



LIBRARY NEWS

TIPS FOR STAYING HEALTHY IN THE TEXAS HEAT



Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing. Source: cdc.gov

BLIND DATE WITH A BOOK EVENT EXTENDED!

If you haven't enjoyed a blind date with a book yet, it's not too late! The program has been extended through the month of July. Expand your reading horizons by going on a blind date with a book! Here's how: stop by the library, select a wrapped book from the basket, read the synopsis, and check it out. Discover a new author or genre, and venture out of your comfort zone. When you fill out a quick review of the book, receive a fun gift as a reward!



COOL OFF WITH AN ICE CREAM SUNDAE!



Take a few minutes to cool off and enjoy a free ice cream sundae at the Library on July 28 from 1:00–4:00. Everyone of all ages is welcome until it's all gone!

REDEEM YOUR SUMMER READING POINTS

July 31 is when you can begin to redeem your child's summer reading activity points for fun prizes. It's not too late to begin. Simply track your child's reading: minutes per day, number of books read, type of books read and receive a prize based on the number of points accumulated.

Each 20 min read	2 points
Read animal tale	2 points each book
Bluebonnet Books	5 points each 2021, 2022 book
Map challenge (read about other countries and mark on a map where story is from)	5 points each book marked on map



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COMING THIS FALL—FIBER-OPTIC INTERNET SERVICE



The city of Whitney will be upgrading all its departments to fiber-optic internet service. This will significantly enhance response time on our public computers, allowing our patrons to get things done in a shorter amount of time.

As a reminder, in addition to computers, the library provides printed copies for 30 cents for black and white and \$1.00 for color.

WORD OF THE DAY—PANACEA

A *panacea* is something that is regarded as a cure-all—that is, a remedy for all ills or difficulties.

Example: The new program should help with the city's housing crisis, but it's no *panacea*.

English speakers took *panacea* from Latin, but as is the case with many Latin borrowings, the word ultimately traces its roots to Greek: *panakēs*, meaning "all-healing," comes from *pan-*, meaning "all," and *akos*, meaning "remedy."

Source: Merriam-Webster

COVID-19 RESOURCES AT THE LIBRARY

Although the numbers of cases are dramatically down from two years ago, COVID-19 is still with us, and for some, will be a life-long challenge. The library maintains a collection of articles on COVID-19 which you are welcome to peruse. For instance, one article provides information on Long-COVID or Post-COVID, including symptoms, prevention, and living with the disease. Being well-informed can give you the advantage in staying healthy.

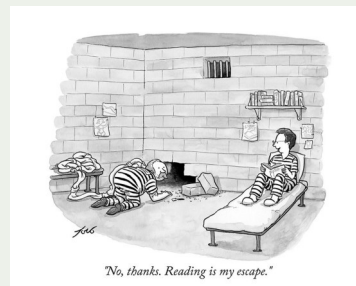
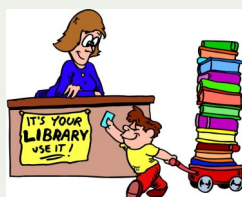
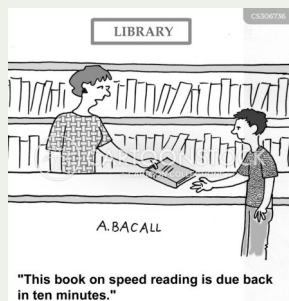
ROLLER COASTERS

The oldest roller coasters descended from the so-called "Russian Mountains,". These were specially constructed hills of ice located especially around Saint Petersburg, Russia. Built in the 17th century, the slides became popular with the Russian upper class. Catherine II of Russia was such a fan of these attractions that she had a few of these slides built on her own property.

There are a number of early roller coaster patents, both switchback and circular, dating as far back as 1872. We can credit La Marcus Thompson with making the roller coaster the feature attraction at amusement parks. Following the popularity of the Switchback Railway at Coney, others would build larger and faster rides. In order to stay competitive, Thompson continued to make improvements and build larger rides. From 1884 to 1887, Thompson was granted thirty patents. All of these patents lead to the advancement of the gravity ride.



Source: RollerCoasterMuseum.org



LIBRARY ACTIVITIES

FINAL MONTH OF SUMMER READING AND ACTIVITIES



When the weather is hot and the children are begging to do something, head out to the library every Thursday during July from 10 to noon. You'll find lots to do from Legos, to computer coding, to puzzles, board games, PlayStation games and more.

The library has both standard size and Mega Block Legos, so kids of all ages can exercise their engineering skills.

Throughout the year, parents can take advantage of the reading and activity area in the children's section of the library.



BOOK CLUB



Book Club

Each month, book lovers meet and discuss the selection of the month. It could be a historical fiction, non-fiction, mystery, or other novel. No matter the book, a lively discussion is enjoyed by all members. Everyone is welcome to join the club at any time of the year. Books for this quarter include "The Nature of Fragile Things" by Susan Meissner; "West with Giraffes" by Lynda Rutledge; and "Flight of the Sparrow" by Amy Belding Brown.

The Book Club meets on the 4th Tuesday of the month at 1:30.

GARDEN CLUB

The Lake Whitney Garden Club meets monthly on the second Thursday of the month at 11:00. in the library activity room.

The exception is July's meeting on "B.Blumen Flowers / Sustainable Farm Tour" which departs from the Church of Christ parking lot at 7:30 am.

August's program is on "Superstar Plants for Texas", and September's presentation is titled "Butterflies and Their Host Plants". All are welcome to attend the sessions which begin with a salad lunch at 11:00 am.



FEATURED AUTHORS



Each month, the library features an author and their books in case you may have overlooked them. Featured authors for this quarter are:

July—Marie Benedict: Known for her captivating historical fiction, Marie's mission is to excavate from the past the most important, complex and fascinating women of history and bring them into the light of present-day where we can finally perceive the breadth of their contributions as well as the insights they bring to modern day issues.

Source: authormariebenedict.com

August—Greg Hurwitz: An American novelist, screenwriter, and comic book writer. Most of his novels are in the thriller fiction genre. His script writing work includes a film adaptation of his book *Orphan X*, a TV adaptation of Joby Warrick's *Black Flags: The Rise of ISIS*, and a screenplay for the 2017 film *The Book of Henry*. He also has written comic books for comic book publishers like DC Comics and Marvel Comics.

Source: [Wikipedia.com](https://www.wikipedia.com)



September—Louise Penny: A Canadian author of mystery novels set in the Canadian province of Quebec centered on the work of francophone Chief Inspector Armand Gamache of the Sûreté du Québec. She has won numerous awards for her work, including the Agatha Award for best mystery novel of the year five times, including four consecutive years (2007–2010), and the Anthony Award for best novel of the year five times, including four consecutive years (2010–2013). Her novels have been published in 23 languages.

Source: [Wikipedia.com](https://www.wikipedia.com)

CHAMBER OF COMMERCE EVENTS

Thursday, July 28 at Noon, the Lunch and Learn series will feature these artists:

Jean Weinkauff of Riverplace Art Studio will present a program on her new Art Studio in Laguna Park. Various artists will talk on their up and coming classes. All interested persons are invited to bring a lunch and listen to these talented artists!

Bobby Burke - watercolor. class limited to 6; **Stephanie Fanning** - Introduction to Drawing & Intermediary Drawing class limited to 6;

Jeanne Sydell - beginning Pottery/ clay design classes to be offered at the river studio. class limited to 4.

Wednesday, September 28th at 6:00 PM, the 12th Annual Pioneer Day Pageant will be held in the downtown area. The pageant is open for Lil Miss Queen ages 5-9; Junior Miss Queen, ages 10-14; and Queens, ages 15-19. The ladies will learn self-esteem, discipline, poise, character, and public speaking skills.

Thursday, September 29th—August 1, the 47th Annual Pioneer Days will be held in downtown Whitney. This fun family event includes a carnival with rides, food and craft vendors, and live entertainment.



DID YOU KNOW?



Did you know “strengths” is the longest word in the English language with one vowel?

According to the Guinness Book of World Records, “strengths” is the longest word in the English language with one vowel. The word contains nine letters, eight of them being consonants.

Did you know the filling in Kit Kats is made from damaged Kit Kats?

The folks at the Kit Kat factory sure know how to recycle! Whenever a Kit Kat bar is somehow made imperfect during production like air bubbles or some other issue, the chocolate bar isn’t thrown out. Instead, it is ground up into a fine paste and turned into a filling that’s then incorporated back into the production process to create new Kit Kat bars!



THE LAUGH OUT LOUD SECTION

- What did the ocean say to the beach? Nothing. It just waved.
- Why did the football coach go to the bank? To get his quarter back.
- What do you call a fake noodle? An impasta.
- What did the grape do when he got stepped on? He let out a little wine.
- What did the beaver say to the tree? It’s been good gnawing you.



HILL COLLEGE TECHNICAL AND ACADEMIC PROGRAMS



Hill College provides high quality, comprehensive educational programs and services. The college enhances the educational, cultural, and economic development of its service area and prepares individuals for a more productive life. Programs at the college include:

- **Arts and Humanities** adds diversity in the educational paths that students choose to complete at Hill College. Academic areas include: Art, Behavioral Science, Education, English, Languages, Music, Speech and Social Sciences.
- **Health & Public Service** Pathway degrees are two distinct areas, public service and health care, which coincide with each other and are needed in all areas of life. Health care is needed by everyone in the public to take care of their health and Public services are also needed to maintain peace, safety, and social issues. Degree plans in Public & Health Service include Criminal Justice, Drug & Alcohol Counseling, Echocardiography, Emergency Medical Services, Fire Protection Technology, Vocational and Professional nursing, as well as general studies to lead to transfers in the health care field.
- **Business and Industry** offerings include: Agriculture, Automotive Technology, Business Administration, Heating, Ventilation, and Air Conditioning, Industrial Maintenance Office Administration Technology, and welding.

More than 30 Technical and Academic programs are offered. Get information on admission and financial aid at: www.hillcollege.edu

LIBRARY CALENDAR—SPONSORED ITEMS IN RED

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Gingersnap Day	2 Parade Down-town 10:00
3 Fried Clam Day	4 Independence Day	5 VFW Auxiliary 6:00	6 Fried Chicken Day	7 Summer Reading 10:00	8 Freezer Pop Day	9 Sugar Cookie Day
10 Pina Colada Day	11 Rainier Cherry Day	12 Simplicity Day	13 Beans 'n Franks Day	14 Summer Reading 10:00	15 Give Something Away Day	16 Amateur Radio 10:00
17 National Ice Cream Day	18 Caviar Day	19 Lion's Club 11:30	20 Garden Club Crafts 1:00	21 Summer Reading 10:00	22 Hammock Day	23 Nat'l Day of the Cowboy
24 Cousins Day	25 Hot Fudge Sundae Day	26 Book Club 1:30	27 Love is Kind Day	28 Ice Cream Sundaes! 1:00	29 Buffalo Soldiers Day	30 Father-in-Law Day
31 Avocado Day						

August 2022

	Mon	Tue	Wed	Thu	Fri	Sat
	1 Respect for Parents Day	2 VFW Auxiliary 6:00	3 Watermelon Day	4 VFW 6:00	5 Oyster Day	6 Root Beer Float Day
7 Sister's Day	8 Happiness Happens Day	9 Book Lovers Day	10 Lazy Day	11 Garden Club 11:00	12 Middle Child Day	13 Left Handers Day
14 Spirit of '45 Day (WWII)	15 Leathercraft Day	16 Lion's Club 11:30	17 Garden Club Crafts 1:00	18 Fajita Day	19 Int'l Bow Day	20 Amateur Radio 10:00
21 Senior Citizens Day	22 Be An Angel Day	23 Book Club 1:30	24 Peach Pie Day	25 Park Service Founders Day	26 Nat'l Dog Day	27 Just Because Day
28 Rainbow Bridge Remb Day	29 According to Hoyle Day	30 Grief Awareness Day	31 Trail Mix Day			

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 VFW 6:00	2 VJ Day (WWII)	3 Tailgating Day
4 Nat'l Wildlife Day	5 Labor Day	6 VFW Auxiliary 6:00	7 Salami Day	8 Garden Club 11:00	9 Teddy Bear Day	10 Amateur Radio 10:00
11 Nat'l Patriot Day	12 Hug and High Five Day	13 Bald is Beautiful Day	14 Cream Filled Donut Day	15 Nat'l Paw Paw Day	16 Guacamole Day	17 Responsible Dog Ownership
18 Air Force Birthday	19 Talk Like a Pirate Day ARRR!	20 Lion's Club 11:30	21 Garden Club Crafts 1:00	22 Ice Cream Cone Day	23 Great Amer. Pot Pie Day	24 Nat'l Public Lands Day
25 Gold Star Mothers Day	26 Nat'l Family Day	27 Book Club 1:30	28 Good Neighbor Day	29 VFW Day	30 Chewing Gum Day	