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(2009) *Hurry Down Sunshine*

One Book One Community

Fall 2009

Event Program Guide 2009

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Essay Contest

New for 2009, the One Book, One Community partnership will have an essay contest in which applicants discuss *Hurry Down Sunshine* and ways in which the Danbury/WestConn community promotes or could promote awareness of mental health issues. There are three categories: Danbury High School student, WCSU student, and community adult (age 18 and over and not a student at DHS or WCSU). A \$200 cash prize for the winning essay in each category will be awarded. Winners will also join Michael Greenberg for dinner on Oct. 28. Essays may be up to 1,000 words and must be received no later than Oct. 1.

For entry forms and essay guidelines, please visit onebookdanbury.org.

Entry forms are also available at the Danbury Library, Danbury High School Media Center and Western Connecticut State University Haas Library.

Community Book Discussions

All book discussions are free and open to the public. Suggested book discussion questions can be found on the One Book, One Community Web site. Copies of *Hurry Down Sunshine* can be borrowed from the Danbury Library or purchased at Barnes & Noble and Borders Books & Music.

Thursday, Oct. 1
Danbury High School Library, 2 p.m.
(for DHS students & staff only)
Danbury Library*, 6 to 7 p.m.

Tuesday, Oct. 6
WCSU Haas Library**, 6 to 7 p.m.

Wednesday, Oct. 7
Barnes & Noble, 7 to 8 p.m.
15 Backus Avenue, Danbury

Thursday, Oct. 8
Danbury Library*, 6 to 7 p.m.

Wednesday, Oct. 14
WCSU Haas Library**, 7 to 8 p.m.

Thursday, Oct. 15
Borders Books & Music
110 Federal Rd., Brookfield, 7 to 8 p.m.

Wednesday, Oct. 21
WCSU Haas Library**, 7 to 8 p.m.

Thursday, Oct. 22
Danbury Library*, 6 to 7 p.m.

Tuesday, Oct. 27
Danbury High School Library, 2 p.m.
(for DHS students & staff only)

*Danbury Library is located at 170 Main Street, on the corner of West Street and Main Street.

**WCSU Haas Library is located on the Midtown campus at 181 White Street in Danbury.

Danbury Library, Danbury Public Schools and Western Connecticut State University introduce our 2009 One Book, One Community title

one book
one community
— A COMMON READ —

The One Book, One Community program encourages the Danbury and Western Connecticut State University communities to read the same book during the summer and fall of 2009, then come together to discuss the text in venues throughout the city and university.

Although many communities across America sponsor similar programs, ours is one of the few where a city public library, a school system and a university have formed a partnership for this initiative. Our hope is that many individuals, from all walks of life, will unite in discussion of this *one book*, making us *one community*.

Our mission is to promote literacy, support intergenerational and multicultural book-centered discussions, and foster a sense of community by bringing people together through the reading of the same book.

Please visit our Web site at onebookdanbury.org.

One Book, One Community is a partnership comprised of:
Danbury Library, Danbury Public Schools & Western Connecticut State University

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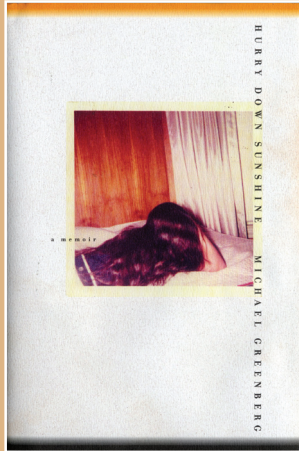
Advocacy Unlimited • Barnes & Noble • Borders Books & Music • Catholic Charities of Fairfield County • Education Connection • Mental Health Association of CT • National Alliance on Mental Illness – CT (NAMI) • Northwest Regional Mental Health Board • St. Martin's Press, MacMillan • Vintage Books, Random House, Inc. • Western CT Mental Health Network

Hurry Down Sunshine
by Michael Greenberg

Event Program Guide 2009
onebookdanbury.org

About the Book

Hurry Down Sunshine tells the true story of Sally, a fifteen-year-old, who suddenly descends into madness. From her crack-up on the streets of Greenwich Village to her time in a psychiatric ward, her father chronicles the effects of mental illness on Sally and her family.



More than 26 percent of Americans ages 18 and older, about one in four adults, suffer from a mental disorder in a given year (National Institute of Mental Health). Despite this fact, it is a topic that is not often openly discussed and still suffers from stigmas and misinformation. Reading this memoir will allow our communities to learn more about the causes and effects of mental illness. The story sheds light on the treatments and resources that enable those affected to live satisfying, productive lives.

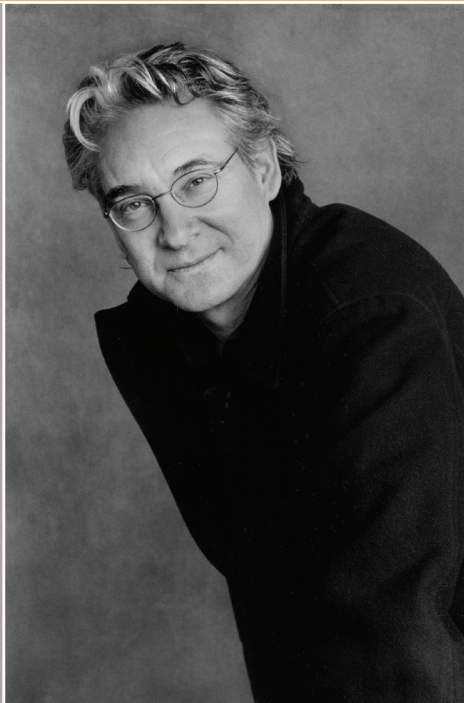
Share your thoughts about this book with other community and university members and take advantage of the many programs this forum provides to explore new worlds and experience new learning opportunities. Events run throughout October, culminating with a presentation by the author of *Hurry Down Sunshine*, Michael Greenberg, on October 28. We hope to see you!

About the Author

A native New Yorker, Michael Greenberg dropped out of school when he was 16 and went to Argentina, where he worked as a reporter during the infamous Dirty War. His incisive and varied biweekly columns about New York and the vagaries of a writer's life have appeared in The Times Literary Supplement since 2003. His fiction, criticism and travel pieces have been published in The New York Review of Books, The Village Voice and Boston Review.

He has worked as a screenwriter and "script doctor" with a variety of filmmakers and directors. Award-winning film director Jonathan Nossiter recently optioned one of Greenberg's stories.

Hurry Down Sunshine, his first published book, was named among the "Best Books of 2008" by Time, Library Journal and the St. Louis Post-Dispatch, and the "Best Memoir of 2008" by Amazon.com. It also received a Ken Book Award from the National Alliance on Mental Illness for an "outstanding literary work contributing to better understanding of mental illness."



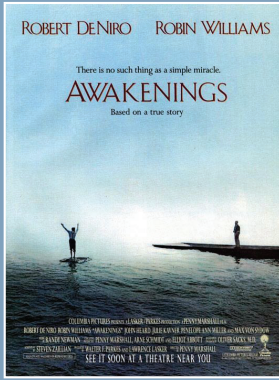
Events

All events are free and open to the public. Film screenings will be followed by a discussion with film buff Mark Hasskarl, Danbury Library Director, and a mental health professional. For directions and contact information, visit the One Book, One Community Web site at onebookdanbury.org.

Monday, Oct. 5 Film Screening: "Awakenings"

WCSU, Midtown campus, Student Center Theater, 7 p.m.

Loosely based on a true story, "Awakenings" tells the story of a Bronx psychiatric hospital neurologist, Dr. Malcolm Sayer, who is put in charge of several seemingly catatonic patients. When the doctor is given permission to test a new drug on one of his patients, he chooses Leonard Lowe, who begins to respond and come out of his shell.



Wednesday, Oct. 7 Author Talk: Dr. Richard Frank

WCSU, Midtown campus, Warner Hall, 5 to 8 p.m.
Limited seating — RSVP required, call (203) 837-8556.

Dr. Richard Frank discusses his recently published book, *Fighting Cancer with Knowledge and Hope*, a guide for patients, caregivers and health professionals that allows patients and family members to understand important concepts about treatment and care. Dr. Frank provides a 'how-to' approach for those involved in the decision-making that occurs when confronted with a diagnosis that can lead to a bewildering array of questions and options.



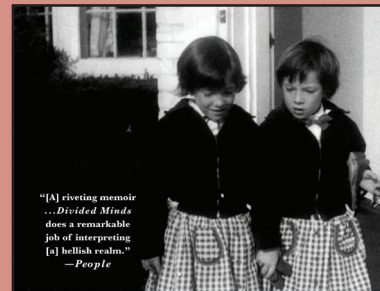
Wednesday, Oct. 14 Workshop: "What Does It Feel Like?"

Danbury High School Media Center, 7 to 9 p.m.

The Communication Arts Department at Danbury High School invites participants to explore the themes of mental illness through hands-on improvisational games and activities. For ages 14 and over. No acting experience required.

Thursday, Oct. 15 Science at Night Program: Carolyn Spiro, MD and Pamela Spiro Wagner, authors of *Divided Minds*

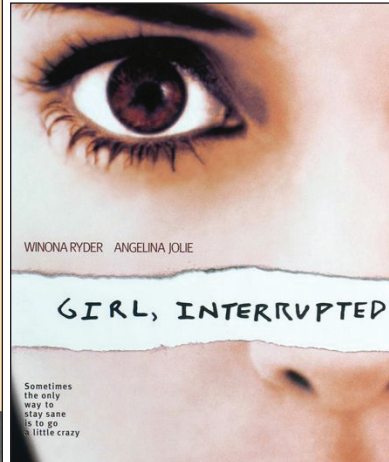
WCSU, Midtown campus, Science Building, Room 125, 7 p.m.



Divided Minds

Twin Sisters and Their Journey Through Schizophrenia

Divided Minds is a dual memoir authored by identical twins, one of whom is schizophrenic, the other, a psychiatrist. Told in the alternating voices of each sister, *Divided Minds* is a heartbreaking account of the far reaches of madness, as well as the ambivalence and loyalty that exists between twins.



Monday, Oct. 19 Film Screening: "Girl, Interrupted"

WCSU, Midtown campus Student Center Theater, 7 p.m.

Based on the true story of writer Susanna Kaysen's account of her 18-month stay at a mental health hospital in the 1960s.

Wednesday, Oct. 21 Health and Wellness Fair

WCSU, Midtown campus, Student Center, 11 a.m. to 3 p.m.

Nourish your body, mind and soul at the Health and Wellness Fair! Learn more about depression, anxiety, addictions, interpersonal violence and safety; get a massage and relieve your stress; get your blood pressure checked; get a flu shot, plus dozens of free give-aways, tips and informational booths.

Monday, Oct. 26 Film Screening: "The Soloist"

WCSU, Midtown campus, Student Center Theater, 7 p.m.

This movie tells the true story of a Los Angeles Times reporter who meets a homeless man playing, rather well, a two-stringed violin in a downtown park. Lopez learns that the man is a former musical prodigy whose bouts with schizophrenia landed him on the streets after two years of schooling at Juilliard. Lopez writes a column about Ayers and becomes more and more involved in his life as he attempts to make Ayers' life better.



Tuesday, Oct. 27 Program: "In Our Own Voice"

Danbury Public Library, Farioly Program Room, 6:30 to 7:30 p.m.

A unique public education program, developed by the National Alliance on Mental Illness, in which two speakers share compelling personal stories about living with mental illness and achieving recovery. Audience members are encouraged to offer feedback and ask questions; the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and grapple with recovery.

Wednesday, Oct. 28 Author Talk: Michael Greenberg

WCSU, Midtown campus Ives Concert Hall 7:30 p.m.

Michael Greenberg will discuss his book, and a Q & A with the audience will immediately follow his presentation.

