships to help local partners and contractors comply with federal lead in renovation requirements. He previously worked as an epidemiologist with the State of Rhode Island and as an epidemiologist and director of the City of Chicago's lead poisoning prevention program.

Sarah Woodbury is the State Advocacy Director at the EHSC where she spearheads the Strategy Center's state-level advocacy and coalition work. She works closely with legislators, coalition partners, and supporters to advance the Strategy Center's mission of fighting for safe products, food, and drinking water and sustainable, green jobs.

State Representative Henry Ingwersen, D-Arundel who has long-standing interest in environmental issues and who is working with others on the PFAS Task Force in the State House to formulate legislation to tackle the serious threat of PFAS in the Maine environment.

Bring your friends, family, and your Q's and A's. All are welcome. Light refreshments served.

Adult Book Discussion - January 28

Join us on Tuesday, January 28 at 1:00 p.m. to discuss *Snow Child* by Eowyn Ivey.

"Here's a modern retelling of the Russian fairy tale about a girl, made from snow by a childless couple, who comes to life. Or perhaps not modern-the setting is 1920s Alaska-but that only proves the timelessness of the tale and of this lovely book. Unable to start a

family, middle-aged Jack and Mabel have come to the wilderness to start over, leaving behind an easier life back east. Anxious that they won't outlast one wretched winter, they distract themselves by building a snow girl and wrap her in a scarf. The snow girl and the scarf are gone the next morning, but Jack spies a real child in the woods. Soon Jack and Mabel have developed a tentative relationship with the free-spirited Faina, as she finally admits to being called. Is she indeed a 'snow fairy,' a 'wilderness pixie' magicked out of the cold? Or a wild child who knows better than anyone how to survive in the rugged north? Even as Faina embodies a natural order that cannot be tamed, the neighborly George and Esther show Jack and Mabel (and the rest of us) how important community is for survival. VERDICT A fluid, absorbing, beautifully executed debut novel; highly recommended. (Library Journal, vol 136, issue 20, p114)



In Stitches - January 7, 14, 21, 28

Do you love to knit? Crochet? Sew? Have you always wanted to learn? Do you have an unfinished project hidden on the closet shelf? Then join us for "In Stitches", our handicrafts group! This is a great opportunity to expand your skills and learn from others, about knitting, crocheting, sewing, embroidering, or other handicrafts while enjoying the company of others. Bring a project you are working on, or come learn from the very beginning (please bring your own supplies). Knitting help will be available.



In Stitches meets every Tuesday morning at 11:00 a.m. in the Walker Room. No registration is needed, just drop by for as long as you like.

Tech Time - January 3, 10, 17, 24, 31

Join us on **Fridays from 10:00 a.m. to 12:00 p.m.** for our ongoing service, Tech Time. Attendees will work one-on-one with a librarian to answer your technology questions. [Registration required.](#)

Technology is becoming more complicated so we're here to help. Having difficulty downloading the cloudLibrary app? Got a tablet for your birthday and need help setting it up? Please make an appointment by contacting the library at 207-985-2173. This service has quickly become very popular so your patience in waiting for an accommodation is greatly appreciated.



This service is intended to help educate you about your device or to troubleshoot minor technology issues. Our goal is that you'll leave our session with the confidence and knowledge to troubleshoot your own future technology hurdles.

Teen Programs

Friday Fun

Every Friday at 3:00 p.m. we will be conducting amazing experiments, building creative crafts, or playing great games! These programs are a great opportunity to see your friends and watch something explode! For teens ages 10 and up.

This month, on the 3rd, we will be creating DIY clay;

on the 10th, we will be holding Catapult Challenges; on the 17th, we will make Washi Tape Art; on the 24th, we will be holding a Word Game Challenge; and on the 31st, we will be working on our Painting. Join us for fantastic programs and spending time with friends.



Teen Fandom Afternoon - January 15

Are you interested in Anime or Sci-Fi or RPGs or any Fandom? Anything that makes you geek out, we want to hear about! Join us on Wednesday, January 15 at 4:00 p.m. This program is open to teens ages 10 and up.



MSK Teen Book Group - January 21

Join us on January 21 from 2:00 to 3:45 p.m. at the MSK library as we discuss *The Unwanteds* by Lisa McMann. Snacks will be provided as we discuss the book, spend time with friends, and even play a game or two. This program is open to MSK students of all grades. Kids should be picked up at the school at 3:45 p.m. or be prepared to take the late bus home. This program is put on with collaboration with the Graves Memorial Library in Kennebunkport. Please visit either library to reserve a copy of the book.



At our November 19 meeting, we discussed *York: The Shadow Cipher* by Laura Ruby. The kids had a blast sharing their opinions on the book as well as what experiences they took away from it. Before we ended we played a few rounds of a card game!

Children's Programs

Junior Science: Experiment With Yeast! - January 6

Science can be wacky, wild, or funny, but it's always an adventure! We will be holding a Junior Science series of programming for young scientists to experiment and observe the surprising results. Come join us on Monday, January 6 at 4:00 p.m. as we experiment with yeast! We will discuss how yeast works within our foods and attempt a few experiments to see how powerful the reaction that takes place can be.



December's Junior Science was a blast with Earthquake Engineering. The kids were given toothpicks and marshmallows and tasked with creating the most stable structure they could. Then they tested their engineering skills with a very accurate Earth replacement - Jello! By shaking a sheet pan full of Jello, they could see if their building would survive an earthquake. We have several future engineers in our midst!

Beadcraft - January 8

Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, January 8 at 1 p.m. Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. No registration required.



Tail-Waggin' Tutor - January 11

Dogs and books go great together! Children of all ages can practice their reading by reading to Jack, a certified therapy dog. Jack will be visiting on Saturday, January 11, from 10 to 11:00 a.m. Library reading dogs can help children increase their reading skills and become more confident readers. The dog provides a non-judgmental listener and 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. Of course, associating reading with something fun like patting a dog helps too! No registration required.



Discovery Station - January 15

Full STEAM ahead to Discovery Station at Kennebunk Free Library! Discovery Station is a monthly STEAM program designed for children 2-5 years of age accompanied by a parent or caregiver. STEAM is an approach to learning that uses Science, Technology, Engineering, Art, and Math through activities that support curiosity and creativity. STEAM activity stations will give children, with their parent or caregiver, an opportunity to engage in hands-on learning while having fun!



Join us on Wednesday, January 15, at 3:45 p.m. and have fun with this month's theme, The Science of Cold and Snow! The program is limited to 12 children, and registration is required.

Family Beach Party - January 16

Surf's up! Let's forget about winter for a little while! Join us for a family beach party on Thursday, January 16 at 3:45 p.m. We'll kick things off with a beach story and follow with a craft, games and a treat. All ages welcome. No registration required.



Drop-In Craft - January 17

Are you ready to get crafty? Come to Kennebunk Free Library on Friday, January 17 between 3 and 4:30 to make a craft celebrating Lunar New Year! 2020 is the Year of the Rat, and Lunar New Year will be celebrated on January 25. All ages are welcome to attend. No registration required.



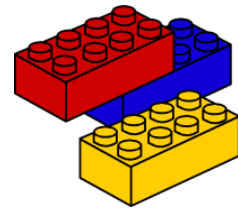
Yarn Baskets - January 23

Get crafty! Children and teens age 7 and up are invited to Kennebunk Free Library on Thursday, January 23 at 4:00 p.m., to learn basic weaving techniques and how to make a basket using yarn and paper. [Registration](#) is highly recommended to ensure we have adequate supplies prepared.



LEGO Club - January 22

Come join us on Wednesday, January 22 at 4:00 p.m. for Lego Club! Please note the earlier than usual time. This month come join us for a building challenge that will push your building abilities to the limit. If you are feeling more creative come build a Lego creation of your own imagination. [Registration](#) is not required but recommended, for kids ages 4 and up.



Storytimes

Mondays @ 10:15: Peek-a-Book Babies (ages 0-2)
Tuesdays @ 10:15: Family Storytime (ages 0-5)



Children's Room Announcements

- This month's Would You Rather results are in! 15 people would choose to play inside, and 34 would choose to play outside. Check the desk downstairs for this month's question!



Speers Gallery

January Artist: Gerald Blayne

The Kennebunk Free Library announces our January 2020 exhibition, "**Art by an 84-Year-Old Who Started At 74**", the oil, acrylic and watercolor paintings of Gerald Blayne. The public is invited to view the exhibit at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs (library hours are: Monday and Tuesday 9:30 a.m. - 8:00 p.m., Wednesday 12:30 p.m. - 8:00 p.m., Thursday, Friday and Saturday 9:30 a.m. - 5:00 p.m.)

Artist Statement: "I'm 84, but as an artist I'm only nine-years-old since I didn't pick up a brush until I was 75. I started with acrylics from the beginning because I thought they would be simple and was hesitant about oils because of the chemicals. However, my studio was a three-season sunporch and my paints all froze so I transitioned into the kitchen and watercolor. That was pretty satisfying until I discovered water-mixable oils and now I'm hooked. I also explore the energy underneath objects, people, and landscapes. I find that the right composition, color and value unlock a deeper level of truth about my chosen subject. Only when I can get those qualities right, do I begin to authentically paint it.



"I'm a chameleon. I started painting portraits, but only of buildings. Next came a watercolor series called 'wishful thinking' tropical scenes. But in the middle, I became enamored of abstract and fantasy. Every year I have painted a scene from the neighborhood where I live. After struggling to find a lane I have finally decided that my lane is that I have none! I am self-taught, am incredibly curious and get enormous help from the Internet. I must also give a substantial nod to Dennis Rafferty for his advice and mentoring."

Gerald would like his artwork to carry this message: "Don't ever believe that just because you have suddenly become old that your creative, intellectual, passionate life is over. That only happens when you die, so until then just keep on trucking."

Kennebunk Free Library is pleased to display the works of this talented young artist.

Display Cases Available for Nonprofits

Are you involved with a nonprofit that wants increased visibility in our community? Have you noticed the display cases in our entrance way with information about local nonprofits? Two new groups come in monthly to promote their mission. For more information, [e-mail the library](#).

A Message From the Friends

The Friends of KFL wish you a Happy Healthy, and Prosperous New Year.

Officers elected at our last meeting to serve in 2020 are: Donna Gomez, President; Sue Patterson, Vice President; and Deb Redding-Sampson and Risa Oganessoff Heersche, Liaisons to the Board of Trustees.

Please join us on January 6, 2020 at 5:45 p.m. to meet the new officers and to learn of our plans for the New Year. We look forward to your input and support to further the mission of this wonderful place and all it has to offer.

New Books, Audio Books, & DVDs

[Click here](#) for a look at books that arrived in the last month.

[Click here](#) for audio/video that arrived in the last month.

[Click here](#) for new children's items that arrived in the last month

[Click here](#) for new teen items that arrived in the last month

Hot New Releases on order for January:

(Click on the title to go to the item record in the catalog & place a hold.)

January 6

[Witch's Oath](#) by Terry Goodkind

January 7

[The Country Guesthouse](#) by Robyn Carr

[Hindsight](#) by Iris Johansen

[In the Shadow of Vesuvius](#) by Tasha Alexander

[Moral Compass](#) by Danielle Steele

[Naked Came the Florida Man](#) by Tim Dorsey

[The River Murders](#) by James Patterson

[Treason](#) by Stuart Woods

[The Vanishing](#) by Jane Ann Krentz

January 13

[Lost](#) by James Patterson

January 14

[No Fixed Line](#) by Dana Stabenow

January 21

[Heart of Black Ice](#) by Terry Goodkind

[House on Fire](#) by Joseph Finder

[A Long Petal of the Sea](#) by Isabel Allende

A Message from the Library Director

As we enter our cold months remember you can still find it all at KFL. Whether you're looking for a warm place to sit, especially by our wood fire in the reading room on Wednesdays and Thursdays, or your favorite TV series to bring home and binge watch during the next storm we have it and everything in between! Our whole staff does a wonderful job at keeping KFL a lively, welcoming place with plenty of activities, socialization, and programs.

Our next fundraiser, March Madness, will be held from March 2-27 and feature an online auction of a variety of items from organizations such as the Boston Red Sox and Portland Symphony Orchestra. And, it's never too soon to think about Road Race. Stay tuned for registration opening in February.

Thank you,
Michelle K. Conners, Director



January Calendar of Events

- Jan 1: Library Closed
- Jan 2: Social Isolation Round Table, 2:00 p.m.
- Jan 3: Tech Time, 10:00 a.m.
- Jan 3: Teen Friday Fun, 3:00 p.m.
- Jan 4: Genealogy Group, 10:00 a.m.
- Jan 6: Peek-a-Book Babies, 10:15 a.m.
- Jan 6: Heart and Home Book Group, 2:00 p.m.
- Jan 6: Junior Science, 4:00 p.m.
- Jan 6: Friends of KFL Meeting, 6:00 p.m. (5:45 introduction for new members)
- Jan 6: Meditation, 6:00 p.m.
- Jan 7: Family Storytime, 10:15 a.m.
- Jan 7: In Stitches, 11:00 a.m.
- Jan 7: 10 Reasons for the Decline of the Evening News, 6:00 p.m.
- Jan 8: Beadcraft, 1:00 p.m.
- Jan 10: Tech Time, 10:00 a.m.
- Jan 10: Teen Friday Fun, 3:00 p.m.
- Jan 11: Tail Waggin' Tutor, 10:00 a.m.
- Jan 13: Peek-a-Book Babies, 10:15 a.m.
- Jan 13: Nonfiction Book Group, 6:30 p.m.
- Jan 14: Family Storytime, 10:15 a.m.
- Jan 14: In Stitches, 11:00 a.m.
- Jan 14: Nutrition and Aging, 3:00 p.m.
- Jan 15: Discovery Station, 3:45 p.m.
- Jan 15: Teen Fandom Afternoon, 4:00 p.m.
- Jan 15: Journaling, 6:00 p.m.
- Jan 16: Family Beach Party, 3:45 p.m.
- Jan 17: Tech Time, 10:00 a.m.
- Jan 17: Drop-In Craft, 3:00 p.m.
- Jan 17: Teen Friday Fun, 3:00 p.m.
- Jan 20: Library Closed
- Jan 21: Family Storytime, 10:15 a.m.
- Jan 21: In Stitches, 11:00 a.m.

Jan 21: MSK Book Group, 2:00 p.m.
Jan 22: Lego, 4:00 p.m.
Jan 22: Ukulele Group, 5:30 p.m.
Jan 23: Yarn Baskets, 4:00 p.m.
Jan 24: Tech Time, 10:00 a.m.
Jan 24: Teen Friday Fun, 3:00 p.m.
Jan 25: Planet Talk, 2:00 - 3:30 p.m.
Jan 27: Peek-a-Book Babies, 10:15 a.m.
Jan 27: Windows & Mirrors Book Group, 6:00 p.m.
Jan 28: Family Storytime, 10:15 a.m.
Jan 28: In Stitches, 11:00 a.m.
Jan 28: Adult Book Discussion, 1:00 p.m.
Jan 28: KFL Trustees Meeting, 7:00 p.m.
Jan 29: Trivia Night, 6:00 p.m.
Jan 31: Tech Time, 10:00 a.m.
Jan 31: Teen Friday Fun, 3:00 p.m.

STAY CONNECTED:



Kennebunk Free Library | 207-985-2173 | kfl@kennebunk.lib.me.us | kennebunklibrary.org
Hours: Mon, Tue 9:30-8:00; Wed 12:30-8:00; Thur, Fri, Sat 9:30-5:00