



January 2025 | Volume 32, Issue 1

LIBRARY NEWS AND EVENTS



Friends of KFL Meeting - January 6

Join us on Zoom for our first meeting of 2025 on Monday, January 6 from 5:30 - 6:30 p.m. [Email the library](#) for the link.

[The agenda can be found at this link.](#)

[The November 4, 2024, minutes can be found at this link .](#)

Support KFL at Creative Soul on Thursday, January 16!

Crafting for a cause!

Join us at the Creative Soul studio for a relaxing Decoupage Seashell Trinket Dish Class and support the Kennebunk Free Library!



In this class you'll decorate two beautiful shells using napkins with a variety of designs to choose from. Whether you prefer a scallop shell or a clam shell, there's plenty of options to suit your style. No experience needed—just come, have fun, and leave with one unique trinket dish to keep and another to give as a gift!

Wine and fun bites included in the ticket price.

[Get Tickets](#)



Library Tidbits: Why Do We Require Library Cards?

One of rules that comes with being part of Minerva is that we need to have a patron's library card or photo ID to access their account. One reason is logistical - Minerva is a statewide circulation system. You are probably not the only John Smith in the system. This month, one of our patrons learned first-hand the consequences of a library not following the rules. Another library looked up a patron by name without asking for a library card number. Unfortunately, their patron's name was similar to

the KFL patron's name and they chose the wrong account. Our patron ended up with several books checked out on her account that were not hers. Luckily, she caught it quickly and we were able to track down the other library and get things straightened out.

The second, more important, reason is that we take [patron confidentiality](#) seriously. We protect the data that you give us (phone number, address, etc) and information about how you use the library (books checked out, computer searches....). Not only is confidentiality a pillar of librarian professional ethics, but it is encoded in [Maine law](#).

It may seem harmless to pick up a hold for a friend or a spouse. We know that you are doing it out of kindness. But legally and ethically, we cannot give you access to information about that person without their consent. There are many reasons why someone might not want their friends or family to have access to their account. Maybe they are researching an illness they do not want to reveal, maybe they are checking out a knitting pattern to make a gift.... In one case we have seen, an ex-spouse checked out books on a former spouse's account and refused to return them, just to cause chaos. To ensure that you have permission to pick up someone else's items, we ask that you have the patron's library card with you or stop by with your friend/spouse and link your accounts, giving you access to each other's accounts.

If you have questions about patron confidentiality, [email Allison](#) to talk about it.



Looking to change up your phone background? Like our Newsletter Banner? [Download our monthly phone wallpaper](#) and match with us! New backgrounds every month! [E-mail Amelia for assistance](#).

To download to your phone, tap 'Download' as highlighted in the newsletter on your mobile device. Follow the link. Once you arrive at the download page from our calendar, tap and hold on the image, then select 'Save to Photos'. The image will be saved to your 'Photo Gallery' and you can change your wallpaper from there.

ADULT PROGRAMS



Reader's Choice Book Club - January 6

Reader's Choice Book Club will meet on Monday, January 6 at 2:00 p.m. in the Walker Room at the library, and our theme will be: Aging.

How does this book club work? You choose your own book to read, based on the monthly theme, and then join us for a casual and fun conversation. Everyone is welcome!



Ukulele Group - January 8

Join us on the second Wednesday of every month at 3:30 p.m. to make some music in the library! Ukulele players of all skill levels are invited to stop in to play along. We will be choosing songs to play each month from *The Daily Ukulele: 365 Songs for Better Living*. Ukuleles and songbooks are available to check out from the library.

Author Valerie Reid - January 8

Author Valerie Reid will be at Kennebunk Free Library on Wednesday, January 8, 2025 at 6:00 p.m. to discuss her book *One Stop West of Hinsdale*.

"It's 1960 in Clarendon Hills, Illinois. The peaceful fifties will soon be hijacked by the turbulent sixties and fairy tale families like the



Kuhns will crumble in staggering numbers. Today, an army of aging children still wonder why. Using the pure eyes of childhood and the clear eyes of age, one daughter returns to the past for answers. She asks her long-dead father, 'Was Mom crazy like you claimed? Or did your drinking drive her mad! For fifty years I've wondered: Who wrecked our happy home?' Memoir and mystery, *One Stop West of Hinsdale* speaks poignantly for a generation as Reid explores loyalty and betrayal, hope and despair, and the consequences of our choices. But her story will also resonate with anyone who believes that great love is indelible. “

Valerie Kuhn Reid arrived in the Kennebunks back in 1976 when—fresh from the University of Minnesota—she came looking for a teaching job and a home by the sea. She began her teaching career as the librarian at Park Street School, then taught second grade at Consolidated, and when her own three children reached school-age, she returned to teaching, this time at Kennebunk High School where she spent twenty years as the KHS Theater teacher and play director with 41 productions to her credit. Writing has been Valerie's life-long passion, and at the age of 63 she earned a masters in Writing and the Teaching of Writing through UMaine, Orono and the Maine Writing Project.

While her short story "Moving On" appeared in Woman's World Magazine, and two others received honorable mentions in Writer's Digest Annual Competitions, *One Stop West of Hinsdale* is Valerie's first published book. This debut memoir covers the years 1960 to 1974, Valerie's ages seven through twenty, in her hometown of Clarendon Hills, Illinois, bringing the era and her own family mystery to vibrant life.



Silent Reading Circle - January 9

Want to join a book group, but also read whatever book you want without having to discuss it? Well then KFL has the book group for you! Starting this January, join us on the second Thursday of the month from 2:00 - 4:00 p.m. for Silent Reading Circle. Spend a couple of hours reading by the fireplace in our Reading Room. No pressure to chat, just dedicated reading time!



Cook and Share Cookbook Club - January 9

Join us January 9 at 3:00 p.m. as we continue our new style of book group - a Cookbook Club! Each month we will be choosing a different theme or cookbook. This month the theme will be 'Soup'. Whether it's a long-standing family recipe you bake every year, or that recipe you've had earmarked for ages that you've always wanted to try, anything is welcomed! Bring the cookbook and the dish to share with others. We'll feast and share cookbook recommendations. Please [email Becca](#) to let her know you will be attending



Big Conversations in 10 Short Minutes - January 9

People need people. Let's connect in an easy way, with other people who would also like to connect. No pressure to impress. No political agenda. Even better, it can be done at home, with a blanket on your lap, because this is a virtual conversation. Join us on Zoom on Thursday, January 9 at 6:30 p.m. for Big Conversations in 10 Short Minutes, a library collaborative virtual meetup with people in Maine.

Here's how it works: We'll give you conversation prompts. You'll be paired with someone to have a short, 10-minute conversation about the prompt. When you're done, you'll be

paired with someone else for a new conversation with new prompts. We like to think of it as a little pocket of meaning at the end of a long day.

[Register through the Scarborough Public Library.](#)

This program is part of MECollab, a collaborative programming partnership between libraries throughout the state of Maine.



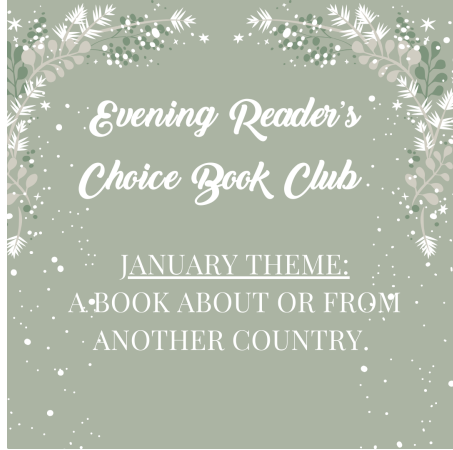
Beginner Mah Jongg Classes - January 10, 17, 24, 31

Last January we held Mah Jongg classes that have grown into a regular group of players Mondays 12:30 to 3:00 p.m. and Wednesdays 5:30 to 7:30 p.m. Beginners are welcome at these times but many of you have expressed you really would like help getting the basics. Here is your opportunity, [please pre register](#). Come join us on Fridays in January at 2:00 p.m. to enjoy this game of mental exercise, meet new people and just have some fun.



Creative Collective - January 14

Join us and express your creativity in our monthly evening group the Creative Collective. This group will take place in the library on the third Tuesday from 6:00 - 7:00 p.m. Join us in a relaxed atmosphere with other creative people of all skill levels. Explore your creativity with whatever your passion is: handicrafts, journaling, sketching or doodling, coloring, crocheting, embroidery or knitting - all are welcomed! Please bring in any portable project you are working on along with your own supplies. You are free to stop by for a few minutes or stay the whole hour.



Evening Readers Choice Book Club - January 15

Reader's Choice Book Club will meet on Wednesday, January 15 at 6:00 p.m. in the Walker Room at the library, and our theme will be: *A Book About or From Another Country*.

How does this book club work? You choose your own book to read, based on the monthly theme, and then join us for a casual and fun conversation. Everyone is welcome!



Trivia Night - January 15

The third Wednesday of every month at 6:30 is trivia night at KFL! Bring a team, join one of our friendly teams of regulars, or take on the challenge solo. Light refreshments will be served.



Die Well Death Education - January 27

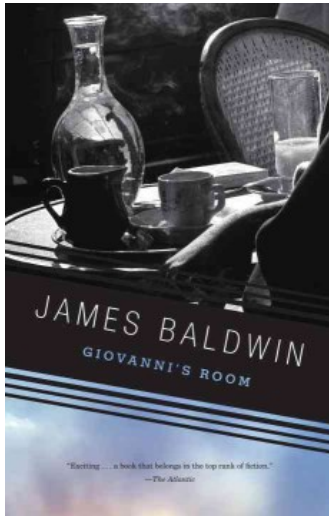
Join us at Kennebunk Free Library on Monday, January 27 from 6:00 - 7:30 p.m. for the seventh session in the Die Well Death Education Series with host Leona Oceania. (This topic was originally scheduled for November but was postponed due to presenter illness.) You are welcome to attend one or all of the sessions - no registration is required.

For this session, we will discuss VSED: Voluntary Stopping of Eating and Drinking, which is a legal option for any mentally capable, determined, well-informed person as a means advance the time of their death. VSED requires significant caregiving and support, which we will discuss further.

Short Film: *Dying Wish: A Dying Doctor's Decision to Stop Eating and Drinking and Die with Grace*

Retired surgeon Michael Miller is dying of end-stage cancer and is determined to avoid the hospital at all costs. He's researched the dying process and believes that stopping eating and drinking will ease his suffering and result in a peaceful, more natural death. During his fast, Michael suffers neither thirst nor hunger. Buoyed by the legacy of this film, he enjoys a last meal, surrounds himself with art and music, and takes leave of his family. Medical ethicists speak about patients' rights, and hospice staff share their own, similar experiences of others who have made this choice. (29 minutes)

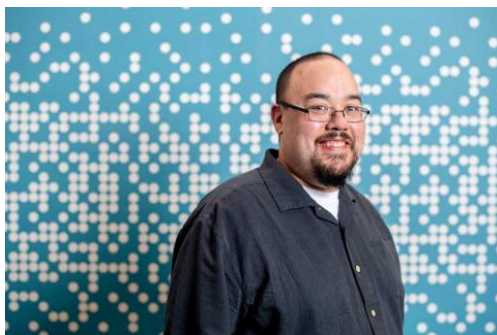
*Individually wrapped, homemade skull cakelets will be provided.



Fiction Book Discussion - January 28

Join us on Tuesday, January 28 at 1:00 p.m. to discuss *Giovanni's Room* by James Baldwin

"After publishing *Go Tell It on the Mountain*, a novel about Black life in Harlem, Baldwin's publisher, Knopf, balked at his next, which was about a group of queer white men in Paris. "This new book will ruin your career, because you're not writing about the same things and in the same manner as you were before, and we won't publish this book as a favor to you," Baldwin [said](#) Knopf told him. But Baldwin did not believe that his identity as a Black American man should preclude him from excavating another aspect of what makes us human—whom and how we love, and what we risk losing in pursuit of love. *Giovanni's Room*, which was ultimately published by Dial Press, demonstrates the deftness of Baldwin's writing, and it brought me into the minds and lives of characters I have never forgotten." -Clint Smith, *The Atlantic*



Perspectives on AI: the now, the future, and why we should be optimistic - January 29

In this talk and subsequent discussion on Wed, January 29 at 6:00 p.m., Alan Jamieson, Director of Computing Programs at Northeastern University's Roux Institute in Portland, ME, will share an accessible overview of artificial intelligence's current state, impacts on society and potential integration of artificial intelligence's impact on daily life. This discussion includes some cool*

examples, demonstrating an "under the hood" peek at common artificial intelligence uses. The conversation concludes with Jamieson's optimistic predictions from the rapid progress of artificial intelligence, including positive impacts for society and, importantly, why it doesn't mean the end of the world. There will be time for questions and follow up surrounding the intersection of artificial intelligence and society.

* He thinks they're cool, your mileage may vary.

Alan Jamieson is the director of computing programs and a teaching professor of computer science at the Roux Institute. Jamieson teaches courses in the Align program and the MSCS program for Khoury College of Computer Sciences. His research interests include broadening participation in computer science, K-12 computational thinking and data science education integration, and combinatorial graph theory. Jamieson has spent his career introducing computer science to students with varying backgrounds and experiences with technology – including cool and innovative pedagogical techniques whenever he can.

Before joining Northeastern, Jamieson was a professor at St. Mary's College of Maryland for 14 years, which included serving as the computer science program coordinator and later, chair of the Department of Mathematics and Computer Science. At St. Mary's, he coordinated the development of a liberal arts focused data science program and worked to bring a multi-disciplinary fabrication lab to the college.

He received his doctoral degree in computer science from Clemson University. He is a recipient of the National Center for Women and Information Technology's (NCWIT) Undergraduate Research Mentorship Award, named one of NCWIT's faculty ambassador, and he has been recognized for his service as a reviewer of the Aspirations in Computing Awards. In 2019, he was selected as a member of Amazon's inaugural AWS Educate Cloud Ambassador Program for his work integrating

cloud computing concepts into the liberal arts classroom. In his free time Jamieson is a world-class consumer of coffee and donuts. He also has an eclectic non-CS background, including working as a jazz DJ in New Orleans and as a theatre kid for the Springer Opera House, the state theatre of Georgia.

About Northeastern University

Founded in 1898, Northeastern University is a global research university with an R1 Carnegie classification, and the recognized leader in experiential lifelong learning. Northeastern's global university system includes 13 campuses across the U.S., U.K., and Canada, and serves as a platform for scaling ideas, talent, and solutions. Students study, conduct research, and work on co-op in 149 countries and on all continents. The university has 300,000-plus alumni and more than 3,500 industry partners worldwide.



January Take-and-Make - Photo Clips

This month, pick up a kit to create your own photo clip using corks. Kits will be available beginning January 13, while supplies last.

WEEKLY PROGRAMS



Mah Jongg - Mondays and Wednesdays

Everyone is invited to drop in on Mondays from 12:30 - 3:00 p.m. or Wednesdays from 5:30 - 7:30 p.m. to play Mah Jongg. The library has 3 sets available for use or you are welcome to bring your own. Don't know how to play? Members of our friendly group were all beginners themselves just a couple of months ago. You're welcome to watch and learn. We can also share some resources for learning on your own. Please [email the library](#) with any questions.

Spanish Conversation Group - Mondays

Stop by the library on Mondays from 5:30 to 6:30 p.m. for an opportunity to practice conversational Spanish. Whether you are fluent in the language or

Spanish Language

Conversation Group



French Language Discussion Group - Mondays

Are you looking for an opportunity to converse in French? Join us at the Kennebunk Free Library on Monday nights at 6:30 for a French Language Discussion Group. All skill levels are welcome to participate but conversations will typically be at an intermediate to advanced level. We'll get to know each other while discussing the culture and customs, as well as the social, political, and economic environments, of Francophone communities around the world. No registration is required – just drop in!



In Stitches - Tuesdays

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 every Tuesday at 11:00 for "In Stitches", our weekly handicrafts group! Grab that half-finished project and enjoy the company of others while you work; all skill levels are welcome. Feel free to stop by for a few minutes or stay the whole hour.

Tech Time - Wednesdays & Thursdays

Are you stuck on a technology question that might need some extra help to be solved? Whether it be trying to use one of the library's digital services, making heads or tails of a new device, or just having a second pair of eyes help troubleshoot a piece of software, don't worry, the library is here to help!

To sign-up for one of our Tech Time appointments, please visit



the front desk to be placed on our scheduling sheet. Appointments to meet one-on-one with our Technology Educator can be scheduled **Wednesdays** from 2:00 - 4:00 p.m., and **Thursdays** from 10:00 a.m. - 12:00 p.m. Appointments are 45 minutes long, but there is always an opportunity to schedule a follow-up appointment if we run over our time limit. When setting up the appointment, help us to better assist you by describing the issue you want to discuss. If possible, also make sure to bring your charged device with you along with any needed usernames and passwords. If you have any questions or concerns, please feel free to visit us at the

desk, call (207) 985-2173, or email our technology educator at kfl@kennebunklibrary.org so we can help you further.



Improv - Saturdays

Join us on Saturdays from 10:30 a.m. to 12:00 p.m. for a fun and relaxed morning of improv!

There will be no Improv on Saturday, January 4.

TEEN PROGRAMS



Chill Gaming - January 9

Ready to chill, eat snacks, and play some games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between! Anything that relaxes you is welcome and encouraged! We will meet on the second Thursday of the month, January 9, from 3:30 -4:30 p.m. The library will provide games, but

players are free to bring their own games, learn new games at their own pace, or you can just come to hang out, eat snacks, and have a good time listening to some Lo-fi beats! This event is free, the space is wheelchair accessible, and it is open to Teens ages 10 and up. If you have any questions, see Miss Emmaline downstairs in the children's room, or call (207) 985-2173. We look forward to seeing you there!

Dungeons and Dragons - January 13 & 27

Welcome young adventurers! Come and join in on an exciting quest in the world of Dungeons



and Dragons. Open to new and experienced players alike, we will meet on the following Mondays: January 13 and January 27 from 3:30-4:30 p.m. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This event is free, the space is wheelchair accessible, and it is open to Teens ages 10 and up. If you have any questions, see Miss Emmaline downstairs in the children's room, or call (207) 985-2173. We look

forward to seeing you there!



Anime Club - January 16

Join us for Anime Club on the third Thursday of the month, January 16, downstairs in Hank's Room from 3:30-4:30 p.m. to workshop ideas and discuss how to create your own multimedia story! The library will provide supplies, just bring your imagination! This program is designed for dedicated and new fans interested in learning more about the fandom. This event is free, the space is wheelchair accessible, and it is open to Teens ages 10 and up. If you have any questions, see Miss Emmaline downstairs in the children's room, or call (207) 985-2173. We look forward to seeing you there!

CHILDRENS PROGRAMS



Beadcraft - January 8

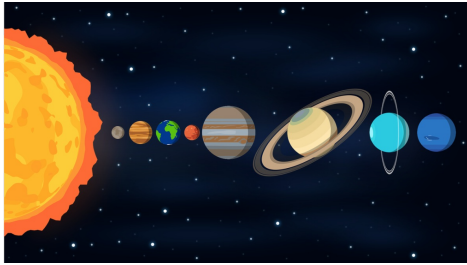
In the mood to get creative? Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, January 8, at 1:00 p.m. What a great way to spend an early-release afternoon! Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. [Registration](#) is recommended but not required.

Kindness Crew - January 14

In a world where you can be anything, be kind! Join us for our next meeting of Kindness Crew on Tuesday, January 14, at 3:45 p.m. Come hear a story about kindness and make a craft! This program is open to ages 6 and up; [registration is appreciated](#) but not required! Kindness has

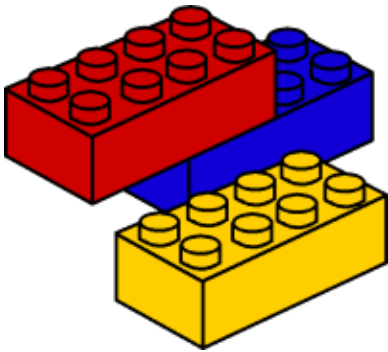


no age requirement – if a friend younger than 6 would like to join in, please reach out to Miss Maria at mrichardson@kennebunklibrary.org, or 985-2173 x 105. Caregivers are encouraged to join in! When your little sees you talking about and practicing kindness, they will want to join in even more!!



STEM Saturday with Mousam River STEM Academy - January 18

Want to add some STEM to your Saturday morning? Join us on Saturday, January 18, from 10:30-11:30 p.m. for a fun STEM activity hosted by Mousam River STEM Academy! We'll learn some out-of-this-world information about space and even create a mathematical scale model of our solar system. Have fun while doing math! This program is for PreK – 5th grade, no registration required.



Lego Club - January 23

Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Thursday, January 23, from 3:45-4:30 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. No registration is required.

Winnie-The-Pooh Day Storytime and Celebration - January 30

Did you know that National Winnie-The-Pooh Day is in January? Come celebrate everyone's favorite silly old bear with us on Thursday, January 30, at 3:30 pm! Bring your favorite stuffie for a short Storytime and make some fun crafts worthy of the Hundred Acre Wood. We'll also have some honey treats that Pooh Bear would love! No registration is required.



Storytime - Mondays

It's time for Storytime! Come to the library for stories, songs, and fun with Miss Maria! We'll even get to say hello to our puppet friend, Ami the bunny. On most Mondays in January at 10:00 a.m., Storytimes will be held in Hank's Room at the Kennebunk Free Library. Because of the holiday, we will be having Storytime on **Tuesday, January 21**. We can't wait for you to join us! Upcoming Storytime dates include:

- January 6
- January 13
- **Tuesday, January 21**
- January 27



Family Fun Play - Thursdays

Have a morning of play at the library! On Thursday mornings in January, Kennebunk Free Library will bring out the toys for a library play date. These toys are best enjoyed when the whole family plays together! Before we say goodbye until next time, Miss Maria will read a story. Come play and make new friends at the library! All programs will run from 10 am to approximately 11:15 am; however, friends are welcome to come and go as they please. Thursday Family Fun Play is for children ages 0-5 and their grown-ups. No registration is required. Upcoming Thursday Family Fun Play dates:

- January 2
- January 9
- January 16
- January 23
- January 30

SPEERS GALLERY



January Artist: Sue Howard

The Speers Gallery at the Kennebunk Free Library welcomes local artist Sue Howard for her exhibit "Reflections: Paintings by Sue Howard". The exhibit runs January 3-31, with an opening reception on Saturday, January 4 from 2-4 pm. All are welcome.

Sue Howard works in her Scarborough, Maine studio using mediums that include mosaic, collage, acrylic, pastel and encaustic paintings. She has worked as a visual artist since 2013. Since retiring Sue has been thrilled to immerse herself full-time in the creation of

new art.

Sue has completed numerous mosaic and acrylic painting commissions and has taken multiple classes and workshops with professional artists. She is inspired by nature and the mysterious. Her loose, bold style features unique colors, and an intuitive approach to the creative process. Sue's landscapes often portray sweeping views of land and water, and her abstract paintings range from whimsical to fluid and amorphous. Her expressive portraits of animals and pets exude tenderness and warmth.

Kennebunk Free Library is pleased to showcase the work of this talented artist.

The public is invited to view the exhibit in the library's Speers Gallery from January 3-31 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org.

NEW BOOKS, AUDIO BOOKS & DVDS

Please note that the new items lists below are updated regularly, but through a quirk of the system, the newest items go to the end of the list. If you want to see the newest arrivals, start on the last page and work your way backward.

[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

Want to know if we have this week's New York Times bestsellers available in our various collections (print, large print, audio, ebook, eaudio)?

[Click here](#) to see the fiction and nonfiction best seller list.

Popular New Releases for January

January 6

[Holmes Is Missing](#) – James Patterson

January 7

[Never Say Never](#) – Danielle Steel

[Shattering Dawn](#) – Jayne Ann Krentz

January 14

[The Texas Murders](#) – James Patterson

[Presumed Guilty](#) – Scott Turow

[The Big Empty](#) – Robert Crais

[Grave Danger](#) – James Grippando

January 21

[Lie for a Million](#) – Janet Dailey

January 28

[Order of Swans](#) – Jude Deveraux

[The Oligarch's Daughter](#) – Joseph Finder

[Been Wrong So Long It Feels Like Right](#) – Walter Mosley

[Abduction of a Slave](#) – Dana Stabenow

A MESSAGE FROM THE DIRECTOR



New year. Growing library. There is much to look forward to for KFL as we start the new year with a new [strategic plan](#). I want to thank everyone for your continued support over the holiday season. Our Holiday Giving campaign raised funds from November into December. In December, we also had two special fundraisers; the first was at The Burleigh (Kennebunkport Inn), where KFL received 10% of the sales for the evening. The second event was Fire and Ice at The Nonantum. KFL was selected to receive \$5,000 from this event, and I want to thank not only The Nonantum but all the volunteers who came out that frigid evening to make it happen! Whether you donate financially or

with your time, it all contributes to our growing library.

Pictured: KFL staff members celebrating the holidays . Left to right: Emmaline Bruce, Kate, Anita Randall, Brittany Kashar, Rebecca Long, Maria Richardson, Aspen Kraushaar, Allison Atkins, Amelia Becker and Cynthia Kurtz.

STAFF PICKS

Kat, Substitute Library Assistant

A Piece of the World by Christina Baker Kline

This title was the December Adult Book Discussion topic. It is historical fiction about Christina Olson, Andrew Wyeth's muse for his famous work, "Christina's World". The author masterfully mixes facts with a fictionalized account of Christina's life in her ancestral home in Cushing, Maine. It is a story of a hard, bare bones life from her birth in May of 1883 and growing up in the early 1900s in rural, coastal Maine with no running water or electricity. She becomes ill as a young child and struggles with crippling disease her whole life. The responsibility of caring for her aging parents, and crushed dreams of becoming a teacher and later a wife leaves her trapped. Summer residents offer a seasonal change in her daily life and the storyline develops. The whole book discussion group loved this book, and we had a great discussion about the book itself and our fascination with the Wyeth family of artists. (Available as a book from KFL, audio cds and large print from Minerva)

The Anxious Generation by Jonathan Haidt

What is behind the incredible increase in mental health issues among our youth? Why is it happening now? The author has done extensive research on this topic. He narrows it down to when children lost a play-based childhood and shifted to a phone-based childhood. I saw it in my granddaughters, suddenly it seemed like someone turned on a light switch and the relationship I enjoyed with them ended being replaced with a screen. I don't plan on listening to the whole book, but at the midway point I have heard enough painful evidence that we need to heed this warning and his simple solution of putting off getting our kids smart phones until high school. (Available book and audio cds from Minerva and Libby as a book and audio.)

What to Wear and Why: Your Guilt-Free Guide to Sustainable Fashion by Tiffanie Darke

Tiffanie Dark is a fashion designer, journalist, Substack blogger and sustainability expert. She takes a global view of the clothing industry including sourcing materials, fabric manufacturing, how fabric biodegrades and recycling possibilities. This little book gives you the information you need to make your closet ecofriendly and sustainable. Through research and interviews with people on the cutting edge of fashion design, new materials and the science of fabric, the author points you in the direction you need to go if you are interested in expanding environmental concern into your closet. She manages to do this without removing the joy of putting together your wardrobe. (Available from KFL as a book.)

[Visit our Website](#)



Kennebunk Free Library | 112 Main Street | Kennebunk, ME 04043 US

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