Early to bed, early to rise
Getting back into a school sleep schedule won’t happen overnight! A few weeks before school starts, get your child into the habit of going to bed earlier. Gentle winding-down activities such as bath time and reading before bed can help your child relax.

Re-establish a routine
Establishing a consistent routine is important for kids. Write out the steps in the routine and rehearse them with your child. In the evening, this could include doing homework, playtime, brushing their teeth, having a bath, and reading before bed.

Encourage independence
Children who play an active role in preparing for back to school – such as choosing and organizing school supplies and new clothes – are more likely to get excited about going back to school, which in turn eases their jitters. Is your child old enough for chores like emptying the dishwasher or making lunches? Daily, age-appropriate tasks will help your child gain independence and confidence.

Choose the right backpack
Backpacks that are too heavy or worn improperly could result in muscle strain, headaches, and neck pain. Try to choose a backpack made of sturdy, lightweight fabric with wide, padded straps that will support your child’s shoulders. Watch that they don’t sling it over just one shoulder.

Talk about safety
Review outdoor safety rules – things like looking both ways before crossing the street, taking the same route every day if they are walking, familiarizing themselves with crosswalk rules, and being cautious in talking to strangers.

Establish healthy habits
Involve your children in choosing and preparing healthy lunches and snacks. Help them find physical activities they enjoy. Take them shopping for healthy snacks and lunch items they can pack themselves. Try to stick to regular meal times.

Source: thepersonal.com
## August New Releases

Find more new releases, complete with links, at www.mcplis.org/new

### DVDs
- **Sonic the Hedgehog**
- **Men**
- **The Batman**
- **The Boys Seasons 1 & 2**
- **Firestarter**
- ** Titans Seasons 1 & 2**
- **The Umbrella Academy Season 2**

### Children’s DVDS
- **Pokémon Journeys: The Series Season 23**
- **Peppa Pig: Peppa’s Club**
- **Rugrats (2021) Season 1, Volume A**
- **The Jetsons Complete Series**
- **The Witches**
- **Illumination Presents: 4-Movie Collection (Despicable Me)**
- **Pokémon Journeys: The Series Season 23**
- **Peppa Pig: Peppa’s Club**
- **Rugrats (2021) Season 1, Volume A**
- **The Jetsons Complete Series**
- **The Witches**
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- **The Jetsons Complete Series**
- **The Witches**
- **Illumination Presents: 4-Movie Collection (Despicable Me)**

### Book on CD
- **Black Dog** by Stuart Woods
- **Overkill** by Sandra Brown
- **The Challenge** by Danielle Steel
- **The Ninth Month** by James Patterson
- **The Ink Black Heart** by Robert Galbraith
- **The Arc** by Terry Henwood Hoen
- **Switchboard Soldiers** by Jennifer Chiaverini
- **A Face to Die For** by Iris Johansen
- **The Girl Who Survived** by Lisa Jackson
- **The It Girl** by Ruth Ware
- **Memory’s Legion** by James S.A. Corey
- **Death of a Green-Eyed Monster** by M.C. Beaton
- **Zero Hour** by Don Bentley
- **When She Dreams** by Amanda Quick

### Video Games
- **Pocky & Rocky Reshrined (Switch)**
- **Just Dance 2022 (Switch)**
- **The Last Kids on Earth and the Staff of Doom (Switch)**
- **WWE 2K Battlegrounds (Switch)**
- **Epic Chef (Switch)**
- **Marion Strikers Battle League (Switch)**

### Bestsellers
- **Overkill** by Sandra Brown
- **The Ninth Month** by James Patterson
- **The Challenge** by Danielle Steel
- **Fox Creek** by William Kent Krueger
- **Girl Forgotten** by Karin Slaughter
- **Quicksand** by Janet Daily
- **The Family Remains** by Lisa Jewell
- **The Ink Black Heart** by Robert Galbraith
- **The Housekeeper** by Joy Fielding
- **Where the Sky Begins** by Rhys Bowen
- **Bark to the Future** by Spencer Quinn
- **The Hunt** by Fay Kellerman
- **Tick Tock** by Fern Michaels
- **Reckoning** by Catherine Coulter
- **The Secrets of Ashmore Castle** by Cynthia Harrod-Eagles
- **Soul Taken** by Patricia Briggs
- **Armored** by Mark Greaney
- **The Many Daughters of Afong May** by Jamie Ford

### Large Print
- **Black Dog** by Stuart Woods
- **Overkill** by Sandra Brown
- **The Hunt** by Kaye Kellerman
- **Girl Forgotten** by Karin Slaughter
- **The Challenge** by Danielle Steel
- **The It Girl** by Ruth Ware
- **Sugar and Salt** by Susan Wiggs
- **Rising Tiger** by Brad Thor
- **The Ninth Month** by James Patterson
- **The Night Shift** by Alex Finlay
- **Chrysalis** by Lincoln Child
- **Reckoning** by Catherine Coulter
- **The Best Is Yet to Come** by Debbie Macomber

### Inspirational
- **Sold on Love** by Kathleen Fuller
- **Dead Sea Conspiracy** by Jerry B. Jenkins
- **Crossfire** by Lynette Eason
- **Lifemark** by Chris Fabry
- **All in Good Time** by Linda Byler
- **Apple Creek Announcement** by Wanda E. Brunstetter
- **Building a Future** by Amy Clipston
- **Yesterday’s Gone** by Cindy Woodsmall
- **The Florence Legacy** by Lauraine Snelling

### Non-Fiction
- **Diana, William, and Harry** by James Patterson
- **9:11 A Time to Always Remember** by Jim Serger
- **Natalie Wood’s Fatal Voyage** by Dylan Howard
- **Surveillance and Surveillance Detection** by John Kiriakou
- **The Parousia** by J. Stuart Russell
- **Dark Sun: The Making of the Hydrogen Bomb** by Richard Rhodes
- **Starting & Building a Nonprofit: A Practical Guide** by Peri Pakroo
- **A Book of Plays** by Thornton Wilder

### Graphic Novels
- **Buffy the Vampire Slayer: We Are the Slayer Vol. 10** by Jeremy Lambert
- **Avengers: Prelude to Infinity Vol. 3** by Jonathan Hickman
- **Gyo: The Death-Stench Creeps** by Junji Ito
- **The Life-Changing Manga of Tidying Up: A Magical Story** by Marie Kondo
- **Alice in Kyoto Forest Vol. 1** by Mai Mochizuki
Seraph of the End: Guren Ichinose, Resurrection at Nineteen Vol. 1 by Takaya Kagami
Sonic the Hedgehog: Crisis City by Ian Flynn
Justice League Dark: The Great Wickedness by Ram V
Witchy Vol. 1 by Ariel Slamet Ries
Uzumaki: Spiral Into Horror by Junji Ito

Teen/Young Adult

Love on the Brain by Ali Hazelwood
White Smoke by Tiffany D. Jackson
In Every Generation by Kendare Blake
Blue Bloods: After Life by Melissa de la Cruz
Ballad & Dagger by Daniel Jose Older
The Final Gambit by Jennifer Lynn Barnes
Nothing More to Tell by Karen M. McManus

Children

Disney/Pixar Turning Red by Random House
Little Pups in Big Trucks by Bob Shea
Hoggy Went a Courtin' by Ethan Long
Big Nate Destined for Awesomeness by Lincoln Peirce
Stinetinglers All New Stories by the Master of Scary Tales by R.L. Stine
Maisy’s Town by Lucy Cousins
Busy Baby Animals by Suzi Eszterhas
Horsetail Hollow Amazingly Angus by Kiki Thrope
DC League of Super-Pets the Great Myx-Up by Heath Corson
Good Night Butterfly by Ross Burach
Creepy Crayon by Aaron Reynolds

Readalongs

Brilliant Bea by Shaina Rudolph

Board Books

Goodnight, Girls by Samantha Brooke
Rumble, Rumble, Dinosaur by Katrina Charman
Baby Up, Baby Down: A First Book of Opposites by Abrams Appleseed
Sheep in a Jeep by Nancy Shaw
Are We There Yet? by Suzanne Lang
Dr. Seuss Discovers Bugs by Courtney Carbone
Beautiful Oops by Barney Saltzberg

Family Fun

hoopla
Fairmont Friends of the Library Book Sale  
**Saturday, August 20 | 10:00 a.m.—2:00 p.m.**  
The Book Cave is Open! The Friends of the Marion County Public Library (Fairmont) will be taking walk-ins to browse the book sale room.

**Teen Anime Club**  
**Wednesday, August 3/August 17 | 5:45 p.m.**  
Come hang out for an after-hours anime viewing! Each week we will watch an anime or animated show. Bring your friends, socialize, and maybe find a new favorite series!

**Beyond the Book Presents: When Grief Speaks—Giving Sorrow Words**  
**Monday, August 1 | 7:00 p.m.**  
WVU Medicine Chaplain Jen Suehs-Vassel is our speaker this month. Grief is a universal human experience. Grief is a natural and normal response to loss. Learning to recognize and cope with grief allows us to heal from our own losses, as well as to help others heal. Allowing our grief to speak reminds us that we are not alone, and that we can find hope, even in sorrow.

This event is linked to Beyond the Book Club discussion of *Everything I Never Told You* by Celeste Ng on Monday, August 22nd at 7:00 p.m.

Sign up at mcpls.org/events.

**Beyond the Book Club: *Everything I Never Told You* (Adult)**  
**Monday, August 22 | 7:00 p.m.**  
Beyond the Book pulls from the New York Times Best Seller List again this month to read *Everything I Never Told You*. This is the acclaimed debut novel of Celeste Ng who went on to author *Little Fires Everywhere*. Join us to Find out why it was named Amazon's #1 best book of 2014.

A profoundly moving story of family, secrets, and longing, *Everything I Never Told You* is both a gripping page-turner and a sensitive family portrait, uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

This event is linked Beyond the Book Presents: When Grief Speaks—Giving Sorrow Words on Monday August 1 at 7:00 p.m.

Sign up at mcpls.org/events.

**Crafty Connections**  
**Thursday, August 11/August 25 | 3:30 p.m.**  
Do you knit, crochet, sew, paint, sketch, embroider, cross-stitch, or do any other craft? Want to meet some new people and have conversations while crafting? If that sounds great to you, bring your current project to the library!

Make sure to bring everything you think you'll need such as scissors, thread, pencils, etc. We may have some supplies available, but they will be limited.

Registration is not required.

If you have questions, please let us know by
calling the library at 304-366-1210 and asking for Liz.

Wise & Wonderful (Adult 55+)
Friday, August 25 | 1:00 p.m.
Are you ready to see the world after retirement, but not sure where to start? Beverly Slider, owner of Travel Emporium on Morgantown Avenue, will be sharing her best tips for safe and affordable travel.

For patrons 55+. Registration required.

Sign up at mcpls.org/events.

Tabletop Game Group (Teens & Adults)
August 3, 10, 17, 24, & 31 | 5:00 p.m.
Alternative, advanced and imaginative games will be featured. Browse our collection of over 150 games, or bring your own to share! This event is open to adults and mature teens.

Refreshments will be provided! Get your game on!

Contact Dan Ward at 304-366-1210 extension 128 for more information.

Baby Time, Toddler Time, & Story Hour Start Back Up Next Month!

Baby Time is an event for parents and babies to hear stories, make new friends, and explore together! We will engage in simple finger-plays, songs, and read easy books, creating a safe space for new friendships to form.

Toddler Time features toddler-sized stories and activities for children aged 18 to 36 months! Each week is themed and is designed to help develop a child’s language, social, motor, and cognitive skills.

Story Hour features stories, music, and activities for pre-K children aged 3 to 5 years old.

Programs start the week of September 13.

Mannington
Toddler Time
Wednesdays
10:30AM

Fairmont
Baby Time
Tuesdays
9:30AM

Fairview
Baby Time
Tuesdays
10:00AM

Story Hour
Tuesdays
10:30AM

Toddler Time
Tuesdays
10:30AM
Thursdays
9:15AM

Story Hour
Wednesdays
4:30PM
Thursdays
10:30AM

Register at mcpls.org/events.
Fairview Book Sale
Stop in daily during regular business hours to shop our book sale. Books and DVDs are available for all ages. Buy one item or fill a whole bag for only $3.00! New donations coming in all the time. Stop in for some great reads and fantastic movies!

National Honey Bee Day!
Saturday, August 20 | 12:00 p.m.
One out of every three bites of food in the United States depends on honey bees and other pollinators. Honey Bees pollinate $15 billion worth of crops each year, including more than 130 fruits and vegetables.

However, due to disease, parasites, poor nutrition, and other factors, the number of honey bees has declined by 30% in the last 50 years.

What can we do to save this vital part of our ecosystem? Join local bee keeper, Terri Tennant, as we explore the wonderful world of the honey bee. Learn ways in which we can help save them from extinction. We will talk about, and sample some different types of honey—the taste depends on what plants the bees have pollinated.

This program is a free event and open to the public. Registration is suggested.

Speaking of Books: The Time Traveler’s Wife (Adult)
Tuesday, August 2 | 4:00 p.m.
Join Julie Mike at the Fairview branch to discuss The Time Traveler’s Wife by Audrey Niffenegger.

Passionately in love, Clare and Henry vow to hold onto each other and their marriage as they struggle with the effects of Chrono-Displacement Disorder, a condition that casts Henry involuntarily into the world of time travel.

You can pick up your copy of this month's book at the Fairview Library, or you can request a copy to pick up at any other MCPLS branch.

This selection is also available online through Libby and Hoopla.

Just Craftin’ Around (Adult)
Tuesday, August 2 | 5:00 p.m.
Join the Fairview staff to create a cute, one-of-a-kind, stamped tote bag. This class is designed for adult patrons aged 18 years and older. All supplies will be provided. Register today, because space is limited.

Sign up at mcpls.org/events.
Mannington Book Sale
Time to clean your book shelves? We accept donations; and while you’re visiting, fill up your shelves with new reading material. Great reads can be found at the Friends Book Sale, open every Wednesday 10 a.m - 2 p.m. and the first Saturday of the month 9 a.m. - 12 p.m.

Carol’s Crafty Creations (Adult)
Monday, August 15 | 5:00 p.m.
A craft class for beginners and experts alike! Each month, Carol picks a new craft. Join us to make interesting personalized decor!

This month, create a flower painting with a very interesting technique! No two flowers will be the same.

All materials provided by the Mannington Public Library.

Sign up at mcpls.org/events.

Cover2Cover Book Club: The Obituary Writer: A Novel (Adult)
Thursday, August 18 | 1:00 p.m.
On the day John F. Kennedy is inaugurated, Claire, an uncompromising young wife and mother obsessed with the glamour of Jackie O, struggles over the decision of whether to stay in a loveless marriage or follow the man she loves and whose baby she may be carrying. Decades earlier, in 1919, Vivien Lowe, an obituary writer, is searching for her lover who disappeared in the Great San Francisco Earthquake of 1906. By telling the stories of the dead, Vivien not only helps others cope with their grief but also begins to understand the devastation of her own terrible loss. The surprising connection between Claire and Vivien will change the life of one of them in unexpected and extraordinary ways. Part literary mystery and part love story, The Obituary Writer examines expectations of marriage and love, the roles of wives and mothers, and the emotions of grief, regret, and hope.

Pick up a copy of The Obituary Writer: A Novel by Ann Hood and register to join us to discuss the book. Participants must register to attend.

Sign up at mcpls.org/events.
For more information on our homebound and outreach services or bookmobiles, contact MCPLS Outreach Services Manager Abby Haught at 304-366-1210, extension 129, or at ahaught@mcpls.org.
Here are just a few recommendations by MCPLS staff members! For more recommendations, feel free to ask staff what they suggest.

Staff Picks

- *Mistborn: The Final Empire* by Brandon Sanderson
- *Bad Actors* by Mick Herron
- *Obsidian* by Jennifer L. Armentrout
- *Monstress* by Marjorie M. Liu and Sana Takeda

Available on Hoopla or Libby as e-book and/or e-audiobook, as well as our physical collection.
West Virginia LibShare is a library consortium in North Central West Virginia featuring the Marion County Public Library System, Bridgeport Public Library, and the Clarksburg-Harrison Public Library. A library consortium is a group of libraries who partner to combine resources, share expertise, and broaden the amount of materials available to their patrons.

Marion County Public Library wants to highlight some of the events that are being hosted by the Bridgeport Public Library and the Clarksburg-Harrison Public Library to encourage patrons to attend events at the other LibShare locations.

Chuck Miller Meet & Greet (All Ages)
Saturday, August 13 | 1:00 p.m.—2:00 p.m.
Chuck Miller will be at the library to read and talk about his children’s book, “Will Little Roo Ever…?” Miller’s book is also featured in the Bridgeport City Park for the entire month of August.

Back to School Bash (All Ages)
Tuesday, August 16 | 1:30 p.m.—2:30 p.m.
It's that time of year again! Preparing for the new school year can be a stressful time for everyone. Join us at the library on Tuesday, August 16th from 1:30 p.m. to 2:30 p.m. to spend time reading with the Mountaineer Therapy Dogs. We'll also provide information on some of the resources the library has to offer year-round! Register at www.bplwv.org/events.

Adult Anime Club
Wednesday, August 3 | 5:30 p.m.—7:00 p.m.
The Adult Anime Club is for our 18+ anime fans to come together, meet fellow adults, watch anime, and discuss related topics. Every session we'll watch a couple episodes of an anime or an anime film on Crunchyroll and then discuss what we watched. At the end of the club, we'll pick a new series to watch next time. We meet on the first Wednesday of the month. Register at www.bplwv.org/events.

Easy STEAM for Adults: 3D Printed Button
Friday, August 19 | 4:00 p.m.—5:00 p.m.
Have you wanted to explore 3D printing as an adult but never had the time or resources to learn how? Come to the library for a live demo and the chance to design a button for free. Your button will then be printed out during the following week and will be available for pick-up when complete. This is your chance to learn, ask questions, and see a live print session. Register at www.bplwv.org/events.

Coding for Adults
Friday, August 26 | 5:30 p.m.—6:45 p.m.
Would you like to learn how to code your own website? Are you interested in learning HTML? Does learning alone sound intimidating or too much like a chore? Join us in this free, beginners HTML coding class hosted in our new Makerspace. You will need a valid email address to get started. Register at www.bplwv.org/events.

Gaming with the Classics (Adult)
Monday, August 29 | 2:00 p.m.—3:00 p.m.
Stop by for a game of checkers, Scrabble, Monopoly, cards, and other classic games. For patrons aged 55+. Gaming with the Classics meets on the last Monday of the month. Register at www.bplwv.org/events.

Back to School Bash (Ages 4-18)
Friday, August 5 | 4:30 p.m.—8:00 p.m.
Join us at Clarksburg-Harrison Public Library on First Fridays for free backpacks, school supplies, and connecting with local community organizations. Registration is not required. Drop by anytime on August 5 between 4:30 and 8:00. Backpacks & school supplies will be provided by Kiwanis Club and ATM. Register at www.clarksburglibrary.org/calendar.

Open Mic Night (All Ages)
Thursday, August 4 | 6:00 p.m.—8:00 p.m.
Singers, stand-up comedians, and poets are welcome! Relax, kick back, and enjoy some music and the spoken word with a coffeehouse feel. Register at www.clarksburglibrary.org/calendar.
### AUGUST 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Aug 1</strong></td>
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<tr>
<td>7:00pm Beyond the Book Presents: When Grief Speaks -- Giving Sorrow Words; Fairmont</td>
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<td>5:00pm Tabletop Gaming; Fairmont</td>
<td>5:45pm Teen Anime Club; Fairmont</td>
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| 2               |                  |                   |                  |        |          |
| 4:00pm Speaking of Books "The Time Traveler's Wife"; Fairview | 5:00pm Tabletop Gaming; Fairmont |                   |                  |        |          |

| 3               |                  |                   |                  |        |          |
| 5:00pm Just Craftin' Around: Stamped Tote Bag; Fairview | 3:30pm Crafty Connections; Fairmont | 10:00am Friends of the Library Book Sale; Fairmont |                  |        |          |

| 8               | 9                | 10                | 11               | 12                | 13                |
| 5:00pm Tabletop Gaming; Fairmont |                  | 5:00pm Tabletop Gaming; Fairmont | 5:00pm Tabletop Gaming; Fairmont |                  |                  |

| 15              | 16               | 17                | 18               | 19                | 20                |
| 5:00pm Carol's Crafty Creations: Create a Flower Painting; Mannington |                  | 5:00pm Tabletop Gaming; Fairmont | 1:00pm Cover2Cover Book Club: "The Obituary Writer"; Mannington |                  | 10:00am Friends of the Library Book Sale; Fairmont |

| 22              | 23               | 24                | 25               | 26                | 27                |
| 7:00pm Beyond the Book Club: "Everything I Never Told You"; Fairmont |                  | 5:00pm Tabletop Gaming; Fairmont | 1:00pm Wise & Wonderful: Travel Tips and Tricks; Fairmont | 3:30pm Crafty Connections; Fairmont |                  |

| 29              | 30               | 31                |                  | Sep 1             | 2                 |
| 5:00pm Tabletop Gaming; Fairmont |                  |                  |                  |                  |                  |

Check out our online calendar to register for events and get the most up-to-date information! Follow the QR code, or visit:
http://bit.ly/2uydBH1