



# WAYLAND FREE PUBLIC LIBRARY

Local folks weigh in on local, national and international topics.



**OCTOBER 4**  
**7:30-9:00pm**  
**Raytheon Room**

**Melissa Orlov: "ADULT ADHD, RELATIONSHIPS AND YOUR FAMILY"**

If you have a child with ADHD, chances are good you also have an adult with ADHD in the family. Melissa will discuss the impact of ADHD across generations and provide strategies to tame the chaos.

*Melissa Orlov is one of the country's top experts in how adult ADHD impacts relationships. She has written two award-winning books on the topic, the most recent of which is "The Couple's Guide to Thriving with ADHD." She also trains therapists, speaks around the world, and provides seminars and counseling for ADHD-impacted couples in need. You can find her at [www.ADHDmarriage.com](http://www.ADHDmarriage.com).*



**NOVEMBER 1**  
**7:30-9:00pm**  
**Raytheon Room**

**Pallavi Nagesha: "BHARATANATYAM: THE DANCE OF THE GODS"**

Have you ever wondered what Indian classical dancing is? Have you pondered on the connection between dance and spirituality? Come learn what the oldest written grammar of performing arts has to say about aesthetics, spirituality, and entertainment.

*Pallavi Nagesha has performed Bharatanatyam in over 20 large productions with lead roles since 2001 and is engaged in choreographing and producing many cultural events. She currently teaches at Rasarang, serves as the Creative Director of Meru Education Foundation, and works for the Wayland BASE program. She has two children who are both dancers and follow their own passions and artistic bliss.*



**DECEMBER 6**  
**7:30-9:00pm**  
**Raytheon Room**

**Rev. Stephanie May, Th.D.: "THE GENDERED POLITICS OF HOME, HOMELAND, AND RELIGION"**

From the role of homespun fabric in the Revolution to the creation of Homeland Security post 9/11, ideas of home have conveyed who belongs and who is in charge. Drawing on her research as well as current events, Stephanie invites us to see the politics in the language of home.

*The Rev. Dr. Stephanie May received her doctorate in Religion, Gender, and Culture from Harvard Divinity School in 2012. Since graduation, she taught as an adjunct professor at Brandeis University and Boston College before becoming the minister at First Parish in Wayland in 2014. Stephanie lives nearby in Lincoln with her family.*



**JANUARY 10**  
**7:30-9:00pm**  
**Raytheon Room**

**Joy Viola: "CELEBRATING THE GOLDEN RETRIEVER AND THE FORTHCOMING 150th ANNIVERSARY OF THE FOUNDING OF THE BREED"**

One of the nation's most popular dogs, the Golden Retriever, originated in a small village in the Scottish highlands on the Guisachan Estate of Lord Tweedmouth, a member of the British Parliament. Joy will discuss this early history, the forthcoming anniversary celebrations, the development of Golden Retriever rescue organizations, and the canine cancer research funded by the Golden Retriever Foundation.

*Joy Viola has served as Director of Development for Yankee Golden Retriever Rescue and for the Golden Retriever Foundation. She was the recipient of the Vern Bower Humanitarian Award given by the Golden Retriever Club of America. She is currently President of the Friends of Guisachan.*

(Over)



**FEBRUARY 7**  
**7:30-9:00pm**  
**Raytheon Room**

**Mai-Lan Rogoff (Broekman) M.D.: “BEWITCHED, BOTHERED AND BEWILDERED — A NEUROPSYCHIATRIC LOOK AT THIS THING CALLED LOVE”**

Just in time for Valentine's Day, a look at research into what happens biologically in our brains when we fall in love and also when we stay in longer-term relationships. The talk will be illustrated with clips from selected popular songs and show tunes.

*Mai-Lan Rogoff is currently Professor of Psychiatry at the UMass Medical School in Worcester and has also taught at Dartmouth (Geisel) and Harvard Medical Schools. She has directed the preclinical psychiatry course at UMass for over 30 years and is a recipient of multiple teaching awards at the school, state, and national levels. Dr. Rogoff is an adult and child psychiatrist with specializations in both developmental disabilities and in human sexuality. She has a particular interest in the interface of biology and behavior.*



**MARCH 7**  
**7:30-9:00pm**  
**Raytheon Room**

**Bob Desaulniers: “RETIREMENT – DEFINED, OR REDEFINED BY YOU”**

Retirement can be anything you decide it to be, but it must be defined by you. This presentation will provide an opportunity to those approaching retirement to begin to develop a plan and for those who have already retired, a chance to reflect and reassess. Most people’s initial concern involving retirement is about money. True, your finances are an essential element in your next-step planning. However, experts believe the greatest challenge of retirement is designing a lifestyle that provides purpose. This session will focus on the challenges of how we spend our time.

*Bob Desaulniers has over 40 years of experience in public secondary schools as a principal, counselor, teacher, and coach. He currently serves as an educational consultant and athletic coach. Bob has been retired for over 11 years and has developed some authentic “expertise” on the topic.*



**APRIL 4**  
**7:30-9:00pm**  
**Raytheon Room**

**Gretchen Schuler: “HISTORY AND FUTURE OF MAINSTONE FARM”**

Gretchen will take us on a Mainstone Farm journey telling of the farm’s history during one family’s stewardship for nearly 150 years. She will talk about its past, present, and future, highlighting one of Wayland’s premier heritage landscapes known and loved by all.

*Gretchen Schuler is a preservation planning consultant who taught in the Preservation Studies Program at Boston University. She specializes in historic resource surveys, including Heritage Landscape inventories, National Register nominations, and local historic district study reports. Gretchen has served on Wayland’s Planning Board, Historical Commission, Historic District Commission, and Community Preservation Committee. She and her husband have lived in Wayland for over 40 years.*



**MAY 2**  
**7:30-9:00pm**  
**Raytheon Room**

**Juan S. Montes: “EVEREST: THE CHALLENGE OF A DREAM”**

Ordinary people can achieve extraordinary goals! Come listen to the fascinating story of Juan’s 1992 climb of Mount Everest from one of its most difficult and unexplored sides, the Kangshung Face. To date, only three expeditions have summited through this route.

*Juan Montes has led more than 30 expeditions to the Himalayas, Andes, Patagonia, Yosemite, and the Alps. He is currently Assistant Professor at the Carroll School of Management at Boston College where he teaches Strategy and Organizational Behavior. He has a Ph.D. in Management Sciences and has worked extensively in consulting for both government and academia. Originally from Chile, where he developed his passion for mountaineering, he now lives with his family in Wayland.*



**JUNE 6**  
**7:30-9:00pm**  
**Raytheon Room**

**David A. Lang: “KINETIC SCULPTURE: A VOICE IN OUR TIMES”**

Take a tour of how David’s multiple faceted background developed into motion-activated sculpture that is technical, whimsical, serious, engaging, and always narrative—personifying uncertainty, unpredictability, and serendipity.

*David A. Lang has been making Art for all of his adult life. He is a painter, writer, sculptor, photographer, and builder of things. He holds a B.S. in Biology from Fairfield University and completed his graduate studies in Medical Illustration at Mass General Hospital and Harvard Medical School in 1967. His work at Harvard as a scientific illustrator was followed by teaching and chairing the Art Department at Middlesex School in Concord for 30 years. He taught flying at Hanscom Field for over 20 years. He has been building Kinetic Sculpture at his studios in Wayland and Natick since retiring from teaching. He and his wife have lived in Wayland since 1969.*

