

Dorothy Alling Memorial Library

Upcoming Events



**Dorothy
Alling
Memorial
Library**

QUICK LINKS

[Kids@DAML](#)

[Teens@DAML](#)

LIBRARY HOURS

Monday 10-8
Tuesday 10-6
Wednesday 10-8
Thursday 10-6
Friday 10-6
Saturday 10-3

LIBRARY CLOSED

Monday, January 21

WHAT'S NEW?

Sign up for the DAML Wowbrary Newsletter at <http://www.wowbrary.org> to get a weekly e-mail of all new materials added to our collections

Tackling Substance Abuse Close to Home

Substance abuse, particularly the opioid crisis, has been a topic on the national level for some time now. Vermont is not immune to the issue. Five years ago, Vermont Governor Shumlin devoted most of his State of the State address to it. A [recent Vermont Public Radio series](#) has discussed what has and has not happened since then. Last autumn the [obituary](#) for Burlington resident Madelyn Linsenmeier [went viral](#) and as a result more people are coming forward to share their stories about substance abuse. This year the Williston-Richmond Rotary and the Town of Williston are in the early stages of establishing a task force or study of the situation.

On Monday February 11 at 6 pm, the Dorothy Alling Memorial Library is partnering with [ParentIN Champlain Valley](#) for a book discussion of *Beautiful Boy: A Father's Journey Through His Son's Addiction* and *Tweak: Growing Up on Methamphetamines*. These books by father, David Sheff, and son, Nic Sheff, recount Nic's spiral into substance use disorder from each of their perspectives. Readers can choose between the two books, reading one or both. You are encouraged to attend even if you are not able to complete a book. The most important goal is begin a community dialogue on how individuals and the community as a whole can deal with the issue.

The discussion will be facilitated by Tim Trevithick, CVU Student Assistance Program Counselor. Copies of both books are available for loan at the main desk. A pizza dinner will be provided. Please contact the library in case of inclement weather, there is a snow date of February 13.

Other Books on Addiction at DAML

These titles are available at Dorothy Alling Memorial Library. Other titles may be requested via interlibrary loan.

Author	Title	Call number
Alcoholics Anonymous	Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered From Alcoholism	616.86 Alcoholics
Beattie, Melody	The New Codependency: Help and Guidance for Today's Generation	616.86 Beattie
Brand, Russell	Recovery: Freedom from Our Addictions	616.86 Brand
Foote, Jeffrey	Beyond Addiction: How Science and Kindness Help People Change: A Guide for Families	616.86 Foote

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Grimes, Martha	Double Double: A Dual Memoir of Addiction	813.54 Grimes
Hari, Johann	Chasing the Scream: The First and Last Days of the War on Drugs	363.45 Hari
Jay, Debra	It Takes a Family: A Cooperative Approach to Lasting Sobriety	362.29 Jay
Macy, Beth	Dopesick: Dealers, Doctors, and the Drug Company That Addicted America	362.2 Macy
Khaleghi, Morteza	The Anatomy of Addiction: Overcoming the Triggers that Stand in the Way of Recovery	616.86 Khaleghi
McGreal, Chris	American Overdose: The Opioid Tragedy in Three Acts	362.29 McGreal
O'Brien, Bess (director)	The Hungry Heart	DVD 362.29 Hungry
Pollan, Michael	How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence (also on CD)	615.7 Pollan
Quinones, Sam	Dreamland: The True Tale of America's Opiate Epidemic	362.293 Quinones
Sederer, Lloyd	The Addiction Solution: Treating Our Dependence on Opioids and Other Drugs	362.29 Sederer
Shantz-Hilkes, Chloe (editor)	Hooked: When Addiction Hits Home	YNF 362.29 Shantz-Hilkes
Sheff, David	Beautiful Boy: A Father's Journey Through His Son's Addiction	362.29 Sheff
Sheff, David and Nic	High: Everything You Want to Know About Drugs, Alcohol and Addiction	YNF 616.86 Sheff
Sheff, Nic	Tweak: Growing Up on Methamphetamines	YNF 362.29 Sheff
Sheff, Nic	We All Fall Down: Living With Addiction	YNF 362.29 Sheff
Szalavitz, Maia	Unbroken Brain: A Revolutionary New Way of Understanding Addiction	362.29 Szalavitz
Woolverton, Frederick	Unhooked: How to Quit Anything	616.86 Woolverton

Upcoming Programs

*** Pre-registration required.**

Note: To register for programs you may sign up at the library, call us

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at 878-4918 or email daml@williston.lib.vt.us. Early registration is encouraged. Space is limited in some programs.

Children must be in third grade and at least 8 years of age to be in the library without an adult.

Youth Programs:

After-School Tuesdays:

- **Game Day:** Jan. 22, 2 pm. Cards and board games for Gr. 3 & up.
- **Cartooning Club:** Jan. 29, 2-3 pm. Gr. 3 & up.

Preschool Yoga with Danielle: Friday, Jan. 18, 10:30 am. Simple yoga poses, stories and songs for children birth to age 5 and their caregivers.

Gamers Group: Monday, Jan. 28, 3:30-5 pm. Play a variety of games including board games and Dungeons and Dragons. (Gr. 5-8).

Winter Story Time: Tuesdays, 10:30 am. Includes a simple craft activity. Jan. 22: On the Farm; Jan. 29: Things That Go. All ages.

Preschool Music: Mondays, 11 am (**Except Jan. 21-Library Closed**) & Thursdays, 10:30 am. Up to age 5 with a caregiver.

Thursday Playtime: Thursdays, 11 am-noon. Preschoolers and their caregivers are invited for an informal playtime following Preschool Music.

Multi-Age Programs:

***Read to a Dog:** Thursday, Jan. 17 & 31. Read to one of our registered Therapy Dogs of VT. Pre-register for individual sessions. All ages.

Substance Abuse Prevention Book Discussion: Monday, Feb. 11, 6-7:30 pm. "Beautiful Boy" by David Sheff and "Tweak" by Nic Sheff are memoirs, one by a father and one by his son, recounting the harrowing impact the son's drug addiction has on their family. Books available at Circulation Desk. Pizza provided. Ages 16+. (Snow date Feb. 13). Co-sponsored with ParentIN CVSD. Facilitated by Tim Trevithick, CVU Student Assistance Program Counselor.

Adult Programs:

Current Events Conversation: Wednesday, Jan. 16, 10:30-12 pm. Gather with others interested in informal discussion on current newsworthy topics.

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***Mary Hill: Make a Fabric Art Banner:** Wednesday, Jan. 16, 6 pm. Artist Mary Hill will lead a group on making a fabric banner reminding you of a good habit or intention this winter. No art experience necessary. Materials provided. Open to 12 adults. (Snow date Jan. 23) Pre-registration required. Mary Hill's art banners are on display this month at the library.

***Williston Library's Writing Series:** These workshops will help you build your stories and find an audience. Attend one or all sessions. Presented by Dr. Steven Shepard: professional author, photographer, audio producer, and educator. Please pre-register.

- Thursday, Jan. 17, 1 pm. **Session One: Why You Want to Write: A Sense of Purpose:** Explore forces that drive us to write—with an eye toward identifying what and when we write.
- Thursday, Jan. 31, 1 pm. **Session Two: Best Practices:** Explore the craft of writing: when to write, what you need to do it well, and how to create the perfect writing environment.

Mah Jongg: Wednesday, Jan. 23, 1-3:30 pm. Learn how to play, revisit the game or just enjoy the game. Come alone or bring a friend for a community game. All experience levels are welcome.

Put Your House on a Diet Series: Bring your own lunch and learn something new. Join one or all sessions. Presented by Melanie Saia, Director of Staging Services, The Malley Group and KW Vermont.

- Friday, Jan. 25, 11-12 pm. **Organize to Simplify-**Different systems work for different people. Strategies to make your home function for you.
- *Friday, Feb. 8, 12-1 pm. **Stage to Live or Stage to Sell-** You're not on HGTV but your house could look like it is. Are you getting your house ready to live in or to leave? Learn how to stage your home. Pre-register.

Audubon VT, Birds, Beef & Brussels Sprouts: Wednesday, Jan. 30, 6:30 pm. Maeve Kim discusses Vermont's long agricultural history and how it has affected bird species and our relationships with them.

Community News:

Your non-profit event can appear here. Send a description to marti@williston.lib.vt.us.

Winter Clothing Drive

Friend 2 Friend is a group of teens who do a series of community action projects throughout the year to effect positive change close to home. They are currently collecting winter clothing to donate to new Americans connected to the Vermont refugee resettlement program.

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They are gathering coats, boots, hats, mittens, and other warm clothing in good condition. There is a donation bin in the lobby of the library until January 25. <https://friendtofriendvt.weebly.com>

Free Winter Craft and Cookie Decorating

Please join us at the Dorothy Alling Memorial Library on Saturday, January 26 from 10:30 am until 1 pm. Crafts and cookie decorating will take place in the Community Room. The event is sponsored by Williston residents: Jill, Ryan, Tinsley and Keegan Everett. Monetary donations are welcome, but not required. Proceeds will go directly to the Boston Children's Hospital.

Fundraiser for Heating Fuel Assistance

The Williston-Richmond Rotary Club is hosting the 25th Annual Rotary Ski Challenge on March 15 at Bolton Valley. The Ski Challenge is the Williston-Richmond Rotary Club's principal way to raise funds to assist Vermonters who need assistance in heating their homes this winter. The funds raised are distributed by the Vermont Fuel Dealer Association to benefit our community. A portion of the funds raised also support college scholarships, Thanksgiving food baskets, a Senior Christmas dinner, building wheel chair ramps and other club services projects throughout the year. The Club has been able to donate in excess of \$150,000 toward these worthy endeavors. Donations are tax deductible and may be sent to Williston-Richmond Rotary Charities, P.O. Box 114, Williston, VT 05495.