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Happy Fall! It appears that it is suddenly upon us! This newsletter is dedicated to influenza and the swine flu. A variety of ideas from a variety of perspectives on how to stay healthy this fall and winter seasons. We hope that you find it helpful~ and that you stay well this winter!

ALERT* FluMist Clinic by appointment only

We have received our FluMist influenza vaccine and will start scheduling for **FluMist only** at this time. Unfortunately, due to the need for the manufacturers to produce the novel H1N1 vaccine **our preservative free flu shots** have been delayed and will not be available until mid to end of October. We will alert you as soon as we have set dates for this vaccine. Only certain people qualify for the FluMist nasal spray vaccine, so please see below. If you do qualify we highly recommend this version of the vaccine as the immunity lasts longer than the flu shot and you create antibodies locally (i.e in your nose) where you need your first line of protection against the flu. Again, if you can get FluMist, please contact our office to schedule your vaccine.

Flumist is approved for people from 2 through 49 years of age, who are not pregnant and do not have certain health conditions (see below).

The following people should not get Flumist but should get the inactivated vaccine (the flu shot) instead:

- children between 6 months and 2 years of age. (Children younger than 6 months should not get either influenza vaccine.)
- Children younger than 5 with asthma or one or more episodes of wheezing within the past year.
- People who have long-term health problems with: (Tell your doctor if you ever had any of the following health problems. You may be able to get the Flumist vaccine, but your doctor should help you make the decision).
 - heart disease
 - kidney or liver disease
 - lung disease
 - metabolic disease, such as diabetes
 - severe asthma
 - anemia, and other blood disorders
 - Guillain-Barré syndrome
- Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- Anyone with a weakened immune system.
- Children or adolescents on long-term aspirin treatment.
- Pregnant women.

There are two types of seasonal influenza vaccine:

1. Live, attenuated influenza vaccine, also know as FluMist, contains live attenuated (weakened) influenza virus. It is sprayed into the nostrils. Not everyone should get this, please see above.

2. Inactivated influenza vaccine, sometimes called the "flu shot," is given by injection and is not a live virus.

FluMist Clinics will be held by appointment only

Wednesday, September 30th 9am-3pm

Thursday, October 1st 8:30am-12pm

Wednesday, October 14th 9am-3pm and 5pm-7pm

Thursday, October 15th 8:30am-12pm

Influenza and the Swine Flu

Influenza is here and the vast majority of it is the novel H1N1 "swine flu". Fortunately, the majority of people in the United States who have had "swine flu" have had a mild version of the illness thus far not requiring medical attention or treatment.

This year I am recommending more than ever that people receive the regular flu vaccine. If the swine flu becomes more virulent in the depths of the winter, it will be nice to have less seasonal flu to contend with in addition to making it potentially easier to sort out which flu the patient has.

We will not be carrying the H1N1 vaccine this season as it will be available through the health department and potentially the schools. The CDC recommendations for who should get the swine flu vaccine are included below; essentially, it is recommended that all children over 6 months of age receive this vaccine. We are still awaiting information on the components of the swine flu vaccine and plan on making this information available to you when it is released. It is anticipated that it will be made available mid to late October.

Below is a compilation of information from the CDC regarding the facts about swine flu. We have also brought in information from Nasha Winters, a local naturopath, as well as Rebecca Koeppen, a local homeopath, to give their recommendations in regards to prevention, symptomatic support and treatment as well. We are grateful to have such talented alternative practitioners in our community to weigh in on this challenge. They have both broad recommendations as well as some very specific recommendations. If you have questions about their recommendations it will be best for you to contact them directly.

This information is especially useful in light of the fact that the CDC is only recommending antiviral treatment for:

1. those who are sick enough to be in the hospital
2. those with the severe illness

Early treatment with antivirals should be considered for persons with suspected or confirmed influenza who are at higher risk for complications including:

1. Children younger than 2 years old (any child over 2 with severe

illness)

2. Persons aged 65 years or older
3. Pregnant women
4. Persons of any age with certain chronic medical or immunosuppressive conditions
5. Persons younger than 19 years of age who are receiving long-term aspirin therapy.

Again, the vast majority of children and adolescents will have a milder version and will not require "anti-viral" treatment. Recommendations below may prevent them from getting the illness, may make them more comfortable as they go through the illness and may help them have a milder version of the illness.

Please read the "emergency warning signs" and call us immediately in regards to these. There should be **no delay** in care if these are noted and/or your child is less than 2 years of age. The information contained in this newsletter is not intended to be nor is it to be treated as a substitute for professional medical advice relative to a specific medical condition or question. Please call us with your questions and concerns. Hope your fall and winter are wonderful and healthy!

Dr. Pakhi, Amanda, Kodie and Laura

CDC Information about Influenza and the Swine Flu

What is 2009 H1N1 (swine flu/novel influenza A)?

2009 H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. It is a genetic hybrid of swine influenza, avian influenza and human influenza.

Who will be recommended to receive the 2009 H1N1 vaccine?

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include:

1. pregnant women
2. people who live with or care for children younger than 6 months of age
3. healthcare and emergency medical services personnel
4. persons between the ages of 6 months and 24 years old
5. people ages 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.

Are there other ways to prevent the spread of illness?

Take everyday actions to stay healthy.

1. Cover your nose and mouth with a tissue when you cough or sneeze.
2. Throw the tissue in the trash after you use it.
3. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
4. Avoid touching your eyes, nose or mouth. Germs spread that way.
5. Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

fever *

cough

sore throat

runny or stuffy nose

body aches

headache

chills

fatigue

sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

It is not necessary nor feasible to test every person with influenza-like illness for H1N1. Persons with uncomplicated flu-like illness do not need to be seen by a health care provider and do not need to be tested for H1N1.



What should I do if I get sick?

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are:

1. Children younger than 5, but especially children younger than 2 years

old

2. People 65 and older
3. Pregnant women
4. People who have:
 - a. Cancer
 - b. Blood disorders (including sickle cell disease)
 - c. Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
 - d. Diabetes
 - e. Heart disease
 - f. Kidney disorders
 - g. Liver disorders
 - h. Neurological disorders (including nervous system, brain or spinal cord)
 - i. Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
 - j. Weakened immune systems (including people with AIDS)

Also, it's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider.

Treatment with antivirals is recommended for hospitalized patients with confirmed or probable cases of novel H1N1 and those patients who are in the high risk for influenza complications as stated above.

Patient Care Advice:

1. Shedding- people infected with seasonal and novel flu shed virus and can infect others for one day before getting sick, up to 5-7 days after illness begins.
2. Cover your cough and wash your hands often
3. Avoid touching your eyes, nose and mouth to prevent the spread of germs
4. Motrin and Tylenol for symptom relief as need for fever and pain (DO NOT give aspirin or aspirin containing products like pepto bismol to children/teens, 18 years or younger).
5. Children younger than 4 years of age should not be given OTC cold meds without first speaking with a provider.
6. Keep away from others (especially those in the high risk group) as much as possible.
7. Encourage clear fluids (water, broth, electrolyte drinks), nasal saline spray, steam showers
8. Seek care if flu-like symptoms improve, but then return with fever and worse cough
9. Any child younger than 3 months who has a fever should see a pediatrician. In a child older than 3 months, how high the fever is isn't as important as how he or she feels and acts

10. Any child w/ a chronic medical condition (ie asthma, heart problem, neurological disorder, diabetes) who has flu like symptoms should be seen.

There are emergency warning signs. Anyone who has them should get medical care right away.

What are the emergency warning signs?

In children:

Fast breathing or trouble breathing

Bluish skin color

Not drinking enough fluids

Not waking up or not interacting

Being so irritable that the child does not want to be held

Flu-like symptoms improve but then return with fever and worse cough

Fever with a rash

In adults:

Difficulty breathing or shortness of breath

Pain or pressure in the chest or abdomen

Sudden dizziness

Confusion

Severe or persistent vomiting

How long should I or my child stay home if we are sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.

Cold/Flu Prevention and Treatment, A Naturopathic

Prespective By Nasha Winters, ND, L.Ac., Dipl.OM

Namaste Health Center

www.namastehealthcenter.com

It is impossible to avoid hearing the rhetoric regarding the swine flu, flu vaccines, and the upcoming cold/flu season when turning on the news, walking into the supermarket, standing in line at the post office or just casual chatting on the street.

I would like to see parents take a deep breath and tune into their own intuition and common sense. Fear, itself, creates a stress response in the body, lowering the white blood cell count and further compromising an already depleted immune system.

Knowing that the FDA has not yet approved the H1N1 strain flu vaccine (to offset the Swine Flu) for infants, children and pregnant women until further studies have been done, what can you do now?

Here's what I suggest:

- Limit sugar in the diet.
- Increase hydration.
- Get outside in the fresh air at least once a day and breath deeply.
- Exercise.
- Get adequate amount of sleep.
- Keep kids home at the ONSET of a cold/flu so they can rest to prevent it from becoming more problematic and to prevent spreading to their peers.
- Wash hands diligently. Plain soap and water is all you need.
- Have effective tools to address stress.
- Most importantly, optimize your vitamin D levels. (They naturally drop in the winter because of less sunshine, hence why we have a cold/flu season.) Just because we live in the SW does not mean we are all optimal in our vitamin D levels.
- Homeopathic Oscillococcinum has been a safe and effective remedy for years. Dose once a month during flu season, once a week if the flu is active in your area. It is best dosed right at the onset of the flu if you aren't doing the preventative maintenance program.
- Sambucas Nigra (Elderberry) is also one of my favorite and tastiest methods of preventing and treating the flu, as it is an excellent antiviral. Deb Swanson at Dancing Willow Herbs just processed a ton of tincture, syrup and chews for you and your family. It can be taken preventatively as well as acutely.
- And, the "warming sock" treatment is an excellent way to bolster the immune system, clear head congestion, enhance sleep and abort the beginnings of a cold/flu.

Wet Socks Treatment

Wet socks can be applied specifically for conditions involving the feet and ankles (sprains, strains, inflammation), and are also great for relieving - and even preventing - conditions such as headaches, ear infections, sore throats, colds, flu, lung problems, hormonal imbalances, and the like. This is because the treatment urges the body's own immune system and defenses into action by stimulating blood and lymph flow.

Even people who have no complaints or illness can benefit from bedtime wet socks applications. The treatment effectively induces deeper and more restful sleep, while enhancing overall circulation and waste elimination!

Wet socks treatments are best done just before going to bed, leaving

them on while sleeping. While worn, the icy socks will be dried by the body's circulating blood.

You will need:

- A pair of medium weight all-cotton socks
- A pair of thick all-wool socks

Directions:

- Make sure your feet are warm before beginning the treatment
- Soak cotton socks in ice cold water (or keep a pair in the freezer)
- Wring out well, and put on the feet
- Put the wool socks over the cotton ones (they should completely cover the cotton socks)
- Leave on overnight, or remove when the cotton socks are dry

These are mere suggestions. Please see your pediatrician or naturopathic doctor if the cold or flu persists or if you have specific underlying health issues that might contribute to an already weakened immune system.

May you have a healthy, happy, flu-free fall and winter!

Yours in Health,
Nasha Winters, ND, L.Ac, Dipl.OM

Homeopathic Remedies for Flu Prevention by Rebecca Koeppen

Rebecca Koeppen, Wholistic Health Consultant, has 30 years experience specializing in Classical Homeopathy. She received training as a professional Homeopathic practitioner at the College of The National Center For Homeopathy in Brussels, Belgium with Dr. Jacques G. Imberechts.

Homeopathy is a system of medicine that began in Germany in the early 1800's and is still in use in many nations. A basic premise of Homeopathy is that since we are all unique individuals, our illnesses are also unique and require an individualized medicine even for common widespread conditions like the flu. In pursuit of that goal Homeopathy looks at every possible aspect of a patient's illness in order to choose the homeopathic medicine (called remedies) that will be curative.

Homeopathic remedies made history in the treatment of the famous flu pandemic of 1918, also called the Spanish Flu. In the United States at that time Homeopathy was quite prevalent and during the epidemics, homeopathic doctors had a 1% mortality rate in their patients while allopathic (regular AMA-type docs) had a 30% mortality rate.

Since then homeopathic practitioners have sought to prevent influenza in their patients by administering a few doses of the homeopathic medicine

'Influenzinum' at the beginning of flu-season. That remedy is still around and it still works for most people and children.

It is best to give one dose of Influenzinum 9c or 30c once a week for 4 weeks. Then wait one month and give one more dose. Now is the time to start and its useful to repeat this process again in late February or March, especially if it turns out that we are having a wide outbreak of H1N1 Flu by then. The directions are the same for adults, children, pregnant or nursing women and the elderly. Starting this protocol before exposure to the flu virus is your best protection. (Deb Swanson at Dancing Willow Herbs will have this remedy mid to late October.)

When you know for sure that you or your child have already had direct exposure to the flu, use the homeopathic remedy 'Oscillicoccinum'200c. (pronounced 'os-sil-ico-sin-um') Give 1 dose of this remedy 3 times in one 24 hour period, for example 7AM, 7PM and 7AM. Not only is this likely to prevent the onset of infection, if infection has already begun it is likely to reduce the length and severity of the illness.

Homeopathic remedies also treat full-blown cases of the flu. In that situation it is necessary to determine someone's individually matched remedy and that will require professional help.

If the sickness seems particularly severe, includes any emergency warning signs or your child is less than 2 year of age and your are concerned that they have novel H1N1, please see your doctor.

Calendar of Events



Free Yoga Class

For Children ages 3-7

Class taught by Cara Besskó R.Y.T., certified Hatha Yoga Instructor for children and adults.

Class will be held at Pediatric Associates of Durango
Wednesday, October 14th

Wednesday, November 11th

Wednesday, December 9th

3:15pm - 4:00pm

Classes are once a month

Please call the office 259-7337 to reserve a space for your child

Child Safety Day on Oct. 3 at Home Depot

Home Depot will host its second annual child safety day from 9 a.m. to 1 p.m. on Saturday, Oct. 3, in its parking lot.

United Way agencies are invited to set up booths to share information



about child-safety programs they may offer.

Contact Home Depot at 259-7954, ext. 077.

The La Plata Family Center of Durango

Love and Logic session offered in September

Sept. 1st-Sept. 29th

Classes are Tuesdays from 5:30-7:30 with a light dinner provided. Cost is \$75 for members of the Family Center and \$90 for community members. Childcare is offered at an additional \$20 for the 5wk session. Please call Heidi at 385-4747 to sign up for a session!

Boot Camp for New Dads ~ TBA

The cost is \$20 and includes a copy of the book Crash Course for New Dads.

Call 385-4747 for more information.

Couples Communication ~ Look for dates to be posted in the near future!

Cost is \$40 for materials. Dinner and childcare are provided.

Scholarships are available.

Call 385-4747 for more information.

Tumbling Tots Sessions ~ Starting September 14th

Tumbling Tots is a program for children ages 14mo. - 3yrs. Parents assist their children to develop large motor skills, as well as socialize, sing and chant. Classes are offered at the Mason Center on Mondays at 10am and Fridays at 9am for 5 weeks.

The cost for members is \$30.

Call Heidi at 385-4747 to sign up today!

Young Mothers Group

Open to all mothers and expecting mothers up to age 21. Groups are every Friday from 10:00-11:00.

Call Jenny or Christine at 385-4747 for information

Book Bag Literacy Program

The Family Center of Durango has started a Book Bag Literacy Program for parents and their children. We are currently accepting new & used books. If you have books you no longer read, please keep us in mind! If you would like to check out a bag of books, please come into the Family Center.



Family Center Book Lending Library

Thank you to all the parents that gave us input on what books to include in our Family Center Book Lending Library. Christine has updated our library and we have many new titles to help with the trials and tribulations of parenting. Please stop in to check

out a book!

The Family Center Playgroups

Newborn Group ~ birth to 5 months

Tuesday 1:30 - 3:00

Noodle-O's ~ 6-11 months

Tuesday 10:00 - 12:00

Lil' Monkeys ~ 12-17 months

Every other Friday

Cubs ~ 18 - 23 months

Tuesday 10:00 -12:00 noon

Mommy and Me ~ 2 - 2.5 years

Monday 10:00 - 12:00 noon

Grasshoppers ~ 2.5 - 3 years

Schedule Varies

Dragonflies ~ 3 - 3.5 years

Tuesday 11:00 - 1:00

Durango Darlings ~ 3.5 - 4 years

Wednesday 10:30 - 12:00 noon

Caterpillars ~ 4 - 5 years

Thursday 10:00 - 12:00 noon

The Children's Museum of Durango

Sudden Science

This after-school program is bound to inspire the budding scientist in every participant! Build, design, and think like a scientist in our fun, explosive, experiment-filled class! Don't miss it!

Ages 6+



Tuesdays September 1, 8, 15, 22, 29
3:30 - 4:30pm
\$12 per class or \$40 for 4 week session
\$10 and \$30 for members

Imagination Station

This class is for our youngest scientist! Each day we will dabble in a new aspect of science using age appropriate games and activities. Painting, puppets, dancing, and playing with our food are just some examples of how we will spark scientific curiosity.

Ages 2 - 3

Wednesdays September 9, 16, 23, 30

9:00 - 10:00am

\$10 per class or \$35 for 4 week session

\$8 and \$30 for members

October Kids Cook with Yucky Salad

Our favorite culinary Kook is back to help us figure out what to do with all the wonderful fall veggies. Zucchini, eggplant, and pumpkin, oh my!!

Ages 5 and up

Mondays October 5, 12, 19, 26

3:30 - 4:30pm

\$15 per class or \$50 for 4 week session

\$10 and \$45 for members

Sudden Science

This after-school program is bound to inspire the budding scientist in every participant! Build, design, and think like a scientist in our fun, explosive, experiment-filled class! Don't miss it!

Ages 6+

Tuesdays October 6, 13, 20, 27

3:30 - 4:30pm

\$12 per class or \$40 for 4 week session

\$10 and \$30 for members

Night at the Museum

Spend a night at the museum! Enjoy an educational and fun sleepover with your friends Labocat Lexie and Awesome Ashley! Experienced slumber partiers only, please.

Ages 7 - 12

Saturday October 3

\$65 per child, \$60 for members

November Discovery Drama

Explore the wonderful world of science through drama! We will use age appropriate theatre games and dramatic role play activities to better understand the scientific world around us. A short performance will wrap up this program on the last day of class.

Ages 4 - 6

Mondays November 2, 9, 16, 30

3:30 - 4:30pm

\$12 per class or \$40 for 4 week session

\$10 and \$35 for members



Sudden Science

This after-school program is bound to inspire the budding scientist in every participant! Build, design, and think like a scientist in our fun, explosive, experiment-filled class! Don't miss it!

Ages 6+

Tuesdays November 3, 10, 17, 24

3:30 - 4:30pm

\$12 per class or \$40 for 4 week session

\$10 and \$30 for members

Family Science Night

Want to try Sudden Science as a family? Of course! Bring the whole group for some problem-solving and hands-on activity!

Vermicomposting Basics: everything you need to turn your garbage into gold!

Wednesdays November 4, 11, and 18

7:00 - 8:00pm

\$40 per family

December Family Science Night

Want to try Sudden Science as a family? Of course! Bring the whole group for some problem-solving and hands-on activity!

Vermicomposting Basics: everything you need to turn your garbage into gold!

Wednesday December 2

7:00 - 8:00pm

\$40 per family

Crafts

Durango Discovery Kids has a wonderful "craft zone" where kids can discover their inner artist! We replenish the supplies daily and anything you create is yours to take home. This wonderful activity is included in your daily admission. We often offer special craft workshops and seasonal activities, so please refer to our program schedule or call 259-9234 for more information.

Birthday Parties - Have your birthday party at Durango Discovery Kids! We will open up the museum for you and 10 of your friends for 2 hours, set up and clean up, and provide a craft and entertainment. We can also provide a birthday cake!



Prices and availability vary. Please call 259-9234 for more information.

Pay What You Wish- The first Sunday of each month is free admission. Donations are always accepted.



Boys and Girls Club of La Plata County

Coming Fall 2009: The After School Program 2009 - 2010

The After School Program 2009 - 2010 - Beginning on August 31st, the Club will be hosting the 2009 - 2010 after school program. The program will run each day after school and on days when 9-R schools are closed. The hours will be 3 - 7 pm Monday through Thursday and 1- 6 pm on Fridays. To participate in the after school program your child will need to be a current member. Check out our News & Events page to see what will be happening. If you have an question please contact the Club at 970-375-0010.

Swimming at the Durango Rec Center -

Each Monday, Wednesday, and Friday, Club members will have the opportunity to go swimming at the Durango Rec Center. The cost is \$1 for Rec Center members and \$5 for non-Rec Center members.

Durango Arts Center Program - Every other Thursday

Volunteers from the Durango Arts Center will present famous works by artists and lead activities with members in that artist's genre.

Del Alma Program - New to the Boys & Girls Club this fall, instructors from Del Alma will come to teach members about Spanish language, heritage, food, culture, and more. This program requires advanced sign up. Please see the front desk for details.

Wyld Life - Each Wednesday night, this youth group for Middle School students meets to discuss issues facing teens, including religious and spiritual beliefs. For more information, check out <http://www.younglife.org/Wyldlife>.



Fall Programs

DEVO Bike Program - Members will have the chance to work on bike riding skills with coaches from the DEVO bike program. Club members are encouraged to bring their own bicycles. The Club can provide a few bikes for members. Bike rides are every Wednesday at 4:15 pm -5:00 pm. Please sign up at the front desk.

Torch Club - Torch Club is a national Boys and Girls Club program

for 10 - 13 year olds. The program emphasizes leadership development. Members take part in community service projects as well as help make decisions around the club.

SMART Moves- Club members have an opportunity to take place in this healthy lifestyles program. SMART Moves emphasizes healthy choices including drug resistance, and peer pressure avoidance.

Durango Arts Center Program - Every other Thursday
Volunteers from the Durango Arts Center will present famous works by artists and lead activities with members in that artist's genre this month's artist is Frederick Remington!

Durango Public Library

Baby, Books and Me Storytime

Thursdays 1:30pm - 2:30pm Ages 2yr



The Beast in the Library

 - Wildlife

photography will be on exhibit from September 13th - October 24th. Work from local photographers will be on display. The exhibit is available for viewing during program room events only. This is an all day event for family of all ages.

Cactus Critter Bash

 - 9/30/2009 7pm - 8pm

Musical program with Western theme to kick off the Durango Cowboy Poetry Gathering. Geared toward kids in grades 2-5 and their families. Sid will play a variety of instruments and explain them to the kids.

"Fired Up"

Stories told by Durango Firefighters

10/9/2009 10:30am - 11:00am

Durango Firefighters will read stories and show firefighting props at special story programs at 10:30 a.m. on the second Friday of each month, beginning on May 8th.

The programs will be held in the Storytime Room of the library.

