

## SUMMER READING 2016!

This year's Adult Summer Reading theme is *Exercise Your Mind: READ*. The program once again coincides with the long-running children's and teen summer reading programs that begin on June 13 and run through July 31. During this period, just read a book or listen to an audiobook and submit an entry to be included in drawings for themed prizes. Participants are encouraged to do their entries online (see the Summer Reading link at [ridgefieldlibrary.org](http://ridgefieldlibrary.org).) Forms can also be dropped off at one of the Service Desks. The Library's summer reading programs are made possible thanks to the Friends of the Library.

In addition, the Library will host a series of programs and events for adults over the summer. The Library's many book groups (except the Poetry Discussion Group) also continue to meet over the summer.

And, be sure not to miss **RidgeCon**, a follow-on from last year's **ComicCon** that will take place on Friday, August 12 and Saturday, August 13 and will be a celebration of pop culture and fandom!



## AUTHOR TALKS

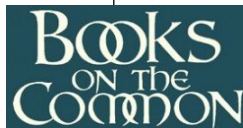
**Dr. Knox**  
with Peter Spiegelman



Join us as author **Peter Spiegelman** discusses his just-released novel *Dr. Knox*. "*Dr. Knox* portrays an all-new Los Angeles, rendered in a wild, all-new style... It's a thrilling book."  
- James Ellroy

**Peter Spiegelman** is the Shamus Award-winning author of five novels, including *Thick As Thieves*, and three books—*Black Maps*, *Death's Little Helpers*, and *Red Cat*—that feature private investigator and Wall Street refugee John March. He lives in Ridgefield.

**Thursday, July 14, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)



**All Is Not Forgotten**  
with Wendy Walker



Join us as author **Wendy Walker** discusses her new book *All Is Not Forgotten*, which has been described as "the next blockbuster thriller for fans of *Girl on a Train* and *Luckiest Girl Alive*." The film rights have already been snapped up by Reese Witherspoon!

Wendy Walker has worked as an attorney specializing in family law. She lives in Connecticut, where she is at work on her next novel.

**Tuesday, July 19, 7:30 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

**You Are Not Alone**  
with Sydney Sherman



Medium and author **Sydney Sherman** will discuss her book *You Are Not Alone; Our Loved Ones Are Here... You're Just Not Listening*. If you're thinking crystal balls and the aroma of incense, you may be surprised by Ms. Sherman's views as she encourages

people to be skeptical. In fact, "You Are Not Alone" runs through a checklist to help you sort out the frauds from people with legitimate gifts. Ms. Sherman's hope is to equip her audiences with the knowledge they need to connect with their own loved ones and the tools to avoid the hoaxes.

**Saturday, July 23, 1 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

**First Ladies of Running**  
with Amby Burfoot

Join us as the 1968 Boston Marathon winner and *Runners World* editor **Amby Burfoot** reads from his recently released book *First Ladies of Running: 22 Inspiring Profiles Of The Rebels, Rule-Breakers, And Visionaries Who Changed The Sport Forever*. The book tells inspiring stories about fiercely independent female runners who refused to give up despite the cultural and sports barriers they faced, such as being pushed off the road or having to hide their identity.

This program is made possible thanks to the *Noreen L. Papa-Mothers: Live Your Life* fund.

**Monday, July 25, 7 PM**  
Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

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## HEALTH AND WELLNESS

Health and Wellness programs are made possible thanks to the Noreen L. Papa - Mothers: Live Your Life fund.

### *Mindfulness Meditation*

with Achan Niphen Nontamart



Learn how to live your life more skillfully through the development of self-awareness and mindfulness at this four-part meditation program. Come and experience Mahasati Meditation, a simple practice that can be easily incorporated into daily life, and discover the benefits of becoming more present.

Classes for are led by **Achan Niphen Nontamart** from the Redding Meditation Center. He is the abbot of the Janlan Forest Monastery in Thailand.

**Friday, July 8, 22, 29  
and August 5, 10:15 AM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)



### *Integrative Approaches to Health, Healing & Wellness*

with JoAnn Inserra Duncan

Join us for a night of learning about integrative approaches to health, healing and wellness. Integrative medicine is the way of the future. Many area hospitals have integrative medicine programs. Understand how conventional and alternative therapies can co-exist and work together to help people heal on all levels physical, mental/emotional and spiritual. Understand how to approach your health care by incorporating the best of both eastern and western medicine. We will touch upon: Integrative medicine trained doctors in the area, Naturopathic Physicians and Energy Healing Modalities and many topics and ideas to help promote a lively discussion. This program is part of the *Body, Mind and Spirit: Holistic Health and Wellness* series. Stay tuned for more programs in the summer and fall.

**Thursday, July 18, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

## SUMMER OF RUNNING EXHIBIT



In celebration of the 40th Anniversary of the Ridgefield Pamby Half Marathon and the Wolfpit Running Club we will be presenting an exhibit on the Lower Level Gallery of memorabilia and more from July 22 through August 30. Additional programs include the Author Talk *First Ladies of Running* with Amby Burfoot on Monday, July 25 and a very special program with Deena Kastor coming in September. Stay tuned! Summer of Running is co-sponsored by Ridgefield Library, Ridgefield Running Company and Ridgefield Pamby Half Marathon.

## PLAY READINGS

Join us for live readings of plays presented by **Thrown Stone**. After the performance of the text, there will be a brief talk-back with the cast and audience. Light refreshments, beer and wine will be served. Thrown Stone is a new theatre company based in Ridgefield, dedicated to new work and unconventional approaches to repertoire.

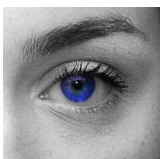


### *The Fields of Blue and Glow*

by August Schulenburg

**Saturday, July 16, 7 PM**

Register at [thrownstone.org](http://thrownstone.org)



### *Blink*

by Kate Moira Ryan

**Saturday, July 23, 7 PM**

Register at [thrownstone.org](http://thrownstone.org)



## WORLD VIEWS

### *Overview of the Arctic*

with Moki Kokoris

Arctic explorer and educator **Moki Kokoris** gives a fascinating overview of the Arctic, which will include a personal account of an expedition to the geographic North Pole. She will compare the Arctic region to Antarctica, discuss atmospheric and optical phenomena unique to the Polar Regions, talk about the science of sea ice, northern lights, climate change, ecology, and much more!

Ridgefielder **Kokoris** is the founder of 90-north, an outreach education program series that introduces audiences to topics relating to the Arctic and sub-Arctic regions, covering all disciplines from Anthropology to Zoology. She is the first woman of Ukrainian descent to reach the geographic North Pole.

**Monday, July 11, 7 PM**

Register at [ridgefieldlibrary.org](http://ridgefieldlibrary.org)

# LIBRARY BOOK GROUPS - NEW READERS WELCOME!

<p><b>NONFICTIONEERS</b>  <b>Tuesday, July 5</b>                  7:00 PM  <i>*Dead Wake: The Last Crossing of the Lusitania</i>                  by Erik Larson</p> <p>“In his gripping new examination of the last days of what was the fastest cruise ship in the world (Lusitania), Larson brings the past stingingly alive...He draws upon telegrams, war logs, love letters, and survivor depositions to provide the intriguing details... Thrilling, dramatic, and powerful”—NPR.</p>	<p>his parents and a favorite student, in this series by the author of the acclaimed William and Charlotte Pitt and Inspector Monk novels.</p>	<p><b>CRITICS' CIRCLE BOOK GROUP</b>  <b>Tuesday, July 19</b>                  7:00 PM  <i>*A Farewell to Arms</i>                  by Ernest Hemingway</p> <p>Written when Ernest Hemingway was thirty years old and lauded as the best American novel to emerge from World War I, <i>A Farewell to Arms</i> is the unforgettable story of an American ambulance driver on the Italian front and his passion for a beautiful English nurse.</p>	<p>Baumer, in what has become a classic anti-war testament.</p> <p>*These discussions and the exhibit in the Gallery are part of <i>Ridgefield Remembers World War I</i>, a year-long series of events to commemorate the 100th anniversary of the United States' involvement in World War I, organized by the Ridgefield Historical Society.</p>
	<p style="text-align: center;"><b>BOOKS &amp; BREAKFAST</b>  <b>Monday, July 11</b>                  10:30 AM</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Join us for an informal book chat led by Dorothy Pawlowski</p>	<div style="text-align: center;">  </div>	<div style="text-align: right;">  </div>
<p><b>MURDER BY THE BOOK</b>  <b>Thursday, July 7</b>                  10:30 AM  <i>No Graves as Yet</i>                  by Anne Perry</p> <p>The outbreak of war in the summer of 1914 embroils Cambridge professor and chaplain Joseph Reavley in intrigue and espionage surrounding the deaths of</p>	<p><b>FOUNDERS HALL BOOK GROUP</b>  <b>Thursday, July 14</b>                  3:00 PM  <i>*The Girl You Left Behind</i> by JoJo Moyes</p> <p>Join us for a monthly book discussion at Founders Hall facilitated by Mary Rindfleisch, the Library's Assistant Director. Open to members of Founders Hall.</p>	<p><b>A.M. BOOK GROUP</b>  <b>Wednesday, July 27</b>                  10:00 AM  <i>*All Quiet on the Western Front</i>                  by Erich Maria Remarque</p> <p>The horror and futility of World War I as experienced by German soldier Paul</p>	<p style="text-align: center;"><b>LIVE IN HD @ RIDGEFIELD PLAYHOUSE</b></p> <p>Metropolitan Opera, National Theatre of London and the Bolshoi Ballet on the big screen! Ridgefield Library card holders now receive the Playhouse membership rate of \$20 for these events. For a full listing visit - <a href="http://ridgefieldplayhouse.org">ridgefieldplayhouse.org</a>.</p>

## TECH TOPICS FOR TEENS & ADULTS

**How to Choose the Most Effective Social Media Platform For You** with Kate Fitzpatrick - Social media has become a complicated landscape over the past few years, and sometimes gets overwhelming even for people who have been active online for a long time. Join us as we discuss the differences between the most popular social media platforms. - **Wednesday, July 6, 2:00 PM - 3 PM**, [Register](#)

**Getting Started with the Library's Digital Resources** Need help getting started with one of our digital resources including OverDrive (eBooks and audiobooks), Zinio (digital magazines), Hoopla (eBooks, audiobooks, and streaming music and video), or lynda.com? - **Tuesday, July 12, 11:00 AM - 12:00 PM - (Drop-in)**

**Instagram 101** with Kate Fitzpatrick - If you've been thinking of using Instagram for personal or professional use, join us for a basic overview on how, when and why to work Instagram into your social media savvy. - **Wednesday, July 13, 11:00 AM - 12:00 PM** - [Register](#)

**Adult Maker Group** - This month the group will continue to work with Arduinos and with the SparkFun Thing and delve into how they connect with the Internet of Things. The program is for those 18 years of age and over. - **Wednesday, July 20, 6:30 PM - 8:00PM** - [Register](#)

**3D Printer Orientation** - We are offering use of our 3D printer to Ridgefield Library cardholders. Before reserving printer time (available in two-hour blocks), we require attendance at this 90-minute orientation. **Friday, July 22, 2:30 PM - 4:00 PM**, [Register](#) and **Saturday, July 23, 10:30 AM - 12:00 PM** - [Register](#)



**Preserve Your Memories. Convert VHS to DVD.** Please register for available times on the Library's Events Listing accessed on the website at [ridgefieldlibrary.org](http://ridgefieldlibrary.org). **Weds, July 6; Fri., July 8; Mon. July 18; Tues., July 19; Weds., July 20; and Thurs., July 28.**

*Check out [ridgefieldlibrary.org](http://ridgefieldlibrary.org) for more Tech Topics!*





# FEATURED EVENTS CALENDAR - JULY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Exhibitions - The Gallery (on the Lower Level)</b>  <i>Ridgefield Remembers World War I: A Collection of Original Lithographic Posters</i> July 2 through July 20				1	2 <b>Meeting:</b> <i>Memoir Writing Group</i> 1 PM
3 <b>Closed:</b> Summer Sundays	4 <b>Closed:</b> Independence Day	5 <b>Nonfictioneers:</b> <i>Dead Wake: The Last Crossing of the Lusitania</i> by Erik Larson 7 PM	6 <b>Tech Topics:</b> <i>How to Choose the Most Effective Social Media Platform for You</i> 2 PM	7 <b>Murder by the Book:</b> <i>No Graves Yet</i> by Ann Perry 10:30 AM	8 <b>Class:</b> <i>Mindfulness Meditation</i> 10:15 AM 1/4	9 <b>Field Trip:</b> <i>Shutterbugs</i> 9 AM
10 <b>Closed:</b> Summer Sundays	11 <b>Discussion:</b> <i>Books &amp; Breakfast</i> 10:30 AM  <b>Worldviews:</b> <i>Overview of the Arctic</i> with Moki Kokoris 7 PM	12	13 <b>Tech Topics:</b> <i>Instagram 101</i> with Kate Fitzpatrick 11 AM  <b>Monthly Meeting:</b> <i>Playwrights Collective</i> 6 PM	14 <b>Author Talk:</b> <i>Dr. Knox</i> with Peter Spiegelman 7 PM	15	16 <b>Play Reading:</b> <i>The Fields of Blue and Glow</i> 7 PM
17 <b>Closed:</b> Summer Sundays	18 <b>Talk:</b> <i>Integrative Approaches to Health, Healing &amp; Wellness</i> with JoAnn Inserra Duncan 7 PM	19 <b>Critics' Circle:</b> <i>A Farewell to Arms</i> by Ernest Hemingway 7 PM <b>Author Talk:</b> <i>All Is Not Forgotten</i> with Wendy Walker 7:30 PM	20	21	22 <b>Class:</b> <i>Mindfulness Meditation</i> 10:15 AM 2/4	23 <b>Author Talk:</b> <i>You Are Not Alone</i> with Medium Sydney Sherman 1 PM <b>Play Reading:</b> <i>Blink</i> 7 PM
24 <b>Closed:</b> Summer Sundays	25 <b>Author Talk:</b> <i>First Ladies of Running</i> with Amby Burfoot 7 PM	26	27 <b>A.M. Book Group:</b> <i>All Quiet on the Western Front</i> by Erich Maria Remarque 10 AM	28	29 <b>Class:</b> <i>Mindfulness Meditation</i> 10:15 AM 3/4	30
31 <b>Closed:</b> Summer Sundays	 <b>Exhibitions - The Gallery (on the Lower Level)</b>  <i>The History of the Wolfpit Running Club and Ridgefield Pamby Half Marathon</i> July 22 through August 30					