

**In this issue:** Office News, Events to Keep the Mind and Body Healthy, *The Life and Times of The Thunderbolt Kid*

The Access Services Newsletter of Central Rappahannock Regional Library  
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# SIGHTLINES

Spring 2018



Fredericksburg Area Subregional Library  
125 Olde Greenwich Drive, Suite 155 • Fredericksburg, VA 22408

Free Matter for the Blind & Physically Handicapped

## Spring 2018 SIGHTLINES

### Talking Book News by Christie Hoerneman

The Access Services Department of the Central Rappahannock Regional Library is undergoing some exciting new changes. The Access Services department has moved to a new, more spacious location within the City of Fredericksburg that provides easier access to the office, with no elevator or stairs required; and has more parking, including more handicapped spaces.

The new address is:

125 Olde Greenwich Drive, Suite 155  
Fredericksburg, VA 22408

To reach the department, you can call Beth Solka at 540-372-1144 extension 7054, fax her at 540-834-0767, or email her at [beth.solka@crrl.org](mailto:beth.solka@crrl.org).



### Office News by Beth Solka

Several customers have come to me and said, "I asked for books in the past, but I have never received them. I guess they are just checked out." Now that we have the Gutenberg system, any book that you would like can be created for you—with no wait times. This system is programmed to create new books for a customer when their current books are returned and checked in. If you need more books than you are receiving or if you would like your reading interests updated, please let me know the new genres, authors, or titles that you would like to fill your request list.



# Library News

## Events to Keep the Mind Healthy

George Washington Foundation Lectures  
Fredericksburg, Tuesdays, 7:00-8:00

May 1

### Betty Washington Lewis and Women's Health in the 18th Century

Kelly Brennan Arehart, Manager of Interpretation and Visitor Services, explores the medical challenges that all 18th century women faced.

May 8

### Credit and Coinage: The Economy in Colonial Virginia

David Arehart presents on Col. Fielding Lewis, and how he amassed his fortune and became a prominent Fredericksburg businessman.

May 15

### Kenmore Curiosities: A Special Look at Kenmore's Collection

Curator Meghan Budinger reveals some of the exciting and unusual objects in Kenmore's collection that are rarely seen by the public and explains some of the behind the scenes work in curating Kenmore.



## Events to Keep the Body Healthy

Porter's Awesome Seniors Exercise Class

Porter, Thursdays, 9:30-10:30  
Seated exercise for the 55+ group.

### Chair Yoga

Montross, Tuesdays, 12:00-1:00  
With Kay Hawkins.

### Hypertension & Blood Sugar Tests

Montross, Monday, April 23, 5:30-7:30  
Drop in.

### Free Hearing Screenings

Salem Church, Monday, May 7, 12:00-4:30  
Dr. Anne Delaney of Advanced Hearing Group offers free 5-minute hearing screenings. Drop in.

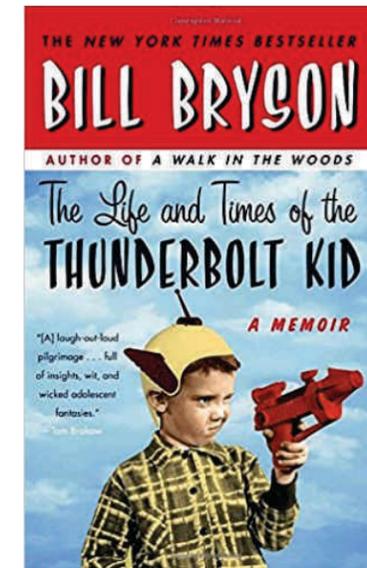
### The Mindful You: Powerful Skills to Handle Stress

Salem Church, Tuesday, May 8, 6:30-8:00  
With Larissa Ruuskanen, Psy.D.  
Porter, Thursday, May 17, 6:30-8:00  
With Linda Mixon, LCSW.



## The Life and Times of The Thunderbolt Kid by Bill Bryson Reviewed by Meg Raymond

A small boy found a jersey with a lightning bolt on the front hanging in the basement rafters. With this jersey, he was transformed into the Thunderbolt Kid. Like other superheroes, the Thunderbolt Kid could leap tall buildings with a single bound and other daring deeds that kept the World Safe For Democracy. But the Thunderbolt Kid could also vanquish idiots with a single, blazing thought.



Bill Bryson was born in the middle of the century (1951), in the middle of the country (Des Moines, Iowa), in the middle of the Baby Boomers. But before he was the Thunderbolt Kid, Bill Bryson was – a paperboy.

Bryson has also written many seriously funny travel memoirs. *A Walk in the Woods* is a personal favorite, but all

of his works are enjoyable. *In a Sunburned Country* has Bryson traveling to Australia, a country that “has more things that will kill you than anywhere else” and *I’m a Stranger Here Myself*, where Bryson returns to America after living in Europe for 20 years. Send your comments about the book to Beth.

Comments about *The Princess Diarist* by Carrie Fisher:

- "I did not like how much she jumped in and out of bed with so many other actors."
- "I loved this book. It made me realize that she did not fit in with the Hollywood crowd."
- "I loved that she was the narrator of the book and you could still feel her emotions about a topic even after all of these years."

## Contact Us

For book reserves, sharing a review, and information on all things Talking Book.

Beth Solka

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