Fabulous Fridays!

In Harmony...

Catalitycs
Catalitycs is the recently formed duo of local singer-songwriter, Jim Rezac, songwriter, guitar player; and Kenny Belmont, who is best known as the bassist for Bad JuJu. Kenny often host the blues jam at Jonathan’s landing, is an accomplished sound man, and has an ear for arranging. Jim has received a lot of attention for his ability to turn a lyric. The best description of his music comes from Chris Kirby (Digital Street Studios): “Jim’s songs are honest, that’s the best word I have for it. The content, the delivery. His songs are real and from the heart.” Rezac has been playing in country, rock, and rockabilly bands for over 30 years. This concert will be located at Loockerman Way Plaza as part of the First Friday celebrations that begin at 5:00 PM. Please bring chairs or blankets for seating. In case of inclement weather, the concert will be held at the Library.

Friday, September 1, 6:30 PM

2nd Friday: Celebrate the Arts

Join us as we inaugurate a new monthly celebration of the arts. This month we welcome Kelly Lynn Dixon. Since 2008 she has been largely focused on songwriting, turning her honest and insightful lyrics into gripping, emotional songs with a purpose. Kelly has recently recorded her fourth single, 5 Years, with producers at Songbuilder Studios in Catonsville, MD. Ms. Dixon, songwriter, lyricist, and singer, will talk about her craft and offer a special performance for the evening.

Friday, September 8, 6:30 PM

World Cinema: Land of Mine

In post-World War II Denmark, a group of young German POWs are forced to clear a beach of thousands of land mines under the watch of a Danish Sergeant who slowly learns to appreciate their plight. Dutch 1:40. Rated R for violence and language.

Friday, September 15, 6:30 PM

Family Fun

Smurfs: The Lost Village
In this fully animated, all-new take on the Smurfs, a mysterious map sets Smurfette and her best friends Brainy, Clumsy and Hefty on an exciting and thrilling race through the Forbidden Forest filled with magical creatures to find a mysterious lost village before the evil wizard Gargamel does. Embarking on a roller-coaster journey full of action and danger, the Smurfs are on a course that leads to the discovery of the biggest secret in Smurf history! Come in your pj’s, make crafts & enjoy Smurf punch!

Friday, September 22, 6:30 PM

Last Friday & Mocktail Party

Join us at 5:00 PM for an hour of classical music, mocktails and other refreshments before the screening of...

The Music of Strangers
Join us for the amazing story of the famous musical collective created by legendary cellist Yo-Yo-Ma. Oscar-winning documentarian Morgan Neville teams up with Ma to tell the fascinating and emotionally stirring tale of how the Silk Road Ensemble was formed; and how Ma traveled the world to bring different types of music and musicians together. The film first focuses on Ma (the Paris-born, New York raised son of Chinese parents, who took up the cello at age 4). Now, at 60, he has recorded 90 albums, won 18 Grammys, received the Presidential Medal of
Life-Wide Learning

DIY @ the Library
Try out fun and easy DIY crafts! This month we’ll make decorative bookmarks! Please call 736-7030 to register.
**Tuesday, September 5, 6:30 PM**

Affordable Care Act
Get your questions answered about this important program.
**Wednesdays, September 6, 13, 20, 27, 3:00 PM**

Seeking Safety Support Group
Find your voice, group support, be heard and understood, share your hopes and dreams. For anyone who would like a safe place to be listened to and share. Led by June Lambert of DSAMH/MHA.
**Thursdays, September 7 & 21, 1:30 PM**

Great Decision Foreign Policy Series: Week 1
*European Union*
The European Union is under severe strain. British voters have chosen to leave the EU while the Eurozone debt crisis and the influx of migrants pose an existential threat to the political and economic bloc. Can the EU withstand the pressure? Moderated by Wilm U. History Chair, Lynn Moore.
**Thursday, September 7, 6:30 PM**

Great Decision Foreign Policy Series: Week 2
*International Trade*
International trade has transformed the way we live. Supporters of free trade say it creates the greatest amount of wealth for the highest number of people, fostering growth and lifting nations out of poverty. Opponents say free trade eliminates jobs at home and makes the country vulnerable. Moderated by Wilm U. History Chair, Lynn Moore.
**Thursday, September 7, 6:30 PM**

Art Reception
Join us in celebrating this month’s art exhibit courtesy of the Holly Branch of the National League of American Pen Women, in honor of their 45th Anniversary. Light refreshments will be served.
**Sunday, September 17, 2:00 PM**

Purl-Fectly Knit Club
Share your love of needlework with others! Bring in your current knitting, crochet, or other needle project; get help with questions; exchange patterns & tips; or just come to craft and socialize. All skill levels are welcome from novice to epic knitter. Beginners will get help with their projects from more experienced members.
**Monday, September 18, 6:00 PM**

Literacy Delaware Learner’s Orientation
Literacy DE will host a learner’s orientation for potential students for our tutoring program that assists adults with reading and writing skills at or below a fifth grade level. Students will learn about the tutoring program, what their responsibilities are and complete some initial testing. Registration is requested. Please call Audrey Avery, 736-7030, for additional information.
**Friday, September 15, 6:00 PM**

Coverage to Care
Westside Family Health Care leads a workshop to help the consumer understand common health insurance terms.
**Wednesday, September 20, 5:00 PM**

Community Partners Day
Our Partners will be in the lobby to provide information about how they serve you! Learn about energy efficiency, nutrition, exercise, managing chronic conditions, and education about substance abuse as well as many other subjects. There are several different topics each month.
**Thursday, September 21, 10:00 AM**

COPE Van Outreach & Prevention Services
COPE is the medical RV staffed with a Registered Nurse, Medical Case Manager, and Community Wellness Advocate, to offer a range of medical screenings & referrals to services. COPE offers life-saving screenings & turns no one away. Services to those over 18, insured, uninsured or underinsured. Screenings include: Blood Sugar; Blood Pressure;
Tips for Giving Your Kids the Best Start to the Upcoming School Year

When summer winds down, the thought of children returning to school can be stressful on the entire family. Getting back into a routine can have its challenges. Pediatrician Parul Singh, MD, offers the following tips to help your children get the best possible start to the school year.

1. Stick to a routine. Start incorporating school-year eating habits into your schedule. This includes making breakfast in the morning and lunch. Begin transitioning to your school-year bedtime. “Kids do well when you stick to a regimen. It provides them some security,” Dr. Singh said. “Therefore, whatever routine you do during the school year, you should try doing it in advance.”

2. Don’t allow electronics at bedtime. This includes iPads, Kindles, video games, and cell phones as they are disruptive when it comes time to actually falling asleep.

3. Make sure they have all of their school supplies to help avoid anxiety. It’s also important to have a routine with homework. “Make sure they have a quiet place to do their homework”, Dr. Singh said. “If you’re a doctor, but your children have interests in art and music, let them explore those,” Dr. Singh says.

4. Set reasonable expectations. While it’s smart to provide expectations for children, parents should be realistic so you’re not creating unnecessary stress. Also, encourage learning in areas your children actually have an interest in. “Let them explore classes, hobbies and extracurricular activities that interest them rather than pushing your interests. If you’re a doctor, but your children have interests in art and music, let them explore those,” Dr. Singh says.

5. Encourage reading. Buy storybooks or go to the library. Reading at bedtime or providing them books to read on their own encourages learning.

6. Be a role model. Children tend to follow in their parent’s footsteps so being a good role model can help set them on the right path with school.

With new schools, classes, teachers, and classmates, a new school year can be a trigger for stress in children. This is why following such steps can help ease a student’s anxiety and give them the best chance at having a good start to their school year. “You always want to put your best foot forward. Preparing during the summer and continuing these routines as the
school year starts is always helpful and hopefully leads to better outcomes,” Dr. Singh said.