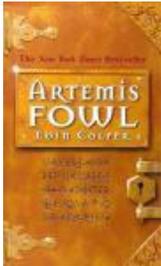


A book and a place: A celebration of the beauty of New Hampshire and the books we are loving at BPL

This month we are exploring our beautiful state. We encourage everyone to share pictures, tips, and suggestions about places to see in New Hampshire. Be sure to pick up and fill out a recommendation card at the library so you can be entered to win \$25.00 for your next road trip! We also are very excited to host our first local artist, Leroy Zutter. His nature photography highlights the beauty of New England and will be on display throughout the month of June so don't miss it!

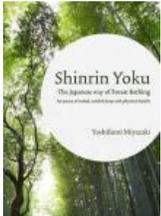
Eileen



Artemis Fowl by Eoin Colfer

Coming to theaters in August! "A genius. A criminal mastermind. And he is only 12 years old." Now Artemis Fowl is after fairy gold but standing in his way is Captain Holly Short, LEPrecon. "He needed a plan. Something audacious and brilliant. Something that had never been attempted before. Artemis was not unduly worried on that front. His brain had never let him down before."

Sarah



Shinrin Yoku: The Japanese art of forest bathing by Yoshifumi Miyazaki

"I frequently tramped eight or ten miles through the deepest snow to keep an appointment with a beech tree, or a yellow birch, or an old acquaintance among the pines." -Henry David Thoreau

What is forest bathing? Perhaps you saw it mentioned in the Belmont Conservation Commission's news in the town newsletter back in February 2018 and never explored it further. Shinrin Yoku translates to "forest-bathing." The term was coined in the 1980's as a new form of preventative medicine. The Japanese people have integrated the restorative and refreshing nature of being in the forest as a daily practice in wellness. This eclectic and beautiful book explores what forest bathing is (no fear, it does not involve actually taking a bath in the forest!), how to do it, why it works, and continuing scientific research on the positive effects and benefit to the human body of regular forest bathing. It also includes how to bring some of the benefits of the forest into your home through essential oils derived from trees and plant-life naturally found in forests.

Cogswell Mountain Conservation Area in Gilmanton, NH

The Cogswell Mountain Trails are nestled behind the Gilmanton Year Round Library, and are a quick, easy (trust me!) hike that beginners or people who are just warming up for the season can do in an afternoon. The John and Ursula Allen Tract picks up right behind the Gilmanton Year Round Library (you can park your car there) and the Beaver Pond Loop skirts an area of water where you can view beaver dams. There is a picnic area with a table towards the top, so stop at the Gilmanton Cafe or at the Iron Works Market and pick up some sandwiches to complete your afternoon! Here is a link to the map so you can find all of the trails that lead to the summit of Cogswell Mountain. It's a beautiful, quiet place to be out in nature with a change in scenery but not far from home: <https://bit.ly/2HNI7CO>

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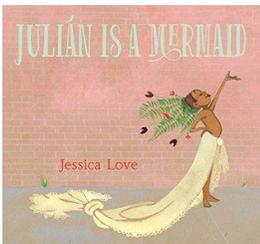
Cheryl

New Hampshire Veteran's Cemetery Boscawen, NH

One of my favorite road trip destinations is the New Hampshire Veterans Cemetery located in Boscawen, NH. Previously a state forest of 104 acres, this land is heavily forested, with 14 acres to date developed to pay tribute to veterans and their families. (Bug spray is a must on evening walks!) This is truly a place of beauty and serenity. From the moment you drive up, and behold the grand flag, to the splendor of the monuments, there is much that soothes. Lawns and gardens are meticulously cared for and 65 monuments are in place along a Memorial Pathway that winds amongst the trees, commemorating all of the branches of the United States Armed Services.

Memorial Day marks the beginning of the annual 100 Nights of Remembrance, a simple yet powerful tribute to all as the live sounding of taps takes place every evening at 7:00 p.m. precisely. September 11th concludes the 100 Nights, and taps is again sounded every Sunday at precisely 1:00 p.m. Take a stroll, sit a spell, and inhale deeply! A beautiful place to hit the pause button!

Kelly H.



Julián is a Mermaid by Jessica Love

Julian appears to be a regular little boy who enjoys spending time with his Abuela. But he has a simple wish; to be a mermaid like the ones he sees on the train. So the young boy suits up in his own mermaid attire, with a floral headpiece and a tablecloth tail, ready to meet the world as a mermaid. Read this short story for a wonderful “tail” about the importance of expression and acceptance, told through beautiful art and a young boy’s dream.

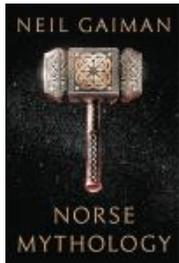
The Jeff Marden Town Forest

The Town Forest is place of memories for me. I would walk in it with my parents and friends, my brother’s Boy Scout friends would do projects and hang out there, and I would walk my neighbor’s dog there. The Town Forest was always welcoming and felt like a place that I could enjoy even if I wasn’t too fond of going outside. This forest is also a prime spot for photo taking.



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Liz

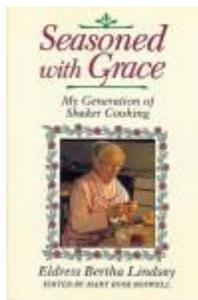


***Norse Mythology* by Neil Gaiman**

From the beginning of everything to the creation of the world to the end through Ragnarok, this book by Neil Gaiman is a beautiful and captivating re-telling of old Norse myths, or the ones that haven't been lost to the ages or forgotten. Each chapter is filled with a new enthralling tale, such as the origin myth of how Thor was united with Mjolnir, his famous hammer. Along with fun tales including Loki's time as a horse, and Thor donning a wedding dress. Apart from the actual story, the writing style of Gaiman is beautiful, as always, and the way the separate tales flow together, as more than just a collection of stories, paired with

the attention to detail in each by Gaiman and his team really makes the book a work of art and a fantastic read! If you have any interest in the history of not just Norse, but Egyptian, Greek, Roman, or any other ancient myths, or if you just feel like you want a little bit more of the background mythology on Loki and Thor after *Avengers: Endgame* this book could be for you!

Kelly R



***Seasoned With Grace: My generation of Shaker Cooking* by Bertha Lindsay**

Not just a cook book but a great gastronomic historical guided tour of Canterbury Shaker Village by one of the last living Shakers, Eldress Bertha Lindsay. I chose this as my staff pick to go along with my NH Summer Road Trip choice "Canterbury Shaker Village." Eldress Bertha begins with basic Shaker history with an easy to reference timeline from 1774-1987 (copyright is 1987) with a simple diagram of the village as it appeared in 1987. I found it very interesting to discover the various dietary traditions throughout the years of the Canterbury community sometimes based on availability of foods, time to prepare them (their diet was very simple in the beginning due to

lack of time as they were busy constructing initial buildings), or even moral judgement calls (fermentation for preservation was common in early days but changed later).

Eldress Bertha includes many of her favorite recipes such as summer squash casserole, baked apple casserole, bewitching salad, and Eldress Bertha's lemon meringue pie. A huge bonus are several great photographs sprinkled throughout the book. I think my favorite section of the book though is the biography section where she includes a simple paragraph of noted Shakers such as Henry Blinn who drew the well-known map of Canterbury SV) and Ethel Mary Hudson (one of Eldress Bertha's fellow last surviving CSV members). For lovers of history and local recipes this one is a treasure. NOTE: Ask about passes to Canterbury Shaker Village at the library's front desk and we also have a very well done DVD by Ken Burns on the Shakers available to borrow.