

Zombies & Animals for Little People! Trivia and Sleep for Big People!
And Thank You to All

ASHAWAY FREE LIBRARY

15 KNIGHT ST, ASHAWAY RI 02804

QUARTERLY NEWSLETTER, SUMMER 2017

Contact us: 401 377-2770
director@ashawaylibrary.org
www.ashawaylibrary.org

Library Hours: Mondays and Fridays 10-5,
Tuesday and Thursday 4-8, Wednesday 10-8,
Saturday 9-1



Zombie Survival Course Friday July 7, 12:30 PM

This zombie survival course is not like anything you've seen before! Matthew Gabriel teaches real life skills in a fun and engaging way against the adventure-filled backdrop of the zombie apocalypse! This workshop includes hands-on experience with: performing basic first aid and creating first-aid kits; learning to shoot a real crossbow (foam-tipped arrows will be used for safety!), designing an emergency or "bug out" bag; lost-proofing yourself; tying knots and lashings; constructing emergency shelters; and making a camp. This is for **children ages 10 and up**. Space is limited, so please contact the library at 377-2770 or stop by to sign up.

While you're here sign up for the summer reading program 2017: Build a Better World. Read books, win prizes!

Home Is Where the Heart Is Animal World Experience Friday, July 14, 12:30 PM

From lizard lounges to millipede mansions, learn about a variety of different shelters animals build and use. During this exciting program, kids will begin to understand the many ways animal homes are similar to as well as different from our own homes. They will also learn a new respect for nature when they realize how hard animals work on these basic shelters, just so they can survive in the wild. Kids will also get to meet and pet several



animals!

**Bwana Iguana
Reptile Adventure
Friday, July 28, 2 PM**



Bwana Iguana is an exciting and educational interactive program that introduces the audience to the mysterious realm of reptiles. It also promotes conservation, and understanding of the entire natural world. Hands-on audience participation is encouraged. It's always a fun time when Bwana Iguana visits the library!

**Summer Reading Program:
Build a Better World**

The Summer Reading Program, sponsored by the Rhode Island Office of Library and Information Services (OLIS), is a cooperative effort among libraries in Rhode Island to motivate children and teens to read for pleasure and to help them maintain their reading skills during the summer months. Join us for all the fun! This year's summer reading program started in June but children can submit book reports until mid-August. Children from preschool to middle school can read up to eight books and receive prizes. Throughout the summer we will be having some fun programs to celebrate Build a Better World. Stay tuned to the library's Facebook page for details. Just stop by the library and sign-up and you're on your way to a great summer filled with great books.



Sunday, August 27 at 5 PM

Bring your friends to Buon Appetito, 386 Norwich-Westerly Rd (Route 2), in North Stonington on August 27 for a Trivia fundraiser. 21 and older, \$10 per person with prizes for First and Second Place. The restaurant is about 7 1/2 miles from Ashaway. Bring a team of 2-6 people or join a group when you arrive. No sign up needed. See you there!



**Mark Your Calendar Now!
Ice Cream Social, Thursday,
August 24, 6 PM**

Join us at the Library for our traditional end-of-summer sweet celebration.



Looking for Something to Do with the Family?

Ask your Librarian about passes to local learning opportunities: We have passes for Roger Williams Park Zoo, Mystic Aquarium, Denison Pequotsepos Nature Center, and Biomes Marine Biology Center.

Summer Book Display

We're doing something different for the adult fiction display for June, July, and August. Each month you will find different beach reads displayed on the curved shelving at the Circulation Desk. There will be old favorites, some that you have been meaning to read and some that are new. The display will change each month. Titles are selected from lists created by notable literary organizations. So, enjoy browsing and find a book to help you beat the heat.

Book Review:

The Sleep Solution: Why Your Sleep is Broken and How to Fix It by W. Chris Winter, MD

Do you have trouble sleeping? Do you know someone who does? If you're reading this review, then my guess is "yes" to either or both questions, and checking out *The Sleep Solution* can help you improve your sleep. (Sidebar: I love audiobooks, however I recommend reading a printed copy. The many humorous quizzes may not translate well in the audio version.) Dr. Winter developed a curiosity about sleep while in medical school and has made the study and treatment of sleep problems his specialty over several decades of medical practice.

This book should be read from cover to cover. Dr. Winter starts by explaining the science of sleep: the important daily healing that can only occur during sleep, as well as how our bodies shift through the daily balance between wakefulness and sleepiness. Dr. Winter's point is to achieve an attitude shift in the reader. That shift serves as the core understanding for detecting the significance of choices an individual makes every day that can be a contributor to his or her sleep issues.

The chapters following that delve into every common sleep complaint and have a "tough love" seriousness that is well tempered with humor. Sleep exercises and challenges are presented as aids to help the reader break bad sleep habits so the body can retrain itself to the individual's own optimum sleep pattern.

An enlightening comment that is repeated often is that a sleep issue is only an issue if you allow it to bother you (other than the truly medically based problems such as sleep apnea). It surprised me to learn than many people who lie awake for a while don't get anxious about it. So, am I sleeping better? It's a work in progress, however I no longer feel powerless to affect how well I sleep.

-- Review by AFL Board Member Linda Sardone

European River Cruises to Benefit Library

A 14 day five star luxury river cruise to Portugal's Douro River and Spain is scheduled for September 22, 2018. To explore the journey's itinerary and get more information call the Library or click here: [Vantage Travel/Ashaway Free Library](#)

There is still some room on the October 2017 river cruise in France featuring Giverny, Vernon, Les Andelys, D-Day Landing Beaches and Rouen. For more informatin, call Judie Freeman at 401 322 9067.



Have You Wondered about Graphic Novels?

The graphic novel form dates back to the early 1800s but it has only recently become a popular alternative to the prose novel. Pioneers of the genre are *A Contract with God and Other Tenement Stories* by Will Eisner, *Watchmen* by Alan Moore and Dave Gibbons, Art Spiegelman's *Maus* (which won a Pulitzer), or *The Dark Knight Returns* by Frank Miller are good examples of the form. Today's graphic novels are varied. There are the usual long form comics stories like *The Walking Dead* by Robert Kirkman and Tony Moore, novels using pictures to tell the story like *The Invention of Hugo Cabret* by Brian Selznick, to nonfiction and biographies like *Dogs of War* by Sheila Keenan or the recent *Honor Girl* by Maggie Thrash. The graphic novel has been around for sometime but is still a vibrant form of writing. The AFL has a copy of *The Kingsman: The Secret Service* by Mark Millar and for young adult readers, Brandon Sanderson's *White Sand, Volume 1* and *Nimona* by Noelle Stevenson. And don't forget that you can request a book not in our collection and pick it up at the AFL a few days later.

--Review by AFL Staffer Josh Fowler

Thank you to all the volunteers who sorted and hauled books, potted

plants, baked goods, and purchased treasures at the successful spring Book and Plant Sale! Thank you to all AFL volunteers and supporters.

Thank you 2016-17 AFL Donors!!

We gratefully acknowledge donations received between July 1, 2016 and June 30, 2017. If your name is missing or listed incorrectly, please let us know. You are all Library Heroes!

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