



The Richmond Bugle

Covering the news from Kemp, Leath, and the Hamlet Library

July 2010

Some Important Dates in the Month of

July

- 12 - Lunch time Outreach @ 12pm - E. Rockingham and Rockingham
- 13 - Lunch time Outreach @ 12:00pm - Senior Center (Ellerbe)

Summer Reading

By Debbie Knight

Summer Reading has been happening at all the local libraries. If you have not been apart of "Make A Splash Read" you still have time to come be part of the fun. We have programs on Wednesday's and Thursday's at your local libraries. Call and be part of the splishing and splashing happening at Rockingham, Hamlet, and Ellerbe. Call 910-895-6337 for more details.



1. *Sizzling Sixteen* by Janet Evanovich
2. *The Girl Who Kicked the Hornet's Nest* by Steig Larsson
3. *Family Ties* by Danielle Steel
4. *Spoken From the Heart* by Laura Bush

Ancestry. COM is now available at all Richmond County Libraries!

Future Upcoming Events to Look For

- *We The People*
- *Summer Reading*

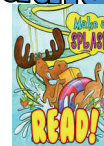
Hey Grandma! What's for Supper?



Summer Reading Schedule



Make a Splash....Read!
Richmond County Public Library
K-6th Grade Programs



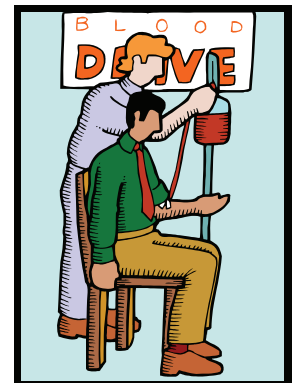
Ellerbe @ 10:30 am
June 24th -- Joy Untold
July 1st -- Splish Splash Day
July 8th -- Creative by the Sea
July 15th -- Make a Splash Magic

Hamlet @ 10:30 am
Rockingham @ 2:00 pm
June 30th -- Mark Daniels
July 7th -- NC Aquarium
July 14th -- Slip sliding on Rocks
July 21th -- Let's Swim
July 28th -- Make a Splash Magic

Blood Drive

Chose to be a life-saver...

Blood drive coming in August at Leath Memorial Library! You can save a life by giving!!



Ingredients

- 2 cups seedless watermelon chunks
- 4 scoops vanilla frozen yogurt

Instructions

Combine the watermelon chunks and frozen yogurt in a blender or food processor. Blend until smooth. Serves 1.

www.familyfun.go.com

Kemp-Sugg Library (Ellerbe)

Can it really be July? We were absolutely cooked in June and the first of July was dry, cooler, and breezy. Summer Reading is being very well received. As usual, Debbie and Peggy have done a wonderful job. The turnout has been very good so far. Everyone seems to be headed to the beach which means that although the door count is down a little, the checkouts are up.

Everyone is looking forward to a little time off for the 4th of July. It's not only a national holiday, but it seems to draw families close together. What can be more fun than a cookout in the backyard with all the cousins and grandkids running around playing ball, dancing in the sprinkler and eating yummy stuff off the grill? This is the time of the year when dad becomes a real gourmet! Don't forget about eating ice cold watermelon with the juice running down your elbow and little boys spitting seeds at each other. When the sun goes down, it's time for fireworks. How wonderful to celebrate the freedom that has been bought for us by so many. Remember to thank a veteran while you are enjoying your cookout!!!

This is also lay-in-the-hammock or float-in-the-pool and read weather. Read a good juicy romance or a wonderfully funny novel and enjoy every minute of this month. The dog days will soon be snapping at our heels. Happy fourth everyone!!



Leath Library Senior Program News

by Evelyn Davis

This year the children's summer reading program theme is "Make a Splash, Read!"

In order for the senior nutrition site's programs to follow along with the theme, I gave the seniors a Trivia Quiz entitled "Water Your Minds". The trivia quiz dealt with lakes, oceans, rivers, estuaries, and geysers. The top two seniors who scored the most correct answers on the quiz won the prizes. This was a fun time for all trying to remember and guess the correct answers.

The Leath Library Senior Program continues to stimulate the seniors with fun and interesting things such as trivia, Crossword puzzles, word find searches, and reverse word finds. The seniors have also enjoyed some "*wit and wisdom*"

From Early America "Pioneer Proverbs-Wit and Wisdom".

Examples are "A man is judged by the company he keeps."

"Fools step in where angels fear to tread".

: A penny saved is a penny earned."

Rockingham and East Rockingham Nutrition sites have been combined and will now meet at the East Rockingham site. The East Rockingham site has just under gone a complete renovation thanks to a grant.

Hamlet Public Library



Summer Quotes



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.
-- James Dent

A life without love is like a year without summer.
-- Swedish Proverb

Being a child at home alone in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you.
-- Erma Bombeck

Programs for Senior Citizens



July 12 - Patsy Hardee Book Club – Hamlet Senior Center @ 10:00

Hamlet Senior Center Program @12:00

July 19 – Sommerset Court @ 10:30

Seniors we have just the program that you may be interested in! If you are interested and would like to take one of these classes, please call the Hamlet Senior Center at 582-7958. Submitted by: Carmella Johnson

July 13, 2010 Cell Phone Training

Instructor Carmella Johnson

Location: Hamlet Senior Center

Time: 3:00-4:30

A class will be held to teach seniors how to use common features of your cell phone such as storing contact information, speed dialing, and text messaging.

July 27, 2010 Digital Photo Training

Instructor Carmella Johnson

Location: Hamlet Senior Center

Time: 3:00-4:30

The class will teach on how to transfer pictures from your camera to your computer, sorting, renaming, editing and filing your pictures.

Ginger's Picks for Christian Fiction

The SweetGum Knit Lit Society by Beth Patillo - The society ladies meet at the Sweetgum Christian Church to enjoy the two things that connect them: a love of knitting and a passion for books. These women discover that even in sleepy Sweetgum, Tennessee they can still be the heroines of their own stories.

Finding Marie by Susan Page Davis - Marie's life turns upside down when she unexpectedly finds a computer flash drive in her carry-on luggage at the airport. Suddenly her trip from California to Maine becomes a nightmare as she is forced to run for her life.

Dog Days by Carol Cox - The Harrington County Dog Show is coming to Copper Mill. With only a few weeks until the big event, Renee Lambert's pocket-pup Kisses have been dognapped. Kate Halon sets out to find the missing Chihuahua, but a series of pranks throws her off the trail. Will the pup be found in time for the show?



Coming Soon Will Resume Next Month

A Woman Called Sage
by DiAnn Mills

Take Four
by Karen Kingsbury

Against All Odds
by Irene Hannon





Summer Fun



H M R M O W C Z M M J G L Z Y H
 F W L M V I T M H L J H C N U A O
 R A R I I X M C L D E S I P W R C
 U D P W U H B O A T I N G M H C
 S E E S A W A T E R S K I A W X
 W M K R S E S N O R K E L C C K
 I H V O L L E B Y B A L L Y A O K
 N C C L I M B E G D Y O Y N N Y R
 G T P L D V A C A T I O N O F M
 Y O M E E R L O D M G T E P U
 C C E R O L L E R B L A D E I H
 D S K S K A T E B O A R D B C S
 W P I K D L X B W I M D I S N I
 D O B A R B E C U E S E V I I F
 D H C T A W D R I B G N E R C U
 H I K E P O R P M U J T Y F T T



BARBECUE
 BASEBALL
 BIKE
 BIRDWATCH
 BOATING
 CAMP
 CANOE
 CLIMB
 DIVE
 FISH

FRISBEE
 GARDEN
 HIKE
 HOPSCOTCH
 JUMPROPE
 PICNIC
 ROLLERBLADE
 ROLLERSKATE
 SEESAW
 SKATEBOARD

SLIDE
 SNORKEL
 SURF
 SWIM
 SWING
 VACATION
 VOLLEYBALL
 WADE
 WATERSKI

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Peggy's Picks



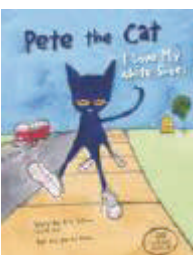
We have started our Summer Reading Program and we are having such FUN!!!! So bring your kids out to your local Library before it's too late.

Make sure your children are reading this summer so they will be ready when school starts again. If they are too young to read, take this special time to sit with them and enjoy a good book.

We will be getting new books next month but until then, we still have many exciting books for you and your child.

My pick for this month is:

Pete the Cat I Love my White Shoes- by Eric Litwin



This is the story of a cat who loves his shoes but he keeps stepping into different things like strawberries and blueberries. This changes the color of his shoes but he doesn't get upset he just keeps walking. This book teaches about colors and a lesson on morals at the end of the book. I read this during one of our Summer Reading programs and the children loved it.

July is National Minority Mental Health Awareness Month

Submitted by: Deborah Knight

Nearly 44 million Americans experience mental disorders each year. And the illness doesn't discriminate—it can affect anyone at anytime, regardless of ethnic background, gender or income. July is National Minority Mental Health Awareness Month .

Mental illnesses, such as depression, post-traumatic stress disorder, bipolar disorder, schizophrenia and eating disorders, are among the most common conditions affecting health today, according to the National Mental Health Information Center. While minorities have similar rates of mental illness as the Caucasian population, they experience steep barriers to treatment and often receive poorer quality of care, according to the [National Alliance on Mental Illness \(NAMI\)](#).

“Minority Mental Health Awareness Month is an opportunity to educate the public about serious mental illness in diverse communities,” said NAMI Multicultural Action Center director MaJose Carrasco. “These illnesses are real. They are like any other illnesses. Thankfully, there are treatment and supports available, so recovery is possible.”

Cultural differences and lack of information about mental health result in greater levels of stigma associated with mental illness. This causes many people to avoid accessing and adhering to treatment. Minorities also may encounter multiple barriers to treatment, including language and cultural barriers, a fragmented mental health system, no health insurance and a shortage of bilingual mental health providers.

“One out of every four individuals has a mental health problem and all of us are touched by these illnesses in one way or another,” said Ms. Carrasco. “We may have an illness, have a loved one with an illness or know someone who is ill. Untreated or undertreated mental illness causes significant, unnecessary suffering for individuals, their families and communities. This even has negative economic implications since it results in loss of productivity.”

An important message during Minority Mental Health Awareness Month is that recovery is possible. “While mental illness can disrupt your life, there are resources, treatments and supports that can help you live a full and meaningful life,” said Ms. Carrasco. “The key is to look for help and support.”

JULY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Library Closed County Furlough Day	3 Library Closed Fourth of July
4	5 Library Closed Fourth of July	6	7 Summer Reading Hamlet& Rockingham	8 Summer Reading Ellerbe	9	10
11	12	13	14 Summer Reading Hamlet& Rockingham	15 Summer Reading Ellerbe	16	17
18	19	20	21 Summer Reading Hamlet& Rockingham	22 Summer Reading Ellerbe	23	24
25	26	27	28 Summer Reading Hamlet& Rockingham	29 Summer Reading Ellerbe	30	31