



Ripley Public Library

Bookworm Newsletter

January 2025

Volume 14, Issue 1

Hours of Operation

Monday 10am-5pm
Tuesday 10am-7:30pm
Wednesday 10am-5pm
Thursday 10am-7:30pm
Friday 10am-5pm
Saturday 9am-2pm

Contact Information:
64 W. Main St.
Ripley, NY 14775
716-736-3913
ripleylibrary.org

Ripley Library Board:
Bob McIntosh, Pres.
John Hamels, VP Finance

Linda Probst, VP
Karen Gunther
Pat Washburn
Tracy Reslink
Mike Johnston

Library Director:
Rhonda Thompson
Clerks: Stephanie Feiss
& Annie Donofrio
Program Director:
Nancy McIntosh
Bookworm/About Town
Editor: Nancy McIntosh
Publisher: Robyn Albright
Media Guru: Linda Probst

Best Friends Welcome You

2024 In Review

In case you didn't know, Ripley Public Library is a VERY busy library! Following is a sampling of what the library offers.

The Sewing group meets weekly	The Town Hall held two meetings here
The Knitters also meet weekly	Hosted 3 CPR classes
Healthy Habits met six times, with gifts weekly and a grand prize	Annual Plant and Vendor Fair
Molly, from Cornell Extension, visits twice monthly	Community Food Boxes from June until early November
Girl Scouts meet every two weeks	Free Summer Lunch Program
Dot Doers meet weekly	Summer Reading Program
There were six local author visits	Annual Reptile Show
Card players meet twice monthly	Three Bingo Events
Two Movie nights during the year	Voter Education Program
We held Several Craft or Paint days	Animal Hospital Program
Free Soup Tuesday is offered in February	Spice Club meets monthly
There is a Monthly Book Club	Halloween Party
Best Friends, the fund-raising branch, meets monthly	Online Auction Fundraiser
Annual Art Show	Teen Book Club meets twice monthly
Annual Poetry Night	Annual Coat Drive
We held Chair Exercise mornings	Pasta/beans/mac 'n cheese drive
Stay and Play for the littles with sanitized toys, Tuesdays	Monthly Library Board meeting
Daily Make & Take Crafts for kids	<i>Isn't it time you came to see what's going on?</i>



Library Board meeting, Wednesday, January 22nd @ 6pm
Best Friends Fund Meeting: Saturday, January 18th @ 12:30pm

Coming up in January

**Library Closed for the Holiday:
Wednesday, January 1st**

Book Club

**Meets the 1st Monday of the month at 5:30pm
January Book:**

The Girl on the Train

By Paula Hawkins

Spice Club

**Register by Saturday, January 11th
Meet at 6pm on Thursday, January 16th**

Stay & Play

Tuesday mornings at 10:30a.m.

Diamond Art (Dot Doers)

Tuesdays @ 4:30pm

Nutrition with Molly

Thursday, January 16th @ 11

Saturday, January 28th @ 6

Knitting & Crochet Group

Tuesdays 12-3:30

All levels welcome!

Quilting & Sewing Group

Thursdays 12-3:30

Beginners thru experienced welcome!

From the Director's Desk

Rhonda Thompson

HAPPY NEW YEAR!!!!

Can you believe another year has passed by? I was looking back over my calendar and could not believe the number of events we held this year. For a small library, we are very very busy. I am hoping more people join in on events and programs this year. Spread the word about how versatile our library really is.

I was going to talk about New Years' Resolutions, but we all know how that goes, so the historian in me came up with a different idea. I want to discuss the Presidential Inauguration.

First of all, what does Inauguration mean? It stands for beginning and comes from the ancient practice of augury, which means predicting the future. Currently, this marks the start of a Presidents term in office.

The Inauguration used to be held March 4th. That is because "back in the day" it was harder to get to the White House and some of the roads were impassable during the winter. That is not really an issue any longer. The practice of January being the new inaugural month began in 1933 when congress ratified the 20th amendment stating that the new president would be sworn into office at noon on January 20th. If January 20th lands on a Sunday, there is a private ceremony on Sunday to make it official and the public ceremony is held on the 21st.

Since the amendment had to be in play for at least one year before it can be acted upon, FDR was the first president to be inaugurated on January 20th in 1937. This change was also done to decrease the "lame duck" period of the previous president.



The Inauguration is usually held in Washington D.C. on the western side of the Capitol. Thomas Jefferson was the first president to take his oath at the Capitol in 1801. Before this, the oath had been taken in New York City and in Philadelphia. Each city was, at the time, the nation's capital. Most inaugurations take place outside with James Monroe being the first to take it outside in front of the old brick Capitol. Lyndon B, Johnson was the first and only president to take the Oath of Office on an airplane, following the assassination of JFK.

The new president takes a 35-word oath. This is the only event required by the U.S. Constitution. The exact words of the Oath of Office are: "I do solemnly swear (or affirm) that I will faithfully execute the Office of President of the United States and will, to the best of my ability, preserve, protect, and defend the Constitution of the United States." With this recitation of the Oath of Office, the president-elect becomes the president and commander-in-chief. Franklin Pierce, in 1853 chose to say swear instead of affirm.

Continued page 4

Director's Desk, continued from page 3

The chief justice of the U.S. Supreme Court usually administers the Oath of Office. This has been the practice since 1797. Chief Justice Hon Roberts stumbled over the wording at Barack Obama's first inauguration, so the two men decided to do it over again the next day in the White House. Incidentally, Obama used the same Bible as Abraham Lincoln did in 1861. Calvin Coolidge's second oath was administered by the only chief justice to also serve as president, William Howard Taft.

The president-elect usually places their left hand on a Bible, but that is not required by the Constitution. Lyndon B. Johnson used a Catholic missal found on the airplane in Dallas, Theodore Roosevelt used no book at all.

Following the official ceremony, it is customary for the new president to give an address or speech. In the early days it was given before the ceremony. In 1897, William McKinley waited until after he was sworn in. Since this time, all presidents have done the same thing.

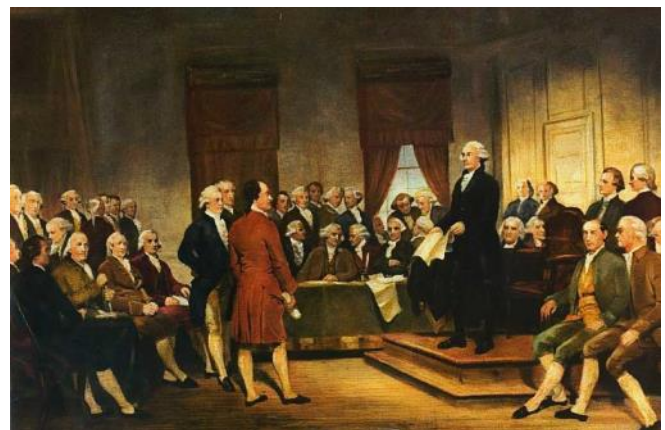
The shortest inaugural address was 135 words and was George Washington's second inaugural speech. Even though "Silent Cal" was known for not using a lot of words, he gave a speech

of more than 4000 words in 1925. The longest inaugural speech was given by William Henry Harrison in 1841 of more than 8000 words. This speech also led his demise as the weather was freezing and a very cold rain poured down on him. He gave his speech without wearing a hat, coat, scarf or gloves. The speech took 1 hour and 45 minutes to complete and then he shook hands with folks for another three hours. He ended up getting a cold which turned to pneumonia and died a month after the ceremony. At which time his vice president, John Tyler was sworn in as president.

There is a brief history of Inauguration Day and this was a little different from the normal Director's address, but I think you will have found it a whole lot more interesting than what I usually write.

Here is hoping all of you have a blessed and Happy New Year!!

See you at the library;

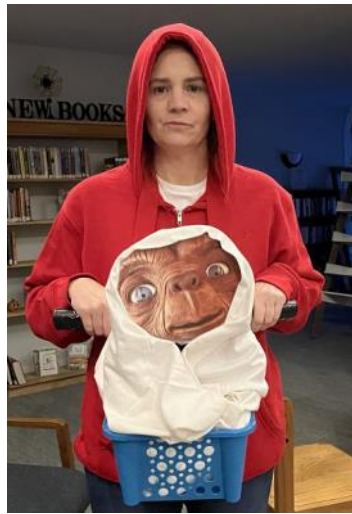


Things we did last year:

Halloween at the library, 2024



Annie



Stephanie



Rhonda



Janet



Bob



Molly & Jeff



Robyn



Paint Nights



Free viewing glasses at the library for viewing the total eclipse in April

It has become a Christmas tradition here at the Ripley Library to have each grade level at the school come decorate a tree. Mother Nature saw fit to have a downpour of rain on the designated day, so only three classes made it in. Others came in later in the week to decorate and all the trees were beautiful!



4th Grade



5th Grade



6th Grade



Winter of 2024 Comparison

Surely you remember the snow storm(s) of December 2024. You know, the ones with snow measured in feet, not inches. As a comparison I found an article in the Erie Times-News from December 1963. In part it says:

“Winter Hits Erie Area; More Snow Due Today

“The Erie area got its first “real” taste of winter this weekend with some regions being blanketed by as much as 10 inches of snow.”
(Imagine that! 10 inches!”

“Below freezing temperatures and severe snow squalls, with a possible accumulation of three to four inches of snow, are predicted today for inland portions of the tri-state area.

“The new snow will be added to as much as 10 inches which blanketed the area Friday and Saturday, felling telephone lines and causing temporary electricity failure.



JERRY STORK had his work cut out for him Saturday by Mother Nature as icy snow felled telephone lines in many sections of the county. Freezing temperatures made chipping away the ice a long, cold and slow process. The above photo was taken Saturday afternoon in the McKean area and similar scenes were repeated in many places.

“Most portions of the area...spent Saturday digging out from over night accumulations. Crews from the General Telephone Company were called out Friday night and worked all night and Saturday to repair lines felled by the freezing snow. (The Company) reported that 400-500 persons were with out service after 16 poles fell Friday night.

“At least six deaths were attributed to the

sudden snow storm. Most of the deaths were the results of heart attacks.

“The torrential snow, and fierce winds moved into western New York on the tail of a rainstorm which froze as temperatures plunged into the 20s.”

I’m sure this was devastating at the time, but in light of our current winter, 1963 seems quite tame. From the Westfield Republican, December 2024, “Findley Lake Snow Totals Near 80 Inches for Week.” In 2008 snowfall reached 306 inches. That’s 25 and a half FEET of snow that winter in Mina, NY. Now that’s a winter!



“It was a chill wind that brought snow squalls to the area Saturday, sending the youngsters scurry for their sleds and telephone lineman such as Ed Kuhar to work . Farm equipment idle in a field adds to a picturesque touch to the black and white horizon.”



JANUARY PAINT DAY

Saturday, January 11th @ 10a.m.

Join us as we paint a festive winter snowman!



Canvas, paints, and brushes provided. Taught by video instructor. A \$5 donation is appreciated.

SPICE CLUB

Each month members pick up a sample bag of a featured spice and some recipes that can be used.

Register each month by phone or in person at the library (716-736-3913).

Register by Saturday, January 11th; Meet Thursday, January 16th @ 5:30



For more information please contact the Library at 716-736-3913.

Fabulous 50

Welcome to our Fabulous 50 Challenge! We invite booklovers everywhere to join. The goal is to read 50 books in a two-year period. For every 25 books you read you will receive a prize.

To enter, register at the library or by phone or email. The entire challenge list can be picked up at the library or sent to your email. Only one book can be used for each entry. No repeats. Check off each box as you complete a book and write the name of the book and author. Contact the library every month to let us know what you've achieved.

Book Chat

A new Facebook page, sponsored by Ripley Library, will host adult readers who will discuss favorite books, and check out new authors.

Beginning January 6th the yet to be named group will meet, live, every Monday, between 3pm til 7pm.

Check the Ripley Public Library Facebook page for information about the new page.

JANUARY NEW BOOK LIST

ADULT FICTION

Anton/Under the Light of the Italian Moon
 Berry/Saving Noah
 Chamberlain/Big Lies in a Small Town
 Evanovich/Now or Never
 Garrett/Like a Sister
 Hauck/The Memory House
 Jance/Den of Iniquity
 Maurer/The Good Afghan
 Patterson/Murder Island
 Reay/The Printed Letter Bookshop
 Reid/Amish Wonder Series 1-3
 A Miracle of Hope
 A Woodland Miracle
 A Dream of Miracles
 Rekulak/The Last One at the Wedding
 Score/The Dead Guy Next Door
 Turnbull/The Paris Deception
 Wilkerson/Black Cake
 Young/The Unmaking of June Farrow

ADULT NONFICTION

Buck/Life on The Mississippi
 Freiss/Green Bay: Murder & Mayhem

Matney/Blood on Their Hands
 O'Donoghue/The Beginner's Guide to Crystal Healing
 Siegel/Tricking Power into Performing Acts of Love

YOUNG ADULT

Lupano/The Library Mule
 Zabrus/Sophie's World

JUNIOR BOOKS

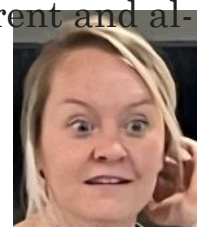
Atkinson/Simon and Chester: Super Frenemies!
 Lewis/Kelcie Murphy and the Academy for the Unbreakable arts
 Swanson/Chasing Lincoln's Killer
 Walsh/Over and Out

EASY READERS

Chang/Birthday Soup
 Deedy/The Yellow Star
 George/I Want Pizza
 Jeffers/The Hueys in What's the Opposite
 Schaefer/Monster Trucks
 Vere/The Elephant and the Sea

Molly Harvey, a SNAP-ED Nutritionist from the Cornell Co-op Extension, visits the Ripley library twice a month to share recipes that are not only yummy, but healthy and inexpensive. Taste testing is always a component of her visits. If you've never been, give it a try. Each session is different and always a rollicking good time!

Thursday, January 16th @ 11
 Tuesday, January 28th @ 6



Book Club

January 6th

1st Monday of the month

5:30 @ the library

Girl on the Train

By Paula Hawkins

Diamond Art meets
Tuesdays @ 4:30

(Dot Doers)

Trial size available for free, then purchase the kits you like.



Knitting & Crochet Group meets Tuesdays, noon until 3:30. All levels welcome.



Sewing Group meets Thursdays, noon until 3p.m.

Quilters and sewers of all levels are welcome.



Library Cards— Your Passport to Adventure

If you need a library card, come see us and we will help get you into the IN crowd. If you haven't renewed your card, we can take care of that too!

Welcome into a world of adventure!



Need an easy way to donate to the Ripley Library? Bottle and Can Collection

The Library has a collection bin in the lobby for returnable cans and bottles. Don't throw out those water bottles and pop cans! Donate them to the library. Almost \$195 has been collected so far!

Please be sure all bottles and cans are empty before you place them in the bin.

Ripley Library is looking for Local Authors

Ripley Library is looking for local authors who would like to join us for our Local Author's Night. We invite published (including self-published) writers to come and speak to our audience, telling us a little bit about yourself and your book. This is generally followed by a Q&A period and a book signing. Call the library now and we'll set up a date. 716-736-3913

Stay and Play
At Ripley Public Library
Moms! Every Tuesday at 10:30
For Babies and Toddlers
age 0-4 years.

New toys!
Join us for
lots of
fun, toys,
books, so-
cializing and
refresh-
ments.

For more de-
tails call
716-736-3913




Can & Bottle Donations

A HUGE shout-out to those of you who have donated cans and bottles to the library! After cashing in months worth of plastic and aluminum, the Best Friends Fund of the Library added almost \$195 to their coffers!

Thank you all so much. A little effort from a lot of people created a decent amount of cash for the library Summer Reading Program as well as other projects. Keep 'em coming!

Come enjoy a hot cup of coffee or tea while the little ones play in the "back room." Toys, equipment and books are available for the youngsters, and the coffee pot is always on.



Ripley Public Library

DIY Storytime


Each month we will have a new craft and stories available. Families are welcome to do the craft, read a story, or do both!

Available as a Take & Make



Girl Scout Troop 20006—Meetings are held Thursdays at 6:15pm in the Ripley Library, 2nd floor.

Contact:
 Ann See
 716-499-1513
 annsee716@yahoo.com



Wanted:

Lego pieces and Lego sets

We will gladly accept any used or new Lego items to add to our collection.

Please drop them off at the library. Thank you.



**NOAH'S ARK
Clothing Store**



**Open the 2nd and 4th Saturday
of each month from 10 am to Noon**

**CLOTHING FOR INFANTS TO ADULTS!
(most items are just 25 cents)**

**First Presbyterian Church
20 West Main Street
Ripley, NY 14775**

**CHECK OUT OUR
LAUNCHPADS**

**PRE-LOADED WITH EDUCATIONAL
APPS & GAMES**



AGES 3-8+

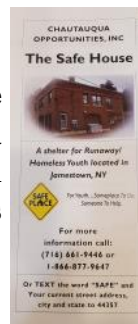
NEW ONES EVERY MONTH

**RIPLEY
PUBLIC
LIBRARY**

Ripley Public Library Has Become a Safe Place Location

What is a Safe Place Location, you might ask? A Safe Place works with the Safe House out of Jamestown and is part of Chautauqua Opportunities, Inc. This is a program for runaway or homeless youth under the age of 18. If this young person needs help, all they do is enter the facility displaying the yellow sign that reads SAFE PLACE. They let someone in charge know they need help.

Stop into the Library for more information or pick up a brochure.



Community Table



The Ripley Public Library welcomes community groups who would like to set up a table in our lobby to promote their business or group. Examples: VFW Poppy sales, Girl Scout cookie sales, as well as distribution of pamphlets or information about your group or activity. The library staff will not be responsible for the manning of these tables, and the table cannot be left unattended. A representative for the table must be present for items to be displayed.

Reservations must be made to establish specific dates and times. There is no cost, it's just our way of giving back to the community. 716-736-3913

Best Friends of the Ripley Public Library

We Need Your Help!

Ripley Library’s BFF group (Best Friends Fund) is looking for more members to join us to help with fundraising and program support for our library.

Dues are just \$5 per year. All we ask is that you attend monthly meetings as often as you can, and occasionally help with fundraising events. Funds raised by BFF are used for library equipment and supplies, upgrades, etc.

There are many things to be proud of in Ripley, and our beautiful library is one of those things. Please call 716-736-3913 for more information.

Best Friends of the Ripley Public Library



Ripley Library Best Friends Fund Application

Name: _____

Mailing Address: _____

Town/ZIP: _____

Phone Number: (Home) _____ (Cell) _____

Email Address: _____

Dues are \$5 annually in January

Print this portion and return it to the library, or pick up a form at the library desk.



Ripley Public Library Mission Statement

The mission of the Ripley Public Library is to promote life-long learning for all community residents, providing unrestricted free access to all printed and recorded material from its own collection as well as that of the Chautauqua-Cattaraugus Library System. The Library will endeavor to create a community center that provides so much more than information for all of those who ask questions and seek answers.

BEST FRIENDS

Best Friends Fund of Ripley Library
P. O. Box 808
Ripley, NY 14775

Phone: 716-736-3913
Fax: 716-736-3923
<https://www.ripleylibrary.org>
Email: thebookworm14775@gmail.com

<https://www.ripleylibrary.org>

Notes & Things

Email Newsletter

We rely on email to get our newsletter out. Each month you will receive 2 emails, The Bookworm and About Town. For a monthly copy, send your email address to: thebookworm14775@gmail.com

If you would like to opt out of our mailing, please let us know at thebookworm14775@gmail.com

***Also now available—The Bookworm and About Town on the library website <https://www.ripleylibrary.org>**

Something to Think About:

What is something you think about often, but never talk about.

What are you waiting for? Life is short.

New Activities & Classes

Is there an activity or class you'd like to see offered at the library? Can you teach a class or give a talk about a topic? Let the library know if there is something new you'd like to add to the many programs and classes already offered. 716-736-3913

Attend a Board Meeting

Ripley Public Library Board of Trustees meetings are open to the public. Check the schedule in The Bookworm for times and dates.

Ripley Public Library Board of Directors Meetings for 2024



Jan 22	Jul 23
Feb 26	Aug 27
Mar 26	Sep 24
Apr 23	Oct 22
May 28	Nov 26
Jun 25	Dec TBA

Meetings are open to the public, in person or via Zoom, and will be held at 6p.m. Dates and times subject to change.

Ripley Public Library is Open for Business


Mon. Wed. Fri. 10 a.m.-5 p.m.
Tue. Thu. 10 a.m.-7:30 p.m.
Sat. 9 a.m.-2:00 p.m.

Please note: all letters and/or emails to the Library and staff **MUST** be signed. Those without a signature will not be recognized. Names will be omitted, to protect privacy, if published.

Join our Supporters of the Ripley Public Library!

When visiting these businesses or individuals, please thank them for their support of the Ripley Public Library!

Want to show your support for our Ripley Library? For \$60 (that's only \$5 per month) you can put your business card or a personal message in every issue of The Bookworm. A small amount from many equals a big amount for new library programs. Please help.




VFW Post 2769
 Dave Bower, Commander
 Ripley Town Building
 14 N State Street
 Ripley, NY 14775

Meetings 4th
 Thursday
 10:30a.m.

Marcus E. Promber - owner
Can Kings marcuspromber@yahoo.com
 REDEMPTION CENTER (716) 818-8322
 112 East Main Street
 Fredonia, NY 14063

Hours
 Monday - Friday. 9AM - 6PM
 Saturdays 9AM - 4PM & Sundays 9AM - 2PM



Earl C. Freling, D.C.
 Chiropractor

73 West Main Street
 Ripley, NY 14775
 716-736-6868

CHAUTAQUA SUNRISE
 Live cable TV on Access 8, Mayville, NY
 Saturday morning from 9-10 a.m. Call in
 716-753-5225

Doc Hamels
 Producer/Host
 On Spectrum Ch 1301, 2 & 8 pm Daily
 hamels@fairpoint.net
 Facebook.com/Chautauquasunrise
 716-223-0112



Cooney's Island
 Licensed manufacturer of
 Addie's Ice Cream

25 West Main Ripley, NY 14775
 Cell 814 323 2339

Like us on Facebook or even better...
 in person

Fax 716 252 6522
 Order line 814 449 1732
 Cooneysisland@gmail.com Food Safety Certified

MATHEWS FUNERAL HOME

Serving Ripley for 100 years



104 West Main Street, Ripley,
 NY 14775
 716-736-4561



**NORTHERN CHAUTAQUA
 CANINE RESCUE**
 7540 North Gale Street
 Westfield NY 14787
 (716) 326-7297
 www.caninerescue.org

PH (716) 736-3205
 FX (716) 736-3215
 CELL (814) 882-1042



RIPLEY MACHINE
 PROUDLY MADE IN AMERICA
 — IN GOD WE TRUST —

andy@ripley-machine.com
 ripley-machine.com

ANDY REINWALD President

THOMPSON
Collaborators


6345 Hamilton Rd
 Ripley, NY 14775
 ph. (716) 736-2277 fax (716) 736-2278

**Your best
 choice in auto
 body work**

Free Estimates Frame Machine
 Paint Booth 40+ years experience
 Computer Aided Hours: M-F 8am-5pm
 Color Matching Saturday 9am-noon

**Timmerman's Fruit Farm
 & Market**

8352 Rt. 20 West
 Westfield, NY 14787

O'LEARY 
 DENTAL OFFICE

Joseph M. O'Leary, DDS
 (814) 725-4705
 Fax: (814) 725-0001 35 West Main Street
 OLearyDental.net North East, PA 16428

MAIN STREET-LLC
PIZZA
 736-2222
 Subs Wings Salads
 We Deliver

 **Community Bank**

Sara Post
 ASSISTANT VICE PRESIDENT
 BRANCH MANAGER
 NMLS ID: 1844629

P: 716.326.3145
 F: 716.326.4065
 s.hara.post@cbna.com cbna.com




COOLEY TIRE

(814) 347-0850 office
 12214 East Main Rd • North East, PA 16428
 Hours 8:00 - 5:00 Monday - Friday
 24 Hour Road & Farm Service



our local tire shop for all vehicles, farm tractors, & semi trucks.



I Love my library

Diane Bentley O'Brien

Noble Winery
Come See Our View!



8630 Hardscrabble Road
Westfield, NY 14787
(716) 326-9463
sales@noblewinery.com

**Proud to Support the
Ripley Public
Library.**

**John & Rhonda
Thompson**



Bella
Salon & Day Spa



41 West Main Street
North East, PA 16428
(814) 725-6767

www.bellasalonanddayspa.net

ministry
200
We've got you covered
natural beauty salon.

*Best
Wishes*



Dennis & Sandy Wright

Knight Vineyards



Ripley, NY

 Peaches available late July

 Knight Vineyards, LLC



Kathy Holland
Owner/ Stylist

Main Studio
10660 West Main Road
North East, PA 16428
Like us on FACEBOOK
814-725-4321

ROBYN NEAR
AUTHOR, FREE LANCE WRITER



cell 716-581-0309
robynnearealbright@gmail.com
Ripley, NY 14775


Lake Shore
hydroponic



10429 W Lake Road • Ripley, NY 14775
(814) 282-5327
lyndon@lakeshorehydroponic.com

• Family Owned & Operated •

**Ripley Public Library
Board of Directors**




We love our library



Bob & Nancy McIntosh

Johnson ESTATE Wines



Grown, Vinified & Bottled in the Chateau Tradition
JOHNSON ESTATE WINERY L.L.C., BOX 52, W. MAIN RD., WESTFIELD, NY 14787

FRED JOHNSON
Owner

Phone 716/326-2191
Fax 716/326-2131
www.johnsonwinery.com

**The Best Friends
Fund is Proud
to be a part of the
Ripley Public
Library!**




**All the Best
for 2025 Bill
& Pat Locke**

We Support Our Ripley Public Library

Pete & Sue Ryan

January 2025

Sun Mon Tue Wed Thu Fri Sat

			<i>1 New Year's Day</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6 Book Chat 3-7; Book Club 5:30</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11 Spice Club register; Paint Day 11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16 Nutrition w/ Molly 11; Spice Club 6</i>	<i>17</i>	<i>18 BFF 12:30</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22 Library Board Mtg 6</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28 Nutrition w/ Molly 6</i>	<i>29</i>	<i>30</i>	<i>31</i>	