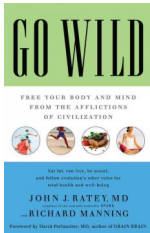


Information, Answers & Reviews

Go Wild: Free Your Body and Mind from the Afflictions of Civilization



[view in catalog](#)

This book is not about nature as I'd first thought, except for the fact that it recommends running in those glove-like shoes on outdoor trails. It is a book about health, however?how to keep it, how to get it back in a tense, stress-filled world.

What I like best about it is how the two authors, one a doctor, the other a science journalist cull recent research for results on diets and life-techniques that really work include cutting back on carbs, sleeping eight hours, spending time moving outdoors and meditation.

One study confirmed that Japanese businessmen had a 40% increase in their immune response after just one walk in the woods. Even more surprising is that this lasted for more than a month. The results in improved health and awareness for those that meditate were particularly powerful. Even novice meditators had an increased immune response to a flu virus than others."

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Posted by Dory L. on July 5, 2014

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[Nonfiction](#)

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Devil's Playground



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The Amish are most often thought of in regards to their strict religion, quality workmanship, and their horse and buggy culture. One aspect of their culture and beliefs that has not been well known until recently is the practice of ?rumspringa? [running around]. This is a rite of passage given to Amish teens in which they are allowed to experience the ways of the world, or as the

title of the documentary suggests "The Devil's Playground," for a period of one year. These young adults are allowed to experience the enticements of living in a technological world but they are often also exposed for the first time to the world of drugs, alcohol, sexual pleasure and crime. At the end of the year they choose whether to return to the Amish culture and its lifestyle or to remain in the outside world and its ways. [Read more](#)

Posted by Keith C. on June 25, 2014

[Devil's Playground \[DVD\]](#)

[Coming of Age](#)

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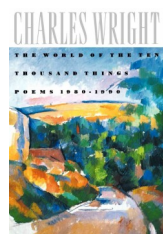
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New U.S. Poet Laureate Announced



[view in catalog](#)

The Library of Congress just appointed [Charles Wright](#) from Virginia to be our new national poet laureate. Some of our best contemporary poets have brought their energy and vision to promote this ancient, ever-changing art. Recent poets laureate have included: Billy Collins, Natasha Trethewey, Robert Pinsky, Rita Dove, Ted Kooser, and Kay Ryan.

Some of their projects live on. Ted Kooser created a free weekly newspaper column called [American Life in Poetry](#) that features work each week by a different poet. Billy Collins started [Poetry 180](#) a website that has spawned at least two books that have brought accessible poetry to high school students and the general public. Natasha Trethewey started a series on PBS's *The News Hour* called ["Where Poetry Lives."](#) It includes segments of contemporary poets reading their own work and describing how it came to be.

And what, you might ask, will Charles Wright do? In the *New York Times* announcement of his post, Wright said that he and his wife spend two summer months each year in a remote corner of Montana. He will envision his new project there, something worthy of the tradition that earlier appointees have started. [Read more](#)

Posted by Dory L. on June 25, 2014

[Charles Wright Appointed to be New U.S. Poet Laureate](#)

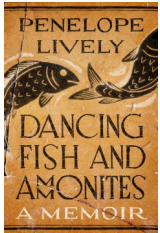
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Dancing Fish and Amonites



[view in catalog](#)

Penelope Lively is one of my favorite British novelists. She has a talent for capturing the world in detail and a deep understanding of the social world and the dynamics of families. In this nonfiction collection, she looks back upon her life including her childhood as an expat in Egypt, her staid years at a British boarding school, and her coming of age in the wild London sixties. She also writes about her reading and writing life and the complicated state of old age.

Fitzgerald explores how different the world of her youth was from today. When she was a child, everyone dropped everything for formal afternoon tea, and the girl who took the last sandwich or bun earned a wish for either a handsome husband or 10,000 a year. Everyone, Lively said, chose the handsome husband. Money be scorned!

Lively also tells of being part of the post-suffragist, pre-feminist generation. In those days, no one wondered why ten men attended university to every woman. Although Lively enjoyed those odds, she wonders why she never questioned whether men were actually smarter than women or had more of a right to be there. [Read more](#)

Posted by Dory L. on June 19, 2014

[Dancing Fish and Other Amonites](#)

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Noises Off



I've always liked films and plays that are about films and plays themselves.

Maybe it's because there is still a part of me that would have liked to have been an actor. (Said term must be pronounced with the air of exaggerated sophistication that implies the lack of same.) Noises Off is one of my favorites. It has an all-star comedy cast featuring Michael Caine, Carol Burnett, Denholm Elliott, Julie Hagerty, Marilu Henner, John Ritter, and Christopher Reeve. The story is about a group of actors in a touring company performing a comedic play that they hope will head to the big time. In this case the action behind the scenes is as funny, or funnier, than what is taking place on stage. The film gives us a chance to see the action from both sides. From the front we see the play "Nothing On," from the back we see the interactions among the actors. There are affairs, personality conflicts, and drinking to the point of drunkenness. The term "noises off" comes from the direction that backstage sounds are to

cease, something that doesn't exactly happen backstage in the movie.

Noises Off is a comedy based on the play by Michael Frayn. It is a fast paced and driven movie that reminds me quite a bit of some of the best skits from the Carol Burnett Show. In most plays backstage is an area of controlled chaos. In the case of the backstage action in Noises Off remove the word controlled. If you like a good, semi intelligent comedy mixed with slapstick and outrageous personalities you should give Noises Off a try.

Posted by Keith C. on June 18, 2014

[Noises off \[videorecording\]](#)

[Movies](#)

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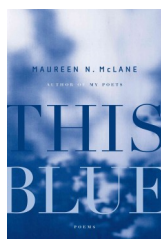
[Comedy](#)

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Another Day in This Here Cosmos



[view in catalog](#)

If you're looking for some interesting new poetry, go no further than Maureen McLane's new book. Even the titles are inviting: "Another Day in this Here Cosmos," "OK Fern," "Tell Us What Happened in the 14th Century," and "Morning with Adirondack Chair." McLane writes often about travel, nature, love, but most importantly it's all filtered through the lens of her mind. Her particular world-view is humorous and serious at the same time, and often feels edgy, new. There's a sense that she does not take herself too seriously while at the same time, she writes in deep earnest.

One poem begins, "OK fern / I'm your apprentice / I can tell you // apart from your / darker sister." It ends with a sincere request for the wild plant to tell the narrator what to do with her life. (We've all been there speaking to trees or inanimate objects.)

In "Levanto," a beautiful travel poem, she says, "scant pines / stagger the Apennines / semaphoring? I am older / than the sea / in me." [Read more](#)

Posted by Dory L. on June 17, 2014

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