

JUNE

at KFL



Monthly E-Newsletter June 2020 Volume 27, Issue 6

Summer is here! For us, that usually means gearing up for our big Summer Reading Kick-Off. While we can't party in person this year, we still have some summer fun planned! Keep an eye on our website and social media for updates.

We know that the question on everyone's mind is when the library will reopen. Though we can't give you a definitive answer, the [Director's Note](#) below explains the steps we are taking and the thought processes that went into them.

In the meantime, staff is busy preparing! We are ordering and cataloging books so the new releases will be here waiting for you. Though Minerva will not be back up and running until at least July, we are working with the state to retrieve the books that we loaned to other libraries before the closure so they will be available to you. We are also busy putting safety protocols in place. We have had generous mask donations from patrons, Friends of the Library, and one staff member's mother. We're loving our new look! Can you tell us apart?

We miss you all and hope to see you soon!



Adult Programs and Updates

Coffee and Conversation - June 1, 8, 15, 22, 29

Grab a cup of your favorite warm beverage and join KFL staff members on Monday mornings at 10:00 for a casual chat to kick off the week! No assigned topics, just a chance to catch up with library friends. Feel free to drop in with any questions you have about new procedures as we take the first steps toward reopening. Check our website calendar and rotating display or give us a call for login information.

Wellness with Presenter Annie Watts - June 2 & June 16

On Tuesday, June 2 at 5:30 p.m., we will host Annie Watts of Annie Watts Wellness for a 45-minute Zoom presentation on the importance of sleep for our health. She will discuss how a restful sleep, or lack of it, affects our immune system. She will also give us strategies for a better night's sleep.

On Tuesday, June 16 at 5:30 p.m., she will discuss the importance of good nutrition in regards to our health and immunity. She will discuss how processed foods laden with chemicals keep us away from optimal health, while whole,

organic foods feed our bodies with the needed nutrients for a healthy life! She will share specific strategies to clean up your diet!

Annie Watts is a Functional Medicine Coach as well as a licensed massage therapist here in Kennebunk. You can follow her on Facebook and Instagram. Please check the calendar and rotating display at kennebunklibrary.org or the KFL Facebook page for the Zoom link.



Meditation Class - June 22

On Monday, June 22 at 6:00 p.m., we will host presenter Cindy Simon for an online meditation class. Are you a beginner? Looking to deepen your practice? 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.

This meeting will be held online via Zoom. Check our website calendar and rotating display or give us a call for the login information.



Adult Book Discussion - June 23

We're going to be doing things a little differently while we're closed... We'll be rereading classics - books that you may already have around home or can download for free online. On Tuesday, June 23 at 1:00 p.m., we will be discussing *Treasure Island*. Check our website calendar and rotating display for each month's title and Zoom login information.

90s Trivia Night - June 23

Dig out your JNCO jeans and grab a Fruitopia - it's time to see how much of the 1990s you remember! Join us on Tuesday, June 23 at 6:00 for a trivia night covering the music, movies, tv, and events from the end of the last century. It's going to be all that and a bag of chips! Keep an eye on our calendar, website, and social media for a Zoom link to attend.

Teen Programs and Updates

Teen Gaming

If you're looking for something fun to do with friends on Friday afternoons, join us starting June 5 for Teen Gaming at 3:00 p.m. as we play JackBox! It's a fun multiplayer game that you can play from a distance, all you need is a device with internet access and before the game begins you will be given a code to log in and play along. We will meet via zoom at 3:00 p.m. to go over the rules and pass out the code. Here is the link: <https://networkmaine.zoom.us/j/88980582413> It is also posted on the calendar on our website. Open to all teens ages 10 and up!

Summer Reading

We are gearing up for our fantastic Summer Reading program! While it may look a little different this year, the principles will still be there. We will continue to offer a weekly STEM-based program every Friday. More details will be released in the coming weeks. We hope you will join us for another summer of fun!

Children's Programs and Updates

Storytime Live

We're continuing our Facebook Live storytimes on Tuesdays and Thursdays at 10:15! Join us for stories, songs, and fun! We will be taking a short break from June 8-June 22. This is so we can focus on getting ready for summer reading!



Mini Mindful and Yoga Practices for Families

Mini Mindful and Yoga Practices for Families:
Have you been watching Miss Susan's videos on Facebook? Every Monday and Friday, Miss Susan shares ways to practice being mindful and her favorite yoga shapes. Bring a blanket, towel, or yoga mat and follow along! Also, Miss Susan is looking for pen pals to share their mindfulness and COVID-19 experiences. If you'd like to send her a letter, please send an email to ys@kennebunk.lib.me.us for more details. We will be taking a break from Mini Mindful and Yoga Practices for Families from June 8-June 22.

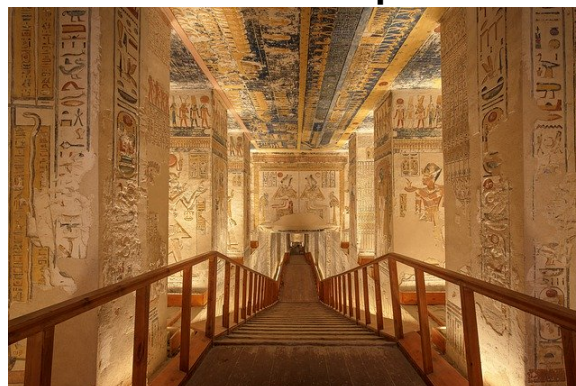


Junior Science

If you are looking for fun STEM projects, look to our library YouTube page for Junior Science Experiments that will be published every other week! These projects are designed for scientists ages 5 and up and will include an experiment as well as an explanation of the scientific principles that apply.



"The Pharaoh's Vizier" Virtual Escape Room



Over the last few months, we have been working on a virtual escape room. We have been seeing

this done a few ways, but struggled with finding a way within those constraints to capture the feeling of discovery and exploration that a good escape room evokes.

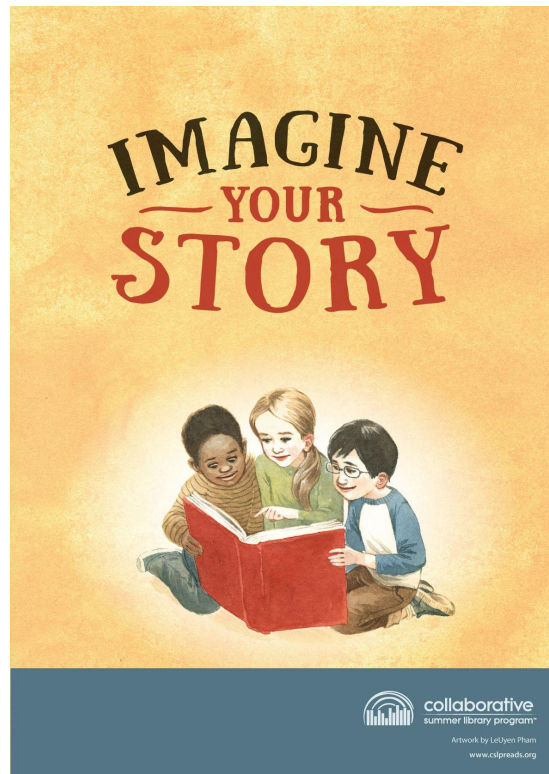
So, we went in a different direction. May we present to you The Pharaoh's Vizier, a text-based adventure game set in ancient Egypt. This is aimed at ages 10+, but is open to anybody (child or adult!) who would like to try their hand at it. It is free, and you do NOT need to sign up for an account with the site in order to play.

Ready? Here is the link for the game:

http://textadventures.co.uk/games/view/sjypzu_h60milaoaifkp0g/the-pharaohs-vizier-escape-room

Summer Reading

Coming soon: Imagine Your Story with this summer's program, June 22-August 15. This summer, get ready to imagine your story with fun activities and virtual programming! Your library staff is hard at work getting everything all ready for a summer of fun.



Road Race

23rd Edition Road Race Now July 10 - July 31

The 23rd Edition Road Race will look a lot different this year but in the end our goals remain the same: to have fun, promote local businesses, and raise money for KFL. The largest change is that we are not holding an in-person event.



We are having a virtual race. This means that you will get to participate, upload your times, and submit photos anytime from July 10 to July 31 and on any 5k distance of your choosing (though you can still use ours if you'd like). Registering for the race is the same except you have through

July 31 to do so and the prices will remain the same (no day-of price increases!).

If you are among the first 200 to register you still get a t-shirt (Bicentennial Blue this year!) and a goodie bag including a bib number. We are still figuring out the logistics of getting these items out to you. We hope to hold a sponsor recognition party once we open back up where we will also highlight prize winners but depending on how far in the future this is we may also hold this virtually. Additional prize categories will be added for a layer of fun and will include most creative finish line, best selfie, and best coordinated pet costume. We have some raffle items as well that may be shifted to an online auction.

Of course, a wonderful shout out to all of our amazing sponsors.

A Note From the Director

With our first stage of reopening underway I thought I would provide a little bit of background to our decision-making. While it may seem like we just picked a time to open our book drop and that was that, we actually have taken countless steps.

Safety is our number one concern. We had to create a method for items to be returned with a built-in timeframe for quarantine before they were handled by staff to be re-shelved. The next step was to create schedules so at any one time not too many patrons were stopping by, not too many items were getting returned, and not too many staff were in the building. While this creation was underway we had to ensure that we secured PPE to provide to staff as well as follow the steps laid out by the Maine State Library and government officials. While all of this was going on we continued to provide the same services and programming that we have for these past two months.



Now, we are taking similar and added steps to plan out an opening for our curbside services. Book orders are being delivered and cataloged, staff is learning the altered procedures for our circulation software, and of course, we're all learning sanitation steps.

Starting curbside services the week of June 8 would be wonderful but is not a guarantee just yet. Trust me when I say that staff would be just as thrilled as all of you for things to start going back to normal, or at least partially.

When we do make this extra step, I ask that you please keep a few things in mind. We have absolutely no idea how busy we will be. Ideally, we would love to be able to receive a request and have it ready for you very quickly after but we may also be scrambling. We are receiving new materials but not at the normal rate. Additionally, interlibrary loan remains suspended for the time being. There's also the possibility if things take a downward turn again that we have to go back a few steps.

Given the library's existence as a public gathering place it is very difficult to watch it so idle and empty. However, we know we are doing our part to help others.

Annual Appeal

Our 2020 Annual Appeal is underway. Given the current quarantine we are all living under and the countless repercussions it has created I will repeat my ask from the letter that even if you are unable to contribute financially at this time, we would love to hear from you. Send us an email, a letter, or leave a comment for us on Facebook. Let us know how we're doing and let us know how you're doing. We had fun making an infographic this year that highlights what we've done since we closed our doors.

Stay Safe,
Michelle Connors

Digital Collections

Looking for something to read during our building's closure? Have a computer, smartphone, Kindle Fire or iPad? Great! You can access eBooks and audiobooks through our two digital platforms! All you need is your library card.

CloudLibrary is a platform for eBooks and audiobooks that is administered at the state level and is accessible to all public library patrons in the state of Maine. To meet increased demand, more titles are currently being added to this platform. See <https://www.yourcloudlibrary.com/> to get started.

Overdrive/Libby is also a platform for eBooks and audiobooks, but is run by your KFL librarians and is accessible only to Kennebunk Free Library cardholders. While this platform has fewer titles to choose from, wait times for holds are shorter than on CloudLibrary. We are also adding more titles to expand our offerings and selections for you. See <https://kennebunklibrary.overdrive.com/> to get started (scroll to bottom for app downloads).

If you need assistance setting up either platform, give the library a call or send an email and a staff member will get back to you.

Book/Movie Recommendations & Messages from Your Librarians

From Brittany, Circulation Services Manager

Brittany's To-Be-Read Pile:



From Catherine, Library Assistant

Normal People (Book): The book *Normal People* by Sally Rooney has become one of my favorite

reads while being at home. It shows an evolving relationship between two young people who come from different backgrounds in southern Ireland. The book follows Marianne and Connell from high school into their adult lives and shows how complex and broken they are as individuals and how it adds a delicateness to their on and off-again relationship. The book does a very good job exploring the harder parts of people and allows an understanding of those who struggle with their place in the world.

Normal People (TV Show): *Normal People* was made into a TV show, which is available to watch on Hulu. The show does a good job keeping close to the plot and timeline of the book. The characters also seem to fit into the written characters of the book. After watching the series through, I thought it did Marianne and Connell's story justice, but, as always, the book is better.

From Denise, Library Assistant

I hope you are all doing well and are getting outside each day. The weather is beginning to feel more like summer with warmer temperatures. June rings in summer and strawberry season! This would be a great time for the whole family to take a trip to a strawberry-picking farm. Before you go, I recommend reading the book, *The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear* by Audrey Wood. Once you get back home wash the berries and try your hand at making delicious strawberry ice cream. I've included a [link to a recipe](#). Enjoy your time welcoming summer and I hope we'll see you soon!

My Pandemic Pile for June:



From Jenny, Library Assistant

A couple of years ago, when I first heard about *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter* by Margareta Magnusson, I noted the book's intriguing yet possibly emotionally uncomfortable focus and promptly added it to the bottom of my someday-maybe reading list. Fast forward to spring 2020: in looking for a Heart & Home Book Club pick on the theme of simplicity, I was surprisingly ready to give this book a try, and I'm glad I did. Whereas I'd thought the book might be depressing, I found it to be uplifting. I thought the tone might be boringly instructive, but I discovered it was invitingly conversational, with moments of funny, honest, and reflective memoir generously peppered throughout. Fortunately, in addition to print and audio formats, this book is available as an e-book and an e-audiobook on CloudLibrary. As a bonus, the narrator of the audio version presents what I consider to be an enjoyably convincing performance of the author's work.

I recently listened to several Amish Fiction cloudLibrary e-audiobooks in order to explore this new-to-me genre. Each book contained the elements of romance, faith-based decision making, agrarian lifestyles, and that author's take on Amish culture. With beautiful imagery, especially that of a young Amish woman's beloved garden, main characters caught in a forbidden romance, sprinklings of humor, and only a few moments of threatened danger, *Sarah's Garden* by Kelly Long quickly captured my attention and clearly stood out as my favorite.

My pick for a podcast right now is *The Nature of Phenology* by Hazel Stark and Joe Horn (<https://thenatureofphenology.wordpress.com>). Each episode features a story about Maine

nature observation and connection, is seasonally timely, has great writing and narration, is just a few sweet minutes long, and, most importantly, inspires listeners to explore the natural world!

From Kat, Administrative Assistant

Maybe You Should Talk to Someone, A Therapist, Her Therapist and Our Lives Revealed by Lori Gottlieb - This is a candid and relatable portrait of the author as a clinician and patient. The value of therapy in helping people make changes in their lives is explored. The author shares insights into famous pioneers in psychology history.

The Call of The Wild starring Harrison Ford - Adapted from Jack London's classic. Dog and wilderness lovers will enjoy beloved Buck's adventure and be saddened at his misfortune. Takes the original story line and removes all of the rough edges. This is a pleasant movie but the original book is a thrilling read.

Two audio books available now on Overdrive:

Interior Chinatown by Charles Yu - Quirky story of a young Chinese actor going for the ultimate roll: Kung Fu Guy. Gives voice to the struggles of American Citizens of Chinese descent in our culture.

John Adams Under Fire The Founding Father's Fight for Justice in the Boston Massacre Murder Trial by Dan Abrams and David Fisher - This book takes you to this unique time and place in our history. It reveals the daily lives of the people involved and shows you the infancy of the American justice system.

From Krissy, Library Assistant:

The Sparrow by Mary Doria Russell

This is a beautiful book that made me cry and feel a bit sick at times, but I absolutely do not regret reading it. Although it could easily be classified as science fiction (it's a first-contact-with-alien story), I was immediately intrigued because it was recommended to me by someone who never reads science fiction.

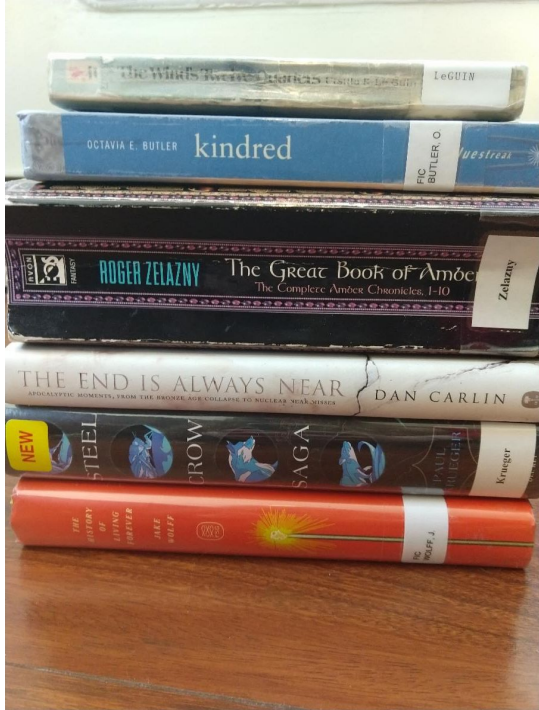
The plot: Humans discover that there is sentient life on a nearby planet, and the Jesuits almost immediately send a group to meet them. It is told in two alternating time periods: The time in which contact is made, and 40 years later, when we see the fallout of how that contact went.

Spoiler (from the first chapter): It, uh, didn't go well. Parts of this book conjure a nearly overwhelming sense of dread as we slowly learn about what happened. I almost put it down because I couldn't take the suspense, but I found I couldn't rest until I knew what had happened to Emilio to leave him in such a state.

What makes it bearable and beautiful is that the dread is not relentless. The book takes the time to get to know each of the characters on the mission, and creates a wonderfully fleshed-out cast for whom we care deeply (even as we know we shouldn't).

A final note: This book comes with trigger warnings for rape, mutilation, and violence (I never said it was a fun, light read, did I?).

Krissy's To-Be-Read Pile:



From Lisa, Library Page

The following two reviews are about two completely different men with a similar goal, to build themselves a cabin. Divided by time and space, the concept of each man's dwelling place depended on his frame of mind. I enjoyed and was fascinated by each adventure.

One Man's Wilderness, An Alaskan Odyssey by Sam Keith from the journals and photographs of Richard Proenneke. Non-fiction

In 1968 a spry man of fifty who had fallen in love with the Alaskan wilderness, retired from the limits of modern life and set about building himself a dwelling amongst the beauty and nature of the Alaskan landscape. And not just any dwelling, but a long cabin, cache, and shed/outhouse built completely by his own hands without the use of power tools. His slice of heaven was born from brute strength, tenacity, and ingenuity. Aside from visits and deliveries by his lifeline, Babe, his companions were creatures of nature. He filmed, photographed, and journaled his progress and the wildlife and splendor that surrounded him.

This book chronicles that endeavor from the written words of the man himself, Richard (Dick) Proenneke. Born in Primrose, Iowa on May 4, 1916, he was a U.S. Navy veteran, diesel mechanic, carpenter, and salmon fisherman to name a few of his proficiencies. He died in Hemet, California on April 20, 2003. He willed his cabin to the National Park Service at Lake Clark National Park, Alaska. For thirty years, Proenneke accompanied the scenery and wildlife in a world of natural beauty and wonder without electricity, running water, or modern amenities. One can only imagine!

Cabin: Two Brothers, a Dream, and Five Acres in Maine by Lou Ureneck. Non-fiction

Is the need to build a dwelling place inherent in a man? Is the awe of nature the medicinal cure for what ails the human soul? In *Cabin*, author and journalism professor, Lou Ureneck says "yes" to both those questions.

The stress of life can become a bit much sometimes and it can take a physical toll on our bodies. A sudden heart ailment triggers the need for reflection and positive changes in Lou's life. He writes:

"A hospital gives you a lot of time to listen. The idea of getting back to my first self began to seem more important."

"In a world that hadn't seemed entirely reliable or kind these past few years, the memories of the woods and waters of my boyhood were pleasurable, and the notion of the cabin, which I had been entertaining, seemed a natural next-step extension of them. My mind grew calm as I pondered how I might build this cabin."

Amongst the pages of this book, Lou Ureneck shares with us the emotions of his past, the challenges of the present, and his need to reconnect with family and find his sense of place in the woods of western Maine. As Lou builds his cabin, the reader envisions not only how the structure forms, but feel the emotional bond forming between he and his brother. The curative powers of nature and the physical challenges he faces blend to create a rejuvenation of his body and spirit.

Cabin is a moving and thought provoking read.

From Maria, Head of Youth Services:

"Have you seen Gilmore Girls? I love it!" "Have you seen Gilmore Girls? You would love it!" "When are you going to watch Gilmore Girls?" Such questions have followed me around for years, and I have finally taken the plunge into Gilmore Girls! The show takes place in the idyllic Connecticut town Stars Hollow, and chronicles the lives of Lorelai and Rory Gilmore, as well as their family and friends. I am at the end of season 1, and on top of the comfort and warm-fuzzies the show gives off on its own, I am comforted that I still have so much more to enjoy (6 more seasons!). I would highly recommend this show to anyone looking for something quiet to watch, or a place to escape to for a little while.

From Susan, Library Assistant

Hello, Library Friends.

It has been too long since we have seen each other in the Library and I look forward to seeing you again. You are missed and thought of often. Hopefully, you are well and thriving in your own unique way during this time of COVID-19, a time we were all unprepared for in so many ways.

Since last month, I have read three JFIC books called *Each Tiny Spark* by Pablo Cartaya; *A Long Walk Home* by Linda Sue Park; and *The Stars Beneath Our Feet* by David Barclay Moore. All are great reads about contemporary times and issues, allowing the reader to look through the window to a life the reader may never experience except through literature.

The adult novel I am reading is Lief Enger's second called *So Brave, Young, and Handsome*, a modern western, if you will. The protagonist, a struggling writer, inadvertently gets caught up in the life of an outlaw, traveling along with his friend as he outwits the law. The writing is terrific-descriptive, but succinct, witty, lyrical, while at other times as pared down as poetry.

Enger's first novel was the much-acclaimed *Peace Like a River*, the first book my Book Group read, back in 2006, and also unanimously loved; we've yet to find a match, so that gives you an idea of the quality of the story and writing. On the sidelines is *The Price of Salt*, Patricia Highsmith's 1952 novel about a lesbian relationship, later made into the well-received movie, "Carol."

There has been plenty of reading for the Library, as well, for example, an article a fellow staff member shared with us about how many are having difficulty reading during this time of COVID and are reverting back to safe, predictable, feel-good reads. The reason is that our brain power has been diminished (sorry, yes) due to dealing simultaneously with constant change and endless sameness, as well as unpredictability; uncertainty; financial worries; and a technological learning curve that has brought many, myself included, associated stress. So if this is happening to you, where you pick up a book and put it back down because your concentration is kaput, no worries, it is normal.

I have been doing something similar with movies, that is, reverting back to the well-loved, comfortable movie where nothing surprises me because I already know what is going to happen, as evidenced by the recent, satisfying viewing of "The Princess Bride" and "Dirty Dancing". Or watching material that does not tax the heart and mind, like "Schitt's Creek" (so sorry to say good-bye to this delightful series); and "Making the Cut" with the delightful Tim Gunn and the challenging Heidi Klum.

A lovely, gorgeous French movie I watched last night was a recommendation of my daughter's called "Portrait of a Lady on Fire" (Hulu). More taxing, but no less compelling were two movies my son recommended, both on Plex: "The Burning" out of Korea; and also gorgeously-filmed, but so heartbreaking (had to say it), was Ben Affleck's "Light of My Life" which he wrote, directed and starred in.

My son is of the mind, having majored in film studies and being passionate about films, that they should challenge the mind, make us think, see things differently, be hard to watch, even. This could be said of literature, as well, but in these times? Well, we may just have to make an exception.

During this time of COVID-19, give yourself loving permission to read and watch what is right for you to ease your scattered, overloaded brain, and to soothe your troubled heart. You'll know what that is.

Happy reading and watching.
Susan Mirisola, Library Assistant

Staff Picks: Podcasts

Brittany-

By The Book: Each week, hosts Kristen and Jolenta pick a different self-help book to live by, and report back with often hilarious results. This current season, they've been doing a book from each decade starting back in the 1930s, bringing in a professor to provide historical context on each book. (We also own the book that Kristen wrote, *How to Start a Podcast!*)

Kate-

Babysitters Club Club: Two thirty-something guys read, discuss, and theorize about every book in the Babysitters Club series. Conspiracies and hilarity abound.

Dead Authors Podcast: H.G. Wells (Paul F. Tompkins) uses his time machine to transport deceased classic authors (played by various comedians) to the 2010s and interviews them with hilarious results. The Flannery O'Connor episode is a particular gem.

Spilled Milk: Part culinary history, part cooking show, and part comedy. Hosts Matthew and Molly explore a different food item each week.

Krissy-

Hardcore History: Engaging, story-driven history analysis from primary and secondary documents. Sounds dry, is NOT.

Intelligence Squared: debates put on by NPR, debating everything (is parenting overrated? is US policy toward China productive? etc.).

Every Little Thing: history and context of the oddities of life (who invented pants? when did blue for boys/pink for girls happen? etc.)

Michelle-

Stuff You Should Know: How ice climbing works, how gold works, how Ouija boards work. This one is all about how stuff works- and it's funny!

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