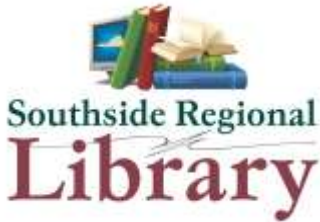


Turning The Page



Special Interest Articles:

- Holiday Best Sellers
- Keeping Kids Healthy at the Computer

Highlights:

Adult Page	2
What's New	3
Children's Page	6
Coming Soon	8



Best sellers just in time for the holidays

Is there a better holiday gift than a good book?

These gifts will leave people turning the pages long after the lights and tinsel have been taken down, savoring the stories told — and thinking fondly of the giver.

Make sure your gift list has book ideas for shopping in the months ahead. Below is a list of adult fiction best sellers that will be out just in time for the holiday season of giving.

- David Baldacci's *The Escape*
- Rita Mae Brown's *Let Sleeping Dogs Lie*
- Mary Higgins Clark's *The Cinderella Murder*
- Michael Connelly's *The Burning Room*
- Patricia Cornwell's *Flesh and Blood*
- Janet Evanovich's *The Job*
- James Patterson's *Hope to Die*
- James Patterson's *Private India*
- Karen Robards' *Hush*
- Lisa Scottoline's *Betrayed*
- Douglas Preston's *Blue Labyrinth*
- Robert Crais' *The Promise*
- Richard Paul Evans' *The Mistletoe Promise*
- Darynda Jones' *Seventh Grave and No Body*
- Stephen King's *Revival*
- Nancy Thayer's *An Island Christmas*

We hope that these titles give you some ideas for those hard-to-shop-for family members and friends. A good book makes for a good holiday gift. Reading a good book also makes for a great way to stay curled up and warm on a nice winter night.

Holiday Closings We'll be closed:

- Veterans Day—November 11
- Thanksgiving—Locations that are open on Wednesdays will close at 5:00 p.m. on November 26, & all locations in the system will be closed until we re-open on Monday, December 1.
- Christmas—December 24 through December 28. We'll re-open on December 29.
- New Year's Eve & Day—Locations that are open on Wednesdays will close at 1:00 p.m. on December 31, & all locations will be closed on January 1. We'll re-open on January 2.

Adult Page

Your branches offer a variety of programs.

Victoria Public Library will have a Quilt Display, beginning November 6 and running through Thanksgiving. On November 9, Annice Crandall will present a program, starting at 2:00 p.m., entitled "The History of Quilting".

Currently on display at Boydton Public Library is the "Strong Men and Women in Virginia" panel exhibit. This exhibit is on loan from The Library of Virginia. It will be at the library in Boydton until November 22. This panel exhibit is brought to us, thanks to The Library of Virginia's collaboration with Dominion Power. The program highlights eight African American leaders and their achievements in history.

Ripberger Public Library in Kenbridge and Victoria Public Library will show Classic Christmas Movies in December. On Thursdays, you can go to Victoria Public Library at 2:00 p.m. to watch them. Watch them on Tuesdays at 2:00 p.m. at Ripberger Public Library.

The Town of Victoria will hold Small Town Christmas on December 13. Check for more details at Victoria Public Library.

Boydton Public Library and Ripberger Public Library will both have Veterans Day displays during the month of November. Please stop by these two branches to see the exhibits.



On Monday, December 1 Boydton Public Library will have a reception following the Grand Illumination on the Courthouse Square. Details about this reception are forthcoming. Please check at the library in Boydton for more information.

The Book Club meets on the second Tuesday of the month at 10:30 a.m. at Burnett Library and Learning Center in Clarksville. Each month the group picks a different book.

GED Classes, sponsored by SVCC, are held every Tuesday and Thursday 5:00-8:00 p.m. at Boydton Public Library. Call 1-888-200-7549 for more information.

The Burnett Library and Learning Center in Clarksville continues to conduct a successful campaign of collecting tabs from beverage cans that are donated to help raise funds for families in need of shelter at the Ronald McDonald House. For every 10 pounds of tabs collected, it makes possible a family's free stay at the House.

GED Classes, sponsored by SVCC, are held every Monday and Tuesday at Victoria Public Library from 9:00 a.m. to 12:00 p.m. Call 1-888-200-7549 for more information.

GED Classes, sponsored by SVCC, are held every Monday and Wednesday evening, starting at 6:00 p.m., at Ripberger Public Library in Kenbridge. Call 1-888-200-7549 for more information.

Knitting classes are held in South Hill at the R.T. Arnold Library's conference room each Tuesday from 10:00 a.m. until 12:00 p.m. This is for those wanting to learn to knit, crochet, and cross-stitch.

Ripberger Public Library in Kenbridge will have a Christmas Wreaths Display the entire month of December.

The Victoria Public Library will have a Christmas Trees Display the entire month of December. This display is put together by various clubs and organizations, which decorate special themed Christmas Trees throughout the meeting room.

The Compassionate Friends' Candle Lighting program will be held at Victoria Public Library on December 14 from 5:00 p.m. until 9:00 p.m.

E Resources Review

Our current pick is *Boopsie*.

Southside Regional Library System Launches Mobile App.

One click access to library information from any Internet-capable phone

Want to renew a book? There's an app for that. Need library hours or locations? There's an app for that. Want to find information fast? There's an app for that, too.

The Southside Regional Library System recently launched a mobile app to put the library at your fingertips. From any mobile phone or tablet connected to the Internet you can instantly tap into library resources, anytime, anywhere. You can search the library catalog, check your account, ask a question, find events and more. To access the library's mobile app, search Find It VA in your mobile device's app store and download the app.

Searching the catalog with the mobile app is especially easy. Just type the first few letters of two or three words, and search results will begin to appear. For example, if you are looking up Mark Twain in the catalog, just type "ma twa".

The library's mobile app was developed by Boopsie, Inc. More than 250 libraries and universities use Boopsie to increase community and campus visibility. Easy to implement, Boopsie solves the problem of unwieldy website viewing on a small screen. For more information on the library's new mobile app, visit VA.boopsie.com or phone the Southside Regional Library Headquarters at 434-738-6580. A link to this app is located on our webpage at www.srlib.org.

Scan this code with your phone:

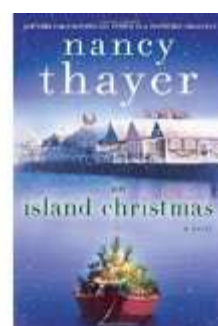
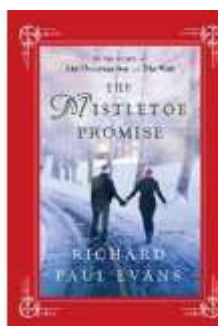
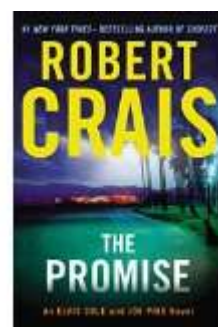
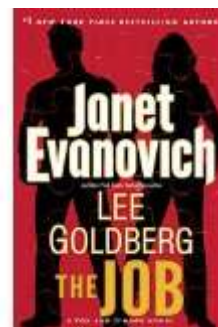


boopsie
for...
Libraries



What's New

New Arrivals for November and December



Keeping Kids Healthy at the Computer!

KEEPING KIDS HEALTHY AT THE COMPUTER

Kids need to learn healthy habits for working at a computer. These habits will protect them from injury through their working life. Parents play a crucial role in helping kids acquire healthy habits for computer use. Parents can follow the **MVP approach**:

- **Manage** computer time - time can fly by when you're working or playing at a computer. Parents may want to monitor how long the computer is used and try to limit continuous use to blocks of no more than 30 minutes and encourage children to do something different for a few minutes. Taking frequent, short breaks allow the muscles to recuperate and this prevents fatigue-related injuries. It is a good idea to do some simple stretching exercises to reduce fatigue during these breaks.
- **Vary** the activities to use different muscle groups - encourage children to use computers in different ways so that effort is shared by different muscle groups. You may want to teach keyboard shortcuts that can be used instead of constantly using a mouse, or explain how to use voice-activated software so that they can alternate typing and speaking while at the computer. Teach children to change their body positions periodically- every 30 minutes your child should briefly stand up, walk around and rest the muscles used in typing and mouse work. Encourage children to look at objects at different distances, for example, looking out of a window for a few minutes to allow the eye muscles to rest.
- **Posture** during computer use is especially important - help your children to sit and work in a relaxed, neutral posture. See <http://ergo.human.cornell.edu/AHTutorials/typingposture.html>

Click the links below for additional ergonomics information for children:

School Ergonomics Program *and* Guidelines for Parents
(<http://ergo.human.cornell.edu/MBergo/intro.html>)

Children's Computer Use
(<http://ergo.human.cornell.edu/cuchildcomp.html>)

Ergonomics 4 Kids
<http://ergo.human.cornell.edu/CErgonomics.htm>

Healthycomputing for Kids
<http://www.healthycomputing.com/kids/>

Ergonomics for Children and Educational Environments
<http://www.iea.cc/ECEE/index.html>

Ergonomics4Schools
<http://www.ergonomics4schools.com/>

Watch your back - a spinal workout
<http://www.w-y-b.info/>

Source: Cornell University Ergonomics Program
<http://ergo.human.cornell.edu/default.htm>

Keeping Kids Healthy at the Computer!—continued

Find out more about CommonHealth's WellGOnomics Campaign at www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov

This is the Weekly Wellnote for September 22, 2014, which may be found at <http://www.commonhealth.virginia.gov/communications.htm>.

Reformatted to include the web addresses for the listed resources.

This article appeared recently in The Library of Virginia's Youth Services Notes, prepared by LVA's Youth Services Consultant Enid Costley.

KEEP YOUR **KIDS**
SAFE Online



Children's Page

Story time helps parents and caregivers foster a lifelong love of books and reading in their children. The R. T. Arnold Library in South Hill offers story time each Wednesday at 10:30 a.m. for ages Birth to Pre-K. This story time is designed to support Early Literacy skills by introducing art, music, crafts, and puppet presentations with stories.

The R.T. Arnold Library offers "Family Story Time" each Saturday morning at 10:30 a.m. "Family Story Time" is appropriate for your whole family.

Each story time is not only fun for the children, but also informative and engaging for the parents and caregivers. Story time incorporates books, songs, rhymes, movement activities, and more! Individuals and groups are welcome to attend.

Story Hour at the Burnett Library and Learning Center in Clarksville is held on the third Thursday of every month at 11:00 a.m. This story hour is for ages 2-5.

The Burnett Library and Learning Center in Clarksville is continuing to conduct a successful campaign of collecting tabs from beverage cans that are donated to help raise funds for families in need of shelter at the Ronald McDonald House. For every 10 pounds of tabs collected, it makes possible a family's free stay at the House.

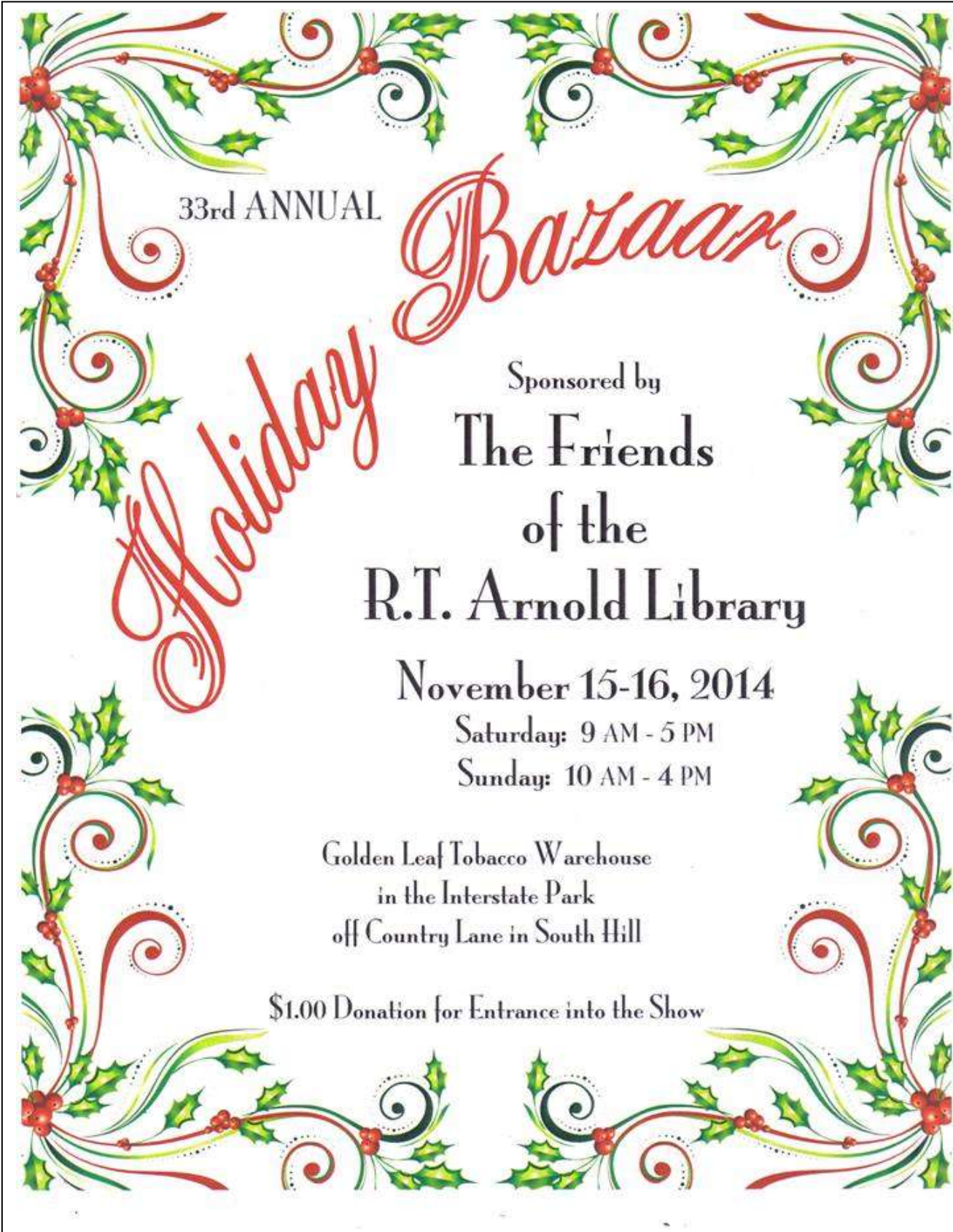


Calling all local Homeschoolers! Boydton Public Library invites you to join its Homeschooling Group. The group meets every 3rd Friday of the month at 10:00 a.m. at the library. For more information, please contact Cassie Boyd at the library: 434-738-6580. Her email address is cboyd@srlib.org. November's meeting will be held on the 14th. We will meet across the street from the library at the courthouse to take a tour.

Story hour takes place every Wednesday at 10:30 a.m. at Butler Memorial Library in Chase City. All ages are welcome to attend.

Boydton Public Library welcomes you for story time. It is best suited for ages 0-5; however, all ages are welcome. Story time is held on the 2nd Thursday of every month at 10:00 a.m.

Ripberger Public Library in Kenbridge will hold Story Time on Tuesday, November 18 at 11:00 a.m. and Christmas Story Time on Tuesday, December 16 at 11:00 a.m.



33rd ANNUAL

Bazaar

Holiday

Sponsored by

The Friends
of the
R.T. Arnold Library

November 15-16, 2014

Saturday: 9 AM - 5 PM

Sunday: 10 AM - 4 PM

Golden Leaf Tobacco Warehouse
in the Interstate Park
off Country Lane in South Hill

\$1.00 Donation for Entrance into the Show

Southside Regional Library Headquarters

Leigh Lambert, Director

1294 Jefferson Street
P.O. Box 10
Boydton, VA 23917

PHONE:
434-738-6580

FAX:
434-738-6070

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llambert@srlib.org

Board of Trustees

Officers elected annually in July

Vin Montgomery, Chairman

Rosa Townsend, Vice Chairman

Grace McCrowell, Secretary

Jackie Lilly

Carolyn Hite

We're on the Web!

See us at:

www.srlib.org



Southside Regional Library Board of Trustees Meeting

The Southside Regional Library Board of Trustees will meet at 2:00 p.m. on Wednesday, November 19, 2014 at SRL's Butler Memorial Library: 515 North Marshall Street, Chase City, VA 23924.

Meetings are open to the public.

For additional information, please contact Library Director Leigh Lambert at 434-738-6580.

Toys for Tots Drop-Off Locations

There are a couple of "drop-off spots" in our system for Toys for Tots. As of the time of this newsletter printing, these locations are:

Boydton Public Library and Clarksville's Burnett Library and Learning Center.

Items can be dropped off at these locations during regular operating hours.

Christmas Trees Display at Victoria Public Library

The Victoria Public Library will have a Christmas Trees Display the entire month of December. This display is put together by various clubs and organizations, which decorate special themed Christmas Trees throughout the meeting room.

This display is available for viewing during regular operating hours of the library.

Our Mission Statement

The Southside Regional Library provides its communities with materials and services to help residents obtain information meeting their educational, vocational, cultural, personal, and recreational needs. Special emphasis is placed on stimulating children's interests as well as promoting all users' appreciation for reading and lifelong learning. The library functions as an essential part of the community.

Southside Regional Library System Locations

Boydton Public Library & Southside Regional Library System Headquarters

1294 Jefferson Street, Boydton, VA 23917
Branch Supervisor Cassie Boyd Director Leigh Lambert
Phone: 434-738-6580 Fax: 434-738-6070

Butler Memorial Library

515 N. Marshall Street, Chase City, VA 23924
Branch Supervisor Joyce Parcell-Greene
Phone: 434-372-4286 Fax: 434-372-0300

Burnett Library and Learning Center

914 Virginia Avenue, Clarksville, VA 23927
Branch Supervisor Eileen Barbieri
Phone: 434-374-8692 Fax: 434-374-8200

Ripberger Public Library

117 South Broad Street, Kenbridge, VA 23944
Lunenburg Libraries Supervisor Donna Pulliam
Phone: 434-676-3456 Fax: 434-676-3211

R.T. Arnold Library

110 East Danville Street, South Hill, VA 23970
Branch Supervisor Gloria Taylor
Phone: 434-447-8162 Fax: 434-447-4050

Victoria Public Library

1417 7th Street, Victoria, VA 23974
Lunenburg Libraries Supervisor Donna Pulliam
Phone: 434-696-3416 Fax: 434-696-2895