

# Library Lines

by Janet Crystal

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## **Handling change**

**Dr. Michael Crystal**, consultant to the foremost corporations in the country, leads a seminar, **Succeeding in Challenging Times: How To Best Deal With All The Changes We Face**, from 9 - 11 a.m. on Friday, Nov. 14 at the library. The seminar, co-sponsored by the Wilton Chamber of Commerce and the library, examines how to best deal with all the changes people will be facing in today's world. As part of the seminar fee, each participant will receive a copy of **John Kotter's** book, **[Our Iceberg is Melting: Changing and Succeeding Under Any Conditions!](#)** The seminar fee is \$35 per person. To register: [www.wiltonchamber.com](http://www.wiltonchamber.com) or call the chamber office at 762-0567.

## **Teens travel through the decades**

The Cross Town Express, a progressive night for kids in grades 6, 7 and 8 gets underway tomorrow night, Nov. 14, from 6 - 10:30 p.m., when kids cruise between the library, **[Trackside](#)** and the **[Wilton Y](#)**. Kids are transported through three decades - the 50's, 60's and 70's - with games, scavenger hunts, trivia contests, raffle prizes, music and lots of food, from appetizers to diner burgers and dogs to desserts. This is a community collaboration with Wilton Library, Trackside and the Wilton Family Y. The evening starts promptly at 6 p.m. at the library; kids are then transported to Trackside and Wilton Y by bus. The middle schoolers must be picked up at 10:30 sharp at the Y by parents/caregivers. The cost for the evening is \$20 per child (bus included). Advance registration and payment are required. Registration forms are at all three locations. Space is limited, on a first come, first served basis. Registration forms, permission slips and payments are accepted at the library only. For information: 762-3950.

## **Strings attached**

The next hands-on experience with symphony music for children ages 3 - 10 and their families is on Saturday, Nov. 15, from 2 - 3 p.m. The Norwalk Symphony Family Program (Not) Just for Kids features the string section of the orchestra. Children will be introduced to pieces of classical music and then they can try their hands at the instruments. There is no charge for the program. Advance registration is suggested. The program is sponsored by the Maximilian E. and Marion O. Hoffman Foundation. Parts three and four in the 4-part series are January 17 (percussion) and March 14 (brass). To register: [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events) or call 762-3950.

## Connecticut author visit

Connecticut author [Stewart O'Nan](#) visits the library Tuesday, Nov. 18, from 7 - 8:30 p.m. to have a chat with the audience about his books, his writings and his latest novel, [Songs for the Missing](#). O'Nan was a finalist for the Seventh Annual Connecticut Book Awards for his [Last Night at the Lobster](#). His *Songs for the Missing* starts as a suspenseful tale, but soon becomes an account of devastating family loss. The book received a starred review from Publishers Weekly. Books will be available for purchase and signing, provided by The Wilton Open Book Shop. There is no charge for the program. Advance registration is recommended. To register: [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events) or call 762-3950.

## Coping with the holidays

With the holidays soon approaching, people can be consumed by the sheer stress of the events—the magnitude of the work to be done or the overwhelming sadness if there has been loss. Two workshops at the library sponsored by Mid-Fairfield Hospice may help people through these stressful times. *Holiday Stress: Learning Inner Resilience* on Wednesday, Nov. 19, from 4 - 5:30 p.m. is the first experiential workshop. It is designed to help participants learn how to calm the mind, balance emotions and attend to the present moment in order to cope with the "busy-ness" of the holidays and heal personal challenges. The second workshop, *Giving and Receiving-Healing Loss During the Holidays*, is set for Wednesday, Dec. 3, from 4 - 5:30 p.m. All who grieve any type of loss (through death, relationship transitions, aging, loss of an ability or identity) are invited to this experiential workshop. The programs are free of charge. Advance registration is suggested. To register: [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events) or call 762-3950.

## Thanksgiving fun

Children have all sorts of holiday fun available to them at the library leading up to Thanksgiving. [A Charlie Brown Thanksgiving](#) is being shown from 6:30 - 7 p.m. on Thursday, Nov. 20. Children under 8 must be accompanied by adults; children 8 - 12 must have caregivers remain in the building. Free popcorn and lemonade will be available. Drop-in Thanksgiving Crafts are Monday and Tuesday, Nov. 24 and 25, from 10 a.m. - 8 p.m. Kids will be making Thanksgiving-theme crafts with pre-made samples for them to follow. Materials are supplied by the library. Thanksgiving Stories will be read to independent listeners ages 3 - 5 on Wednesday, Nov. 26, from 11 - 11:30 a.m. Day After Film Fun takes place on Friday, Nov. 28 with free movies. *Dora* is at 10 a.m. and *Wall-E* at 2. All of the above mentioned programs are free of charge with no registration. For information: [www.wiltonlibrary.org/events](http://www.wiltonlibrary.org/events) or call 762-3950.