

THE LIBRARY LEDGER

WELLINGTON PUBLIC LIBRARY

No.7

July/August 2019



10 BENEFITS OF READING BOOKS

By Andrew Moorhead / Campbell County Public Library [website](#)

We have all heard that reading is beneficial, but do you know why? We put together 10 reasons why you should read a book today.

Mental Stimulation

Your brain requires exercise to keep it strong and healthy, just like all muscles in your body. Reading has been found to enhance connectivity in the brain. A decline in memory and brain function is a side effect of aging, but regular reading may help slow the process. Keeping your brain active and engaged can slow the progress of Alzheimer's disease and dementia.

Stress Relief

When reading, you must focus on the characters and the plot of the book. The distraction into the literary world allows you to distance yourself from the stress of everyday life, putting your mind and body at ease. Losing yourself in a great story can be a perfect remedy for stress.



More Sleep

Sometimes it is hard to fall asleep when your mind is racing and busy worrying about a variety of things. Reading, even if just for ten minutes, can help you push whatever was keeping you awake out of your mind. Bright lights from electronic devices can signal your brain that it is time to wake up. Reading under a dim light can be much more beneficial when trying to get some sleep. We recommend making sure the book isn't a page-turner first!

Continued on page 3

INSIDE THIS ISSUE

New Titles	6
Programs & Events	
Adults	4
Children.....	4
For All Ages	4
Staff Current Reads	6
Staff Highlight.....	2
Under Construction	2
WPL/Wheat Fest Events ..	5

WELLINGTON PUBLIC LIBRARY

Jo Plumb, director

121 West 7th Street
Wellington KS 67152
Phone: 620-326-2011

Hours:

M & W: 9:30am-6:00pm
T & TH: 9:30am - 8:30pm
F: 9:30am-5:00pm
S: 9:30am-4:00pm
Sun: Closed

BOARD OF TRUSTEES

Tom Kohmetscher, President
Vicky Shinliver, Vice President
Johnna Leonard, Treasurer
 Jim Bales
 Ursula Goff
 Sheila King
 Jane Stayton
Shelley Hansel, Mayor

SAVE A TREE—GO PAPERLESS!



Sign up to receive *The Library Ledger* by email! Send your request to: mkern@wellingtonpubliclibrary.org.

STAFF HIGHLIGHT: ADRIANNA YOUNG



My name is Adrianna Young and I am 19 years old. I am a sophomore at Wichita State University currently majoring in Communications with an emphasis in Electronic Media.

I am super excited to be joining the staff at the Wellington Public Library. I enjoy games of all kinds, crocheting, and reading. My favorite genres are Fantasy, Suspense, Adventure, and Historical Fiction. I look forward to sharing my love of books with you!

CHILDREN'S LIBRARY AND COMMUNITY ROOM UNDER CONSTRUCTION AFTER RECENT FLOOD DAMAGE

With excerpts from an article in *Sumner Newscow* (June 14, 2019) by Amber Countryman

Following the recent May floods, the Wellington Public Library received considerable damage to the downstairs area, which contains the children's library and community room.

"As a combination of ground flooding and a sump pump failure, that both worked toward the flooding of the library," said Tom Kohmetscher, Wellington Public Library Board president. "While we got water over a good portion of the floor, destroying the carpet and much of the sheetrock, the library staff and volunteers got to work immediately and were able to get the books out of the high moisture content rooms, and moved to a dry place for storage. At this point, it looks like most of the children's books can be salvaged." The Library has also had to remove several large trees as we address drainage issues in the landscape design.

A temporary children's area has been set up near the adult circulation desk upstairs. The summer reading program activities will continue as planned, but story time on Wednesday mornings will be held outside on the lawn, weather permitting.

The library is accepting donations toward the renovation costs. Checks can be mailed to the library, or taken to the adult circulation desk.

"The building is such a gem, it's just needing some tender loving care," Kohmetscher said. "With what we're doing, we're hoping to make it a gem for another 150 years."

Memorial Bricks: If you've been wondering about the status of the Memorial Bricks, please be assured that they will be incorporated in the new landscape design.



BENEFITS OF READING—CONTINUED

Education

Education is not cheap. Classes, seminars and educational software are just a few of the ways that you can pay to learn things. However, reading books from the library is free! If you find a topic that you would like to learn more about, there is a high probability that we have a book available that can help.



Better Memory

A book has many different components. A plot, characters, dialogue and settings are just a few of those things. Reading requires you to use your memory muscle, helping the muscle long term. Exercising your brain in mentally challenging ways can lead to a slower rate of decline in memory.

Increases Empathy

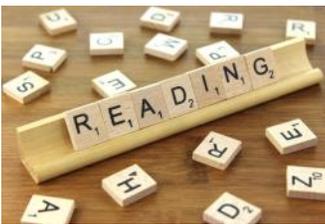
Reading requires us to sympathize with character's emotions. Being "emotionally transported" by a book has been shown to cause boosts in empathy. Specifically, studies have found that reading fiction helps readers understand what other's are thinking by reading people's emotions.

Improves Concentration

In today's world, our attention is often drawn in a million different directions at once. When reading, you are concentrating on one thing. By doing so, you are training your body to avoid distractions. This ability can help when performing other tasks that require concentration.

Entertainment

Reading is much cheaper than going to the movies or many other forms of entertainment. In fact, reading is free at the library! We are constantly adding new books, so you never have to worry about running out of ones that you haven't read. Books can transport you to different worlds, all with the added benefit of not having to pay airfare.



Vocabulary Expansion

The more you read, the more words you are exposed to. Being well-spoken and articulate can help increase job performance and self-esteem. Exposure to well-written work can also have a huge impact on your own writing. You may notice that the language in children's books are likely to be more sophisticated than your average conversation.

Reading is Contagious

If you have made it to the bottom of this list, you are now aware of many of the benefits of reading. Did you know that you can help others by reading? Many parents and adults wish that their family read more. Exposing them to your reading habits can be a great way to help encourage them to pick up a book. If you have children in elementary school, consider reading out loud to them even if they can read on their own. Studies show that doing so can help inspire them to become frequent readers.

Originally published February 21, 2018

Sources: www.naturalbeachliving.com; www.lifehack.org; lifedev.net; www.huffingtonpost.com; www.realsimple.com; www.bustle.com

PROGRAMS AND EVENTS

CHILDREN

STORY TIMES

Stories on the Lawn (ages 0-5)—stories, songs and activities. Wednesdays, July 3-24, 10am.

Family Story Night — Thursday, July 18, 6:00pm

OTHER ACTIVITIES

Family Movies—Mondays, July 1-22, 6:00pm

Family STEAM—Saturday, July 13, 10:00am. Bring the whole family for fun activities!

Build An Alien Workshop—Wednesday, July 31, 10:00am and 5:00pm, pre-registration is required.

FOR ALL AGES

Family STEAM—Saturday, July 13, 10-11:30am. Bring the whole family for fun activities!

TCG CLUB —Saturday, July 6, 12noon. For everyone who is a fan of Pokemon, Yu-Gi-Oh and Magic.

GameKnights—Saturday (July 20, August 17), 1:30-3:30pm

Dungeons & Dragons—Thursday (July 18, August 1), 3:30pm.

SciFi Book Club—Tuesday, July 30, 5:00pm. Discussion of Andy Weir’s book, *Artemis*.

End of Summer Reading Program Pool Party—Sunday, July 28, 8:30-10:00pm.

TEENS

Teen After Hours—Thursday (July 11 and 25), 2:00pm.

ADULTS

Movie Matinees—Monday (July 1, 15 and 29), 2:00pm.

Black Hole Survival—Tuesday, July 9, 2:00pm. Interactive program presented by Jerelyn Ramirez.

BOOK CLUBS—check our [website](#) for current books, dates and times

The Bookies Reading Group—meets monthly on the 3rd Tuesday of the month at 5pm.

Books and Broads—meets on the last Monday of the month at 6pm.

KANSAS WHEAT FESTIVAL—WPL ACTIVITIES



The 119th Annual [Kansas Wheat Festival](#) will be held July 9-13 in Wellington.

Wheat Fest 2019 will include great activities like a parade, arts & crafts show and sale, an ag show, classic car show, food court, quilt show, kids' activities, and more family fun!

Admission is a \$4 button. Children two years old and younger are admitted free.

In conjunction with the Festival, the library is hosting a number of events and activities.

4TH ANNUAL EDIBLE BOOK CONTEST—Wednesday, July 10

Cook, bake or arrange some kind of food that makes you think of a book: either because it looks like the book cover, represents the title, or makes a literary joke or pun. Entries can be made of anything ... as long as it is edible ... and must be book related.

Entry forms are available at the library and the Wellington Chamber of Commerce. There is a \$5 entry fee and your edible creation should be dropped off at the library between 10-11am on July 10.

Judging is based on originality, unusual use of food, humor and creativity. Winners will be announced on Thursday, July 11.



KANSAS COSMOPHERE PROGRAM—Saturday, July 13

This Family STEAM event will take place from 10-11:30am at the Raymond Frye Center.

Presented by the Kansas Cosmosphere, the program will be interactive and packed with explosives! Afterwards we will be building model rockets. NOTE: This part of the program is limited to 20 families and requires that you pre-register with Chelsea @ cmcneil@wellingtonpubliclibrary.org



COLORING CONTEST— Voting begins July 9

Feeling creative? Enter the library's Universe of Stories Coloring Contest. Coloring sheets are available at the library. It's open to all ages and will be judged in four categories: 0-5, 6-11, 12-18 and 19+.

Entries are due at the library by 6:00pm on July 8. One entry per person. Winners will be announced the following week and receive a prize.





STAFF CURRENT READS

Adrianna (Library Assistant): *Mistborn* by Brandon Sanderson

Alex (Library Assistant): *Q-Squared* by Peter David and the *World War Z* by Max Brooks.

Chelsea (Youth Library Services): *Heroes of Olympus* series by Rick Riordan

Christine (Library Assistant): *Nightblood* by Elly Blake and *Kingsbane* by Claire Legrand

Jarrold (Library Assistant): *D&D Monster manual*

Jo (Library Director): *Truly Devious* by Maureen Johnson

Jourdan (Library Assistant): *A Nearly Normal Family* by MT Edvardsson and *The Last Time I Lied* by Riley Sager

Katherine (Library Assistant): *The Cold Dish* by Craig Johnson, *TOYER* by Gardner McKay, and *Knee pain: the self-help guide* by John Garrett

Monica (Library Assistant): *Americanah* by Chimamanda Ngozi Adichie and *Where the Crawdads Sing* by Delia Owens

Shirley (Library Assistant): *The Other Einstein* by Marie Benedict

NOTEWORTHY NEW TITLES

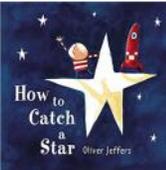
CHILDREN



Lubna and Pebble by Wendy Meddour



Aliens are Coming! by Meghan McCarthy



How to Catch a Star by Oliver Jeffers

ADULT



Big Sky (Jackson Brodie) by Kate Atkinson

JUVENILE FICTION



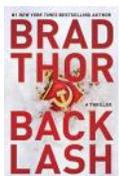
Voyagers: Project Alpha by D.J. MacHale



Max Tilt: Fire the Depths by Peter Lerangis



Far Away by Lisa Graff



Backlash: A Thriller (Scot Harvath #19) by Brad Thor

YOUNG ADULT



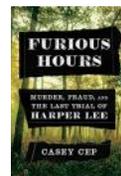
Finale by Stephanie Garber



How to Make Friends With The Dark by Kathleen Glasgow



The Lost by Natasha Preston



Furious Hours: Murder, Fraud, and the last trial of Harper Lee by Casey Cep