



NewsLetter

Breaking News!

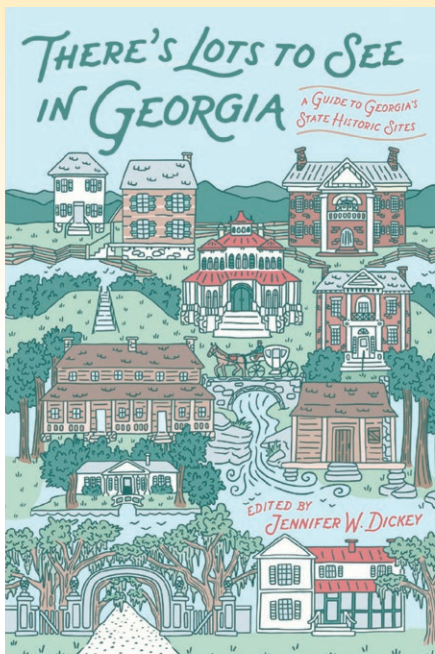
**Save the Date –
Thursday, November 5th
at 2:00 p.m.**

By Carol Hagadorn

The Friends of the Pickens County Library are happy to welcome Dr. Jennifer W. Dickey, a professor of history and the coordinator of museums and the public history programs at Kennesaw State.

Please join us in the Pickens County Library's Community Room on November 5 at 2:00. In the words of a former student, "Dr. Dickey is one of the best teachers I have had at KSU. She knows the material, and is excited about it. She is very entertaining...."

Also, there will be homemade snacks!



A Message from Sandy Tatum

President, Friends of the Pickens Library

Dear Fellow Book Lovers,

Fall Into Reading!

What an appropriate title for one of the Pickens County Library's great reading events. Friends of Pickens County Library are also working to help you do just that. As you enter the library, look to the left to see our Book Sale Shelves ready with dozens of used books for adults, youth, and children. We have many genres of books available: fiction, non-fiction, fantasy, biographies, spiritual, historical, and more. There is always a library cart at the shelves with a featured author or genre (travel books, cookbooks, tabletop books, etc.) that we sell at a special rate.

When you purchase used books from the Book Sale Shelves, you help us to fulfill a promise the Friends of the Pickens County Library Board made to help stock the shelves with new books in the rest of library. Our promise is that we will pledge to donate **\$2,500 per quarter** to the library for the purchase of books and materials. Your donations and purchases of books from the Book Sale Shelves help us to fulfill our pledge.

Recently, we had a large book donation from a family that included many children's books. We are so very thankful for the generosity of this family and other members of the community who send their gently used books to the library to help with our fundraising.

We also want to say a special thank you to our local **business patrons**. This year we have received a \$500 grant from Amicalola Electric Membership Corporation, \$1,000 from Community Bank of Pickens County, and so far this year, we have received \$2,250 from PCCRA grants.

Another donation of \$300 came in the form of a Memorial Gift. This was such a thoughtful way to honor a life-long lover of books and reading.

When your yearly Friends' membership is renewed, that money also goes toward our pledge.

Membership dues begin at just \$5 for students, \$15 for an individual, and \$30 for a family. Please use the QR Code in the "Join the Friends of The Pickens Library" box to enroll.

If you are already a member of the Friends of the Pickens Library, **thank you!**

If you are not a member yet, please visit friendsofpickenslibrary.org for information on how to join at individual or business patron levels. There is no better way to help your local community than promote literacy and learning through our amazing local library!

Kindest Regards,

Sandy Tatum

Using Field Guides

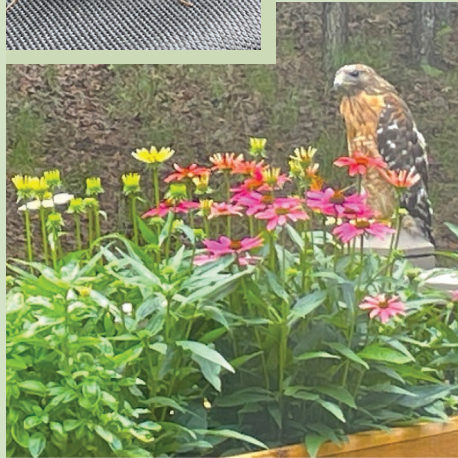
By Carol Hagadorn

For 22-plus years, my husband and I have lived in the North Georgia woods populated by many different kinds of animals. We get to see a great variety of species slithering, bounding, waddling, lumbering, flying, or scampering across the backyard. Over the years, we have seen or heard turkey, crow, eagle, hawk, owl, bluebird, blue jay, cardinal, chipmunk, bear, deer, armadillo, red fox, coyote, copperhead snake, king snake, newt, anvil worm, Joro spider, wolf spider, fire ants, termites, and many other species. It is exciting to see some relatively rare creatures, and I like to take the opportunity to read about them in one of the field guides I have purchased at the library's Book Sale Shelves over the years. I take my photos with my trusty iPhone 12 mini. I know my limits and my camera's limits, and I find that my most successful photos are the slow-moving, smaller creatures. Below are some of my latest photos along with their identity that I found in one of the field guides. This is a great hobby for those of us fascinated by the mammals, birds, insects, and plants who live in our backyards.

Please note: No animals or humans were harmed in these nature photography sessions.



This praying mantis is posing on the grill cover.

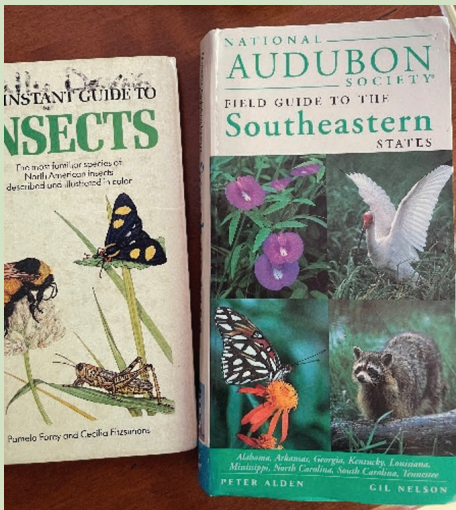
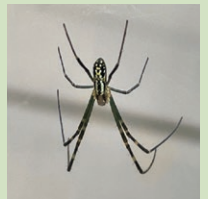


This could possibly be a Cooper's hawk.

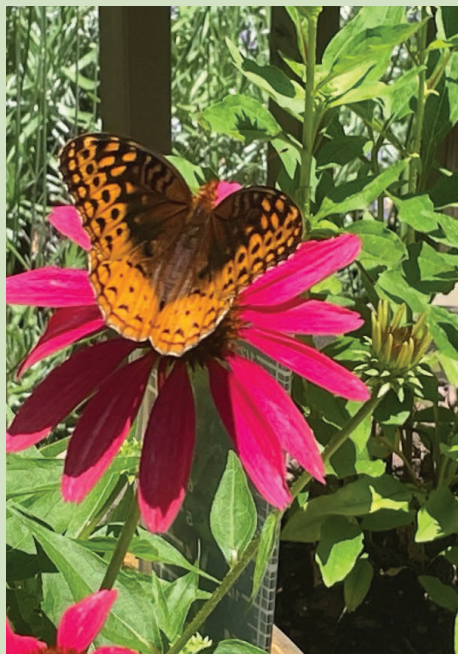


This is an owl, possibly a barred owl. No ear tufts are present and this owl likes to sit on horizontal limbs by day.

This Joro spider, a species new to this area, is not in any field guide I have. The internet is the best source of information.



These are two of the reference books I use for backyard animal identification.



This butterfly is a Great Spangled Fritillary resting on a coneflower.



This turkey is trying to dry its feathers after a summer shower. PHOTOS BY CAROL HAGADORN



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Brighter Communities*

JOIN THE FRIENDS OF THE PICKENS LIBRARY

Be part of the community. Support your library. Make a difference.

Friends of the Pickens Library, Inc. is a 501(c)(3) nonprofit dedicated to supporting the Pickens County Library, promoting literacy, and helping provide books, materials, programs, and resources for our community.

Student	Individual	Family	Contributor	Sponsor	Benefactor
\$5	\$15	\$30	\$50	\$100	\$200

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There's Lots to See in Georgia

A Guide to Georgia's State Historic Sites

Edited by Jennifer W. Dickey

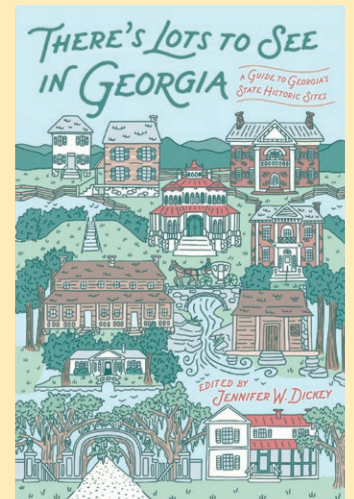
"Dickey's history of Georgia's memorialization, commemoration, and memorymaking will fascinate tourists, students, and scholars alike. The travel guide format, focusing on the state's sixteen official historic sites, is clever and appealing."

—Drew A. Swanson, author of *Remaking Wormsloe Plantation: The Environmental History of a Lowcountry Landscape*

There's Lots to See in Georgia provides a history of the Peach State's state historic sites, including a brief history of each site, the process by which the sites were preserved or restored and became part of the state historic site system, and information to guide visitors as they tour each site.

The sixteen sites featured in this book capture more than fifteen hundred years of history of the place we now call Georgia, from the Woodland era through the mid-twentieth century. Included are Native American sites from the Woodland, Mississippian, and Cherokee periods, colonial-era sites, frontier settlement sites, antebellum plantations, Civil War sites, and a presidential retreat. No other book offers such comprehensive coverage of all the historic sites owned and operated by the state of Georgia.

JENNIFER W. DICKEY is a professor of history and the coordinator of the museums and the history and public programs at Kennesaw State University. Previously the campus preservationist at Berry College, she continues to serve as a preservation consultant. She has worked for the National Park Service and the Historic Preservation Division of Georgia. She is the author of *A Tough Little Patch of History: "Gone with the Wind" and the Politics of Memory* and coauthor of *Memories of the Mansion: The History of Georgia's Governor's Mansion (Georgia)*. She lives in Atlanta.



A comprehensive guide to the historic sites owned and operated by the state of Georgia.



Jennifer W. Dickey. PHOTO COURTESY OF THE AUTHOR

November is National Gratitude Month

By Barbara Brescia

National Gratitude Month encourages us to embrace the power of gratitude. But what is being grateful and how is it different from being thankful? Thankfulness is a response to something good that happens to us. Being grateful, however, is a choice to appreciate the positive instead of the negative. It is experiencing appreciation without someone else doing something for us. Some researchers call this mindful gratitude: taking time to pause, reflect, and savor small moments of joy. Practicing this type of gratitude triggers the brain to release "feel good" chemicals. In addition, it triggers activity in the five areas of the brain that involve cognitive functions like higher-order thinking, decision-making, emotional awareness, and motivation. Mindful gratitude also activates the area of the brain that controls feelings of contentment, emotional processing, and fear responses.

Research has shown that practicing mindful gratitude has remarkable benefits. It helps us develop a more positive mindset enabling the brain to filter out negative thoughts. Mindful gratitude reduces stress, anxiety, and depression, which helps the brain focus on and take steps toward fulfilling activities. By reducing stress and rewiring mental pathways, the practice of mindful gratitude improves emotional resilience and focus. Chemicals activated during mindful gratitude improve immunity, sleep, and general health.

With all of these amazing health benefits, it seems obvious that practicing mindful gratitude should be a given in our daily lives. The question is; how do we practice it? A summary of the research suggests the following activities:

Mindful Breathing and Meditation –

It involves a few quiet moments, closed eyes, deep breathing with thoughts of one thing of gratitude for the day.

Mindful Walking –

Instead of letting the mind wander, focus on the sensation of each step, the rocks or the pavement, the colors, flowers, trees, clouds, and air. Breathe in grateful thoughts of the surroundings.

Mindful Reflections –

Take time each day to savor the tiny sparks of joy; the things that allow us to be in the moment of the beauty of everyday life.

This November, during National Gratitude Month, remember what your parents probably told you, "Be grateful for what you have." As it turns out, they were right. Being grateful for what we have makes us healthier, happier individuals who enjoy life to the fullest.





News Letter

100 Library Lane
Jasper, Ga 30143

Autumn

The rusty leaves crunch and crackle,
Blue haze hangs from the dimmed sky,
The fields are matted with sun-tanned stalks –
Wind rushes by.

The last red berries hang from the thorn-tree,
The last red leaves fall to the ground.
Bleakness, through the trees and bushes,
Comes without sound.

By Joan Mitchell

Joan Mitchell was born in 1925 and wrote the poem "Autumn" when she was ten years old. She lived in Chicago during her childhood and was encouraged by her father to devote time to only one branch of the arts. She chose painting. She studied at Smith College for two years, but wanted to be a full-time painter. She continued her studies at the School of the Art Institute of Chicago. During her adult life she moved to Paris shortly after WWII. Her paintings were well received then, and now when they are sold at auction, they currently sell for millions of dollars. She was considered an American abstract expressionist and one of the most successful women artists. She died in 1992.

Joan Mitchell—from poet to artist.



Planning Your Georgia Bucket List

By Barbara Brescia

With its wide diversity of topography and its vibrant cities, Georgia has something for everyone. In fact, the list of "Must See" places is so long, that a trip a day for years could not cover all of them. I have found four books that have helped me focus my own "Must See" list.

- The first book featured is *Georgia Discovered* by Chris Greer which contains photographs, descriptions, anecdotes, and recommendations of state areas of interest organized by region.

- *Georgia Bucket List Adventure Guide* by Aaron Valdez dedicates one page each to explain the best time to visit, required fees, address, and GPS coordinates of over 100 must-see places.

- *Waterfall Hikes of North Georgia* by Jim Parham is a waterfall hiker's bible explaining everything one would want to know about Georgia's easy-to-strenuous hikes in wilderness areas, parks, and wild-life management areas. The information

covers required fees, hiking distance, type of hike, number of falls, elevations, and ascent. The description of each hike is specific, noting safety issues and viewpoints.

- The most unique book on the topic of Georgia's must-see places is *There's Lots to See in Georgia: A Guide to Georgia's State Historic Sites* by Dr. Jennifer Dickey. This book is co-authored and edited with students, exploring Georgia's state-historic sites.

On their Georgia must-see lists, some of these books have several places in common: the Appalachian National Scenic Trail, Amicalola Falls, Cloudland Canyon State Park, Providence Canyon State Park, Cumberland Island State Park, Tullulah Falls State Park, Stone, Arabia, and Panola Mountains, Brasstown Bald, and the Okefenokee Swamp to name a few.

All the natural and man-made wonders of Georgia are too numerous and awesome to review in this article. But, for curious explorers, hikers, or day trippers, these four books provide a comprehensive

start for compiling a Georgia Bucket List that will enable you to experience breathtaking adventures and make incredible and lasting memories.

