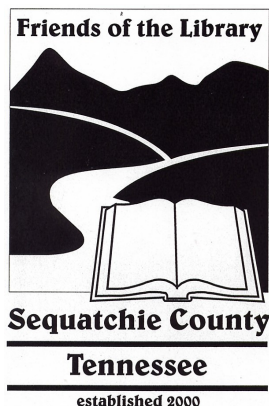

SEQUATCHIE COUNTY LIBRARY LIGHTS

Fall 2011

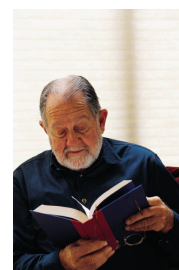
October 2011



A great community deserves a great library.



**Especially for Seniors: or
What Your Library Can
Do for You and What You
Can Do for Yourself**



By Robert Lambert

***Senior Reading and Writing Leads to Improved
Comprehension and Well Being***

Many of us struggle with loneliness, helplessness, boredom, loss of sight, loss of mental capacity, or a loss of a sense of accomplishment. Safety may also become an increasing concern to us as we age. Please consider these suggestions for, not only coping with, but overcoming, such barriers to happiness.

❖ **Visit your local library.**

The library is a great source of both information and entertainment. Through library materials and technology, you may discover relevant information about any problem or concern, deal with challenges and even contact friends. Although obviously no substitute for an expert medical opinion when you are ill or an expert legal opinion about how your estate should be handled, the Internet can provide a wealth of health or legal information to help you prepare questions for your doctor or lawyer during your appointment with them.

INSIDE THIS ISSUE

- 1 Especially for Seniors
- 3 Discover Whether You Are Descended from Princes or Pirates
- 3 New Genealogy Group
- 3 Shop the October Book Sale
- 4 Friends Day Trip
- 5 Summer Reading Achievements
- 5 November Flag Decommissioning Ceremony
- 6 Reception for County Commission
- 6 New Book Arrivals
- 8 Library Information

One good example of such information may be found at www.medlineplus.gov. This site is maintained as a public service by the U.S. National Library of Medicine and the National Institutes of Health, and, as stated on its home page, provides “trusted health information.”

❖ **Read some every day.**

The newspaper is always free and current at the library. Read it not only for current news, but also to learn more about people you know or you might like to know more about. Newspapers also report entertainment items and upcoming local events. Magazines are also available at the library, as well as from membership groups such as the AARP and the VFW. Religious writings are published by every denomination.

❖ **Create your own small library of published books or music.**

Even with little disposable income, you may be able to create a “collection” of your own. The Sequatchie County Friends of the Library hold two book sales a year at which most hardback books cost a dollar and paperbacks only fifty cents. Your “collection” probably should follow one of your own main interests. Book and media titles are available on every possible subject and in every fictional format. Materials can be obtained in foreign languages, as well as in Braille.

❖ **Try newer formats.**

Books and papers can be read by using an internet connected computer or an electronic book device. This saves a tremendous amount of paper AND also means you do not have to ever again find space for your reading material, or move it, or throw it out. Some internet sites will let you “check out a book” for a limited period of time and then “return” it. Visit our library’s website, www.sequatchiecountylibrary.org, and click on the link to Tennessee’s R.E.A.D.S, its regional electronic ebook and audiobook download system catalogue, where you will find all kinds of free fiction and non-fiction offerings, including books for children. Tapes, CD’s, and yes!, radio can go with you almost anywhere. These good entertainment devices relieve boredom and promote contentment. They will also bring you the sermon on an inclement day or one on which *you* are “under the weather.”

❖ **Write some each day.**

Contacting friends and loved ones, even if it is just a short note to tell them what you are doing, keeps you close to those you love. You may want to keep in touch with classmates, too. Many people keep a journal. Keeping a journal trains you to be observant; prevents you from losing ideas; trains you to express your thoughts and expand your ideas; and allows you to see your progress over time. If you support or advocate a cause or an organization, then you can contribute your knowledge and opinions to its purpose. Keeping in touch by writing is especially nice during the holidays. You may want to share events and ideas from the previous year through a holiday letter to those you love.

❖ **Try writing some of your own poetry or stories.**

If you like poetry or stories, try writing some. For encouragement join a group of like minded people.

❖ **Set up an area to read and write.**

This area should be equipped with a desk, chair and good lighting. Reading glasses or a magnifying glass should be nearby. Keep available writing instruments, paper and some standard helps such as a dictionary, thesaurus, and Harbrace Handbook. You will need a calendar on which you can write and erase.

❖ **Save material you feel is important (but make it neat).**

One or more sectioned notebooks can be filled with your favorite hobbies, book lists, inventories, pictures, or recipes.

❖ **Set up an area to take care of your business needs.**

Keep all of your bills in one place and take care of them before anything else. The test is... “[i]f not doing it will cause you trouble, then get it done on time”. You should have at least two mailboxes or racks (one for bills only). Try to keep stamps, packaging materials, and an address book in this area in case you need them.

❖ **Consider recording the history of your family and your life story.**

The library has genealogy materials, and recently some Friends members started a genealogy group. An article on the following pages has more information about it. A fixed length journal with your recollections is one way to leave your history



**Did you descend from
a pirate or a prince?**



behind. Someone, a family member, a friend or an interested outsider, may enjoy hearing your story, and you will enjoy telling it. They can record it a section at a time or write it down and give you a finished copy of the story.

❖ **Put a blackboard or whiteboard up and share writings and drawings on it.**

This is as good an idea for grandparents and grandchildren as it is for parents and children. You can be an effective mentor for a child and both parties do not have to be present (at the same time) for both to win

❖ **Have an eye doctor and set up regular appointments.**

Very little is more important than your health. Glaucoma, cataracts and other eye problems can affect seniors, but these can be treatable or correctable.

❖ **Be as safe as you can be.**

Many sources of information can be used to help seniors stay safe, particularly some found on the internet. If you are not comfortable using a computer, ask a family member or a friend to visit sites like these three: www.ready.gov; <http://www.cdc.gov/homeandrecreationalafety/falls/index.html>; <http://www.mayoclinic.com/health/senior-health/HA00042>; and www.homesafetycouncil.org/SafeSeniorsSeniors_w001.asp. Security of information is discussed on sites like these three: <http://www.fbi.gov/scams-safety/fraud/seniors>; http://us.norton.com/familyresources/resources.jsp?title=cyber_safe_seniors; and <http://www.ftc.gov/bcp/edu/microsites/idtheft/consumers/deter.html>

Challenge yourself to follow at least two of these suggestions. The goal is to try all of these suggestions at some time during the year.

On September 29, 2011, a group of individuals interested in genealogy met for the first time for organizational purposes at the library in the genealogy room. They decided, among other items, to have genealogy work sessions the first Tuesday of every month and to meet for business purposes quarterly, beginning January 2012. The genealogy room is presently open by appointment, usually only on Wednesdays, and one goal of this group is to make the room available by appointment three days a week. If you are interesting in joining the work sessions and/or the quarterly meetings, please call Karen Fletcher at 423-280-0419.

Shop, shop, shop at the October 2011 Book Sale

The Sequatchie County Friends of the Library's October 2011 Book Sale will be shorter than book sales of the past. The Friends Day will be Wednesday, October 19, 2011 from 2:30pm to 5:00pm, and the sale will open to the public on Thursday at 8:00am, closing on Saturday at 3pm. The venue will be the Dunlap City Training Center.

As most readers already know, the merchandise selection and prices are the best encouragement to attend the sale, most hardbacks costing only one dollar and paperbacks fifty cents. Children and youth books are only a quarter each, and magazines are there in plenty and only a dime each. Aside from books and magazines, sale items include plenty of movies, puzzles, and other surprises. If all this fails to bring you to the sale, there are more than twenty desirable silent auction items displayed. With a little luck you will not be underbid. The silent auction items range from a hand-knitted afghan to a generously stuffed basket of goodies any lady would love to receive. Finally, the Friends will be drawing for the winner of a beautiful Agatha Christie book collection, each volume leather bound, generously donated by Friends member Karen Larrimore.

You can get a start on Christmas shopping and spend less at this sale.

FRIENDS DAY TRIP

By Jane Indyk

In June 2011, instead of our usual monthly board meeting, the “Friends” elected to “take the day off” and have a “play day!” While we may be “bookworms,” we also love adventure and fun. At 10am on June 14, we began our journey to two new libraries in our region: The White County Library in Sparta and then to Crossville and the Art Circle Library. Seven “Friends” went on this trip, Pat Treadwell generously fitting all of us into her van.

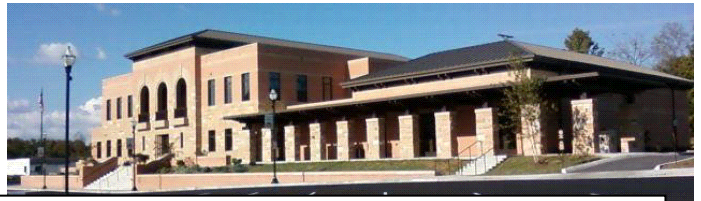
We stopped first at the Sparta library. Kathy Farley, its Library Director, was our first class tour guide. With great common sense the people who actually work at the library were permitted to design the new library. Kathy stressed the library belongs to the people of White County, and their contributions, both financial and physical, got it built. A library patron donated the land on which the library was built. The library cost 1.7 million, much of it raised from donations, and has a total of 17,000 square feet. This library is both beautiful and functional. We were impressed with the openness and well thought out spaces; for example, a multipurpose space that can be used by the community and can be locked and accessed without entry to the library. After seeing this beautiful library, we came away with lots of good ideas and inspiration, looking forward to the day Sequatchie County can build a new library like this one.

Lunch break came next at a local restaurant recommended by Robert Lambert. We chose from Greek and Italian food, enjoyed our lunch and our fellowship. Crossville is larger than Sparta, and our next stop was a very large and impressive new library. Margo Brown, Adult Services Director, greeted us warmly and took us on the library tour. Many local artists have contributed art works for the library, and it has a “Great Room” where lunch time concerts are held, folks can relax on couches and easy chairs, play chess, or just hang out. The library also has a coffee shop, rocking chairs on a second floor porch, numerous private study/meeting rooms,

computer stations everywhere, and there are so many books you could spend the entire day there and not see all that is on offer. We were also glad to visit the “Friends” area where used books and materials are available for sale year-round. What a lovely library to visit. Not ready yet to end an enjoyable day, we stopped at the Cheese House and some gift shops on the way home. A good time was had by all, and we visited some awesome new libraries. We plan more day trips in the future. We’ll let you know and hope you join us.



The intrepid travelers were (LtoR): Norma Lizotte; Reba Childress; Pat Treadwell; Jane Indyk; and Robert Lambert. Not pictured, but also along on the trip, was Amy Minton, Reba’s daughter.



The beautiful Art Circle Library

The Entrance to the White County Library



One World, Many Stories

205 children participated in the 2011 “One World, Many Stories” Summer Reading Program

During the 2011 summer reading program the 205 participating children read nearly 5000 books. Over 20 percent, 42 children, read 100 or more books; 25 percent, 51, read 75 or more; and 31 percent read 50 or more.

We can never thank the sponsors who contribute reading rewards enough: Austin, Davis, & Mitchell; Hardee’s; Toco Bell; Wonder World Swimming; State Farm; Citizens Tri-County Bank; First National Bank; Mountain Valley Bank; and the Friends of the Library. The Friends not only help with funding, but supply volunteers to help with summer reading events and workshops.



The scrapbooking classes are always a big favorite of the summer reading kids.



Though it be tattered and torn, it’s still “Old Glory.”

The Sequatchie County Friends of the Library are planning a public ceremony to decommission retired, torn, and worn United States flags at the Veterans Memorial in Dunlap, Tennessee, on Veteran’s Day, November 11, 2011. The public will be invited to experience this moving ceremony. More information will be provided on a flyer at the library about who will conduct the ceremony and the time it will be conducted closer to the date of the ceremony.

The United State flag, as a symbol of the nation, must be treated respectfully, even when it is faded, dirty, damaged, or no longer fit to be displayed. Although there is no specific or set ceremony for decommissioning a flag, most ceremonies include saluting the old flags before destroying them and burning them at the conclusion of the ceremony. Many suitable organizations conduct flag decommissioning ceremonies like the Boy Scouts, and the Veterans of Foreign Wars.



Quacker’s the Duck and Susie Randleman from the beautiful Art Circle Public Library in Cumberland County, Crossville, Tennessee, visited us this summer to the delight of the children in the summer reading program.

On October 17, 2011, the Library Board of Trustees hosted a reception for the County Commission and the County Executive.

The Library Board of Trustees and the library staff deeply appreciate the cooperative relationship which exists between them and the County Commissioners and the County Executive. Keeping the lines of communication open and advising them about what is going on at the library is very important to the Trustees. This reception creates an opportunity for exchanging ideas and for the County Commissioners and the County Executive to put “eyes on” changes at the library.

**As the days grow shorter, a good book
may lighten your spirits.**

*When the day slips away too soon, curl up with
one of these books, newly arrived at the library.*



An O'Brien Family Christmas by Sherryl Woods

Laila Riley once dated Matthew O'Brien, but it cost Laila her career and her parents' respect. Nevertheless, the O'Brien family conspires to get Laila to join them on a Dublin holiday. Laila has reservations about the trip. Matthew is bound to be there, and she is not certain she can resist him. Laila is soon to discover that some risks are actually once-in-a-lifetime opportunities.

Shock Wave by John Sandford

John Sandford writes about two popular law enforcement officers, Lucas Davenport and Virgil Flowers. This book is one of the Virgil Flowers series. Two different factions fight to stop the building of a superstore in a Minnesota river town: local merchants, fearing for their businesses, and environmentalists, predicting ecological disaster. When the protestors do not seem likely to be successful, someone decides to take matters into his own hands, setting two bombs. Virgil Flowers must discover the culprit before more people get killed.

The Affair: A Reacher Novel by Lee Childs

Though the years Jack Reacher has lived many an adventure on the pages of Lee Childs' novels, but everything starts somewhere. In this new novel Jack's history is told. It begins in Carter Crossing, Mississippi, way back in 1997. A young woman is dead there, and solid evidence points to a soldier at a nearby military base. But that soldier has powerful friends in Washington. Reacher is a soldier, too, a good soldier. But when he gets to Carter Crossing, he finds layers no one saw coming, and the investigation spins out of control.

As The Pig Turns by M. C. Beaton

Winter Parva, a “picturesque” (touristy) Cotswold village with gift shops, a medieval market hall, and thatched cottages has decided to hold a special event in January, complete with old-fashioned costumes, morris dancing,

and a pig roast on the village green. The rotary spit turning over a bed of blazing charcoals is sure to please on this foggy and blistery evening, but, as the fog lifts slightly, the sharp-eyed Agatha notices something peculiar about the pig: a tattoo of a heart with an arrow through it and the name “Amy.” “Stop!” she screams suddenly. “Pigs don’t have tattoos.” The pig has been replaced by Gary Beech, a policeman not exactly beloved by the locals. Gary’s ex-wife, Amy, hires Agatha’s detective agency to investigate—and another murder follows.

The Winters in Bloom by Lisa Tucker

For more than a decade, Kyra and David Winter have shared a happy home, stable careers, and a young son, Michael, whom they love more than anything. Their life together is nearly perfect, until on one perfectly average summer day Michael disappears from his own backyard. David feels sure that Michael was taken by his troubled ex-wife, while Kyra believes the kidnapper must be someone from her estranged family, someone she betrayed years ago. As the Winters search for Michael, they will be forced to face secrets about themselves they have always kept hidden. But they will also have a chance to discover that it is not too late to have the family they have dreamed of; that, even if the world is full of risks, as long as they have hope, the future can bloom.

Changes by Mercedes Lackey

Fantasy lovers will recognize this novel as the third volume in the epic *Collegium* Chronicles. In this classic coming-of-age story, the orphan Magpie pursues his quest for his parents’ identities with burning urgency--while also discovering another hidden talent and being trained by the King's Own Herald as an undercover agent for Valdemar. Shy Bardic Trainee Lena has to face her famous but uncaring father, one of Valdemar's most renowned Bards. And Healing Trainee Bear must struggle against his disapproving parents, who are pressuring Bear to quit the Healers' Collegium because he lacks the magical Healing Gift. Each of the three friends must face his or her demons and find their true strength as they seek to become the full Heralds, Bards, and Healers of Valdemar.

The Night Strangers by Chris Bohjalian

Chip and Emily Linton have just purchased a rambling Victorian house in Bethel, New Hampshire, and they hope to make a happy home there for themselves and their twin daughters. However, in a dusty corner of the basement is a door sealed with 39-inch long carriage bolts. The haunting begins. Beneath the town’s charming rural surface of gingerbread Victorians, maple sugarhouses, and fiery foliage lurks a conspiracy of evil reminiscent of Nathaniel Hawthorne’s “Young Goodman Brown.”

Attention, please:

The Membership Committee is looking for a Chair. This committee builds Friends membership so the library will benefit from more funding and more volunteers. Please call Lucy Szelengiewicz at 949-7753 if you are interested in serving in this capacity.

THE SEQUATCHIE COUNTY
PUBLIC LIBRARY

227 Cherry Street
Dunlap, TN 37327
Phone: (423) 949-2357
Fax: (423) 949-6619

LIBRARY HOURS AND INFORMATION

HOURS: Monday, 8am-5:30pm
Tues. & Wed., 8am-5:00pm
CLOSED THURSDAY
Friday, 8am-4:30pm
Saturday, 8am-Noon

Betty Worley,
Library Director
Donna Moore,
Assistant Director

Upcoming Events

**Friends of the Library
Annual Meeting January 2012
Holiday Treat Decorating Demonstration
November 3, 2011 6:30-8:30pm
City Training Center
Please Sign Up at Library
Friends Meetings
Second Tuesday of Every
Month at 4:30pm***

*Ask Librarian to confirm meeting date before attending