

# The Richmond Record

September 2017

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[www.richmond-utah.com](http://www.richmond-utah.com)



## City Party

Mark your calendar for the Richmond City Party!

Date: Friday, September 8

Place: Richmond City Park

Time: Games begin at 5:00 p.m. and go until 8:00 p.m. Dinner begins at 6:00 p.m.

## Richmond Harvest Market

The Harvest Market (563 South State Street) is open each Saturday from 10 a.m. to 1 p.m. More information may be found at [www.richmond-utah.com/harvest](http://www.richmond-utah.com/harvest) and on Facebook (search for Rockhill Cheese).

## Operation Christmas Stocking



Once again, the American Legion Auxiliary will be sponsoring 'Operation Christmas Stocking.' Help

us make the holidays a little brighter for those in the military who are away from their loved ones. Stuff your own stockings or donate stocking stuffer items. September 1 through November 24 we will have a container at the Richmond City Office to accept donations. This is a small way we can show our appreciation

and support to all of our men and women in the armed forces who are serving.

If you have any questions, contact Patricia Forsgren 258-2330 or log on to [www.operationgive.org](http://www.operationgive.org) for a list of suggested items or to see other ways to donate.

Thank you!

## Behind the Uniform Richmond Fire & Rescue Department



Getting to know the people behind the uniform: Richmond Fire Department would like to present TrinaDee Murray Abel.

TrinaDee has been with Richmond Fire for 16 years. Trin was raised in Richmond and currently resides in Smithfield. She is married to Eric Abel and they have 4 children. She works for IHC Budge Clinic in Pediatrics. They love to camp and hunt. During the summer, they spend a lot of time at the baseball diamond. Trin continued the family tradition when she joined the department. When Trin first joined our department, she was both Fire and EMT certified but because of scheduling issues and the move to Smithfield she gave up the EMT portion (for now) but has continued as a firefighter. Trin has never thought twice about giving her time to help keep our community safe. Thanks, Trin, for all your hard work and dedication. Looking forward to working with you for many more years. Let's get you "back home" soon.

## Upcoming September Activities:

Come visit us at the city party September. Mass Casualty Drill September 30<sup>th</sup>. Watch our

Facebook Page for pictures. We also have other upcoming events scheduled throughout the remainder of the year; watch for emails, texts, and our Facebook page for information.

### Safety Tip of the Month:



**Backpack Safety:**  
It's time to lighten the load

When you move your child's backpack he or she drops it by the door, does it feel like it contains 40 pounds of rocks? Maybe you've noticed our

child struggling to put it on, bending forward while carrying it, or complaining of tingling or numbness.

If you've been concerned about the effects that extra weight might have on your child's still-growing body, your instincts are correct. Backpacks that are too heavy can cause a lot of problems for kids, like back and shoulder pain, and cause poor posture.

While we wait for solutions like digital textbooks to become widespread, there are things you can do to help prevent injury. While it's common these days to see children carrying as much as a quarter of their body weight, the American Chiropractic Association recommends a backpack weight no more than 10 percent of the child's weight. When selecting a backpack, look for:

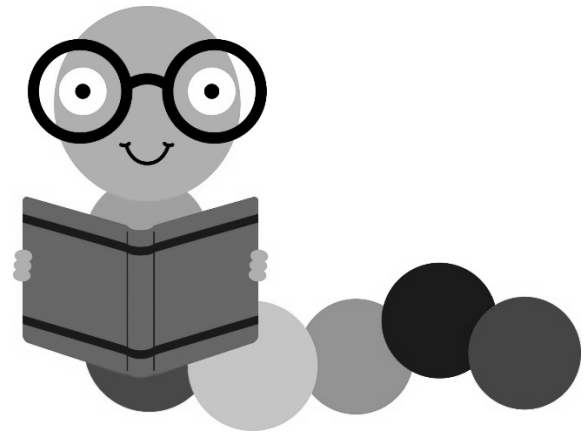
- An ergonomic design
- The correct size: never wider or longer than your child's and never hanging more than 4 inches below the waist
- Padded back and shoulder strap
- Hip and chest belts to help transfer some of the weight to the hips and torso
- Multiple compartments to better distribute the weight
- Compression straps on the sides or bottom to stabilize the contents
- Reflective material

Remember: A roomy backpack may seem like a good idea, but the more space there is to fill,

the more likely your child will fill it. Make sure your child uses both straps while wearing the backpack. Using one strap shifts the weight to one side and causes the muscle pain and posture problems.

Help your child determine what is necessary to carry. If it's not essential, leave it at home.

Richmond Fire 🔥



### The Richmond Library

*A citizen's door to lifelong learning*

"Why are we so hard on one another? I wonder. Hadn't the world already given us challenges enough?"

— *The Orphan's Tale* by Pam Jenoff

### Did You Know...

We now have two kindles available for checkout at the library. Come in today to see what books are available on the kindles!

### Library Presentation

Language and Literacy in Early Childhood - It's Storytime for Grownups!

When: Thursday, September 21<sup>st</sup>, 7:00-8:00 p.m.

What: Program for Parents, Grandparents and anyone else interested in supporting language and literacy development in early childhood.

Who: Farol Nelson (formerly of USU Child Development Lab, currently teaches Preschool Story Time) will be the presenter, and promises the hour to be packed with ideas, stories, songs and much more.

Come prepared to take part in an evening of entertaining, down-to-earth information, discussion and learning. **Everyone who attends will receive a new board book to take home!!! Don't miss out; come join the fun!**

**Preschool Story Time Begins Thursday, September 7th @ 10:30 a.m.**

Check our website for the weekly themes. ([richmondlibrary.us](http://richmondlibrary.us))

**Baby Story Time Begins Tuesday, September 12th @ 9:30 a.m.**



All Utah's Online Library databases can be accessed at the Richmond Public Library Website @ [richmondlibrary.us](http://richmondlibrary.us)  
Call or email the library for the access code.

**Utah's Online Library: Preschool Pioneer**  
This month's resource is Preschool Pioneer. If you have a child age birth to five this is a great resource. There is a calendar of activities you can do with your child as well as other educational games and materials.



### New Arrivals

To view a list of our new materials, check the resource lists on our catalog either at home or at the library.

### Adult

*Grit* by Angela Duckworth

*Teach Your Children to Read in 100 Easy*

*Lessons* by Siegfried Engelmann

*The Gifts of Imperfection* by Brene Brown

*Woodwork: A Step-by-Step Photographic Guide to Successful Woodworking* by Alan

Bridgewater

*The Knitter's Book of Knowledge* by Debbie Bliss

*A to Z of Crochet* by Sue Gardner

*Freedom Summer: The 1964 Struggle for Civil Rights in Mississippi* by Susan Rubin

*The Nine of Us: Growing up Kennedy* by Jean Kennedy Smith

*Beyond Hitler's Grasp: The Heroic Rescue of Bulgaria's Jews* by Michael Bar-Zohar

*Romancing Daphne* by Sarah Eden

*Mormon Girl: Incognito* by Kari Iroz

### Teens

*Unhooked* by Lisa Maxwell

*Caravel* by Stephanie Garber

*Ahsoka* by E.K. Johnston

*Valkyrie* by Kate O'Hearn

*Rose & Thorne* by Sarah Prineas

*World's Collide* by Chris Colfer

### Children

*My First Reading Library* from Usbourne: 50 books to guide your child through the first stages of reading

New books in the *Heidi Heckelbeck Series*

**The library is closed for all state and national holidays.**

### Connect with Richmond City



@RichmondUtah

Follow us on  
Twitter!

### Richmond City Website

Visit the website at [www.richmond-utah.com](http://www.richmond-utah.com) for information on council meetings, public safety, resident info (utilities, licenses, permits), and much more.

### Richmond City on Facebook

The city has an official Facebook page at [www.facebook.com/richmondcityutah](http://www.facebook.com/richmondcityutah).

### Community Response System

If you're interested in joining the city's community response system, please send an email to [communityresponse@richmond-utah.com](mailto:communityresponse@richmond-utah.com). If you'd like information on the system, send your request to the above email address.

### Newsletter Submissions

Send to [terlou38@gmail.com](mailto:terlou38@gmail.com) by the 20<sup>th</sup> of each month.

