



# Author traces health journey in new book

♣ Kick off the new year with inspiration and real-life motivation as author Rita Honeycutt shares her powerful personal story and debuts her book *Fat to Fit: My Health Journey* at the Archdale library.

Honeycutt will present her talk twice on Tuesday, February 17, at 3 p.m. and 6 p.m. It's free and the public is invited.

Honeycutt will take audiences through her honest and relatable health journey, covering challenges, mindset shifts, and the steps that helped her reclaim her health. Whether you're just starting your wellness journey or looking for fresh encouragement, her talk will offer inspiration for anyone wanting to live more healthily.

The program will include a Q&A and book signing, giving attendees the opportunity to connect with Honeycutt and take home a signed copy of her book, which



Rita Honeycutt

will be available for purchase.

Honeycutt, who is Randolph County's Veterans Services Officer, is also a writer, endurance enthusiast and lifelong believer in showing up — especially on hard days. Through personal experiences with training, racing and real-life setbacks, she writes honestly about movement, mental health, discipline, and the power of doing work even when motivation fades.

Her writing blends encouragement with real-world perspective, reminding readers that progress isn't about perfection, but about consistency, resilience, and choosing

one step at a time.

When she's not writing, Honeycutt can be found training for her next challenge, chasing finish-line medals, or inspiring others to move their bodies and take ownership of their health.

# Randleman to offer financial wellness class

♣ Feeling stressed out about money?

Join Randolph County Wellness Administrator Dr. Kristi Wallace for a "Financial Wellness Seminar: Take Care of Your Money," 3:30 p.m. Tuesday, February 24, at the Randleman library, for ages 16 and up.

The practical, interactive seminar is designed to help you take control of your finances. Learn how to budget effectively, save for emergencies, manage debt, and plan for long-term goals. Walk away



Dr. Kristi Wallace

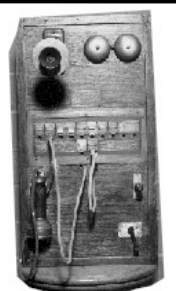
with actionable tips, simple tools and the confidence to make smarter financial decisions.

Wallace, who has worked in wellness for over 20 years, joined Randolph County government as Wellness Administrator in August. She holds a doctorate in Kinesiology and is a National Board Certified Health and Wellness Coach.

Registration for the class is preferred; call 336-498-3141 or visit the library.

## 'Say Hello' to Randolph County's telephone history

Did you know that telephones came to Asheboro in 1897, but Randleman was first to replace hand-cranked phones with a dialing system? Learn about the history of telephone service in the area in "Say Hello: The Telephone Comes to Randolph County," on display through March in the large case in the Asheboro library reading room. The Randolph Room has put together a collection of news items and artifacts tracing telephone communication in the county from that first service through the advent of car phones in the 1960s.



## Archdale

336-431-3811  
Fax 336-431-4619  
10433 S. Main St.  
Mon-Thur 9-8;  
Fri 9-6; Sat 9-1

## Asheboro

336-318-6800  
Fax 336-318-6823  
201 Worth St.  
Mon-Thur 9-9; Fri 9-6;  
Sat 9-1

## Randolph Room

336-318-6815  
Mon-Fri 9-12:30; 1:30-5:30  
Sat 9-12:30

## Franklinville

336-685-3100  
111 Sumner Place  
Mon-Thur 10-6; Sun 1-5

## Liberty

336-622-4605  
Fax 336-622-2665  
239 S. Fayetteville St.  
Mon, 9-7, Tues 11-7,  
Wed, 9-5, Thur 11-5  
Fri 9-5, Sat 9-3

## Ramseur

336-824-2232  
Fax 336-824-2232  
1512 S. Main St.  
Mon-Fri 9-6  
Sat 9-1

## Randleman

336-498-3141  
Fax 336-498-1139  
142 W. Academy St.  
Mon-Fri 9-6  
Sat 9-1

## Seagrove

336-873-7521  
530 Old Plank Rd.  
Tues-Fri 10-6; Sat 11-3

## Extension Service

336-318-6816 or 336-318-6817; Mon-Fri 9-5

*from  
the  
director*

**Ross A. Holt**



# Lisa Canoy retires

♣ **Library services reach all ages, from the youngest members of our community to the most senior.**

Our Extension Services librarians serve both ends of the spectrum, taking storytimes and books to child care centers and pre-Ks, and delivering books and other items to senior patrons who are homebound or in care institutions.

Sometimes, an Extension librarian is one of only a few people that their older patrons interact with every month, and the visits are much anticipated.

It takes a talented, compassionate person to engage with this range of patrons, and Lisa Canoy is just that. Lisa retired on December 31 as head of Extension Services after 10 years with the library. Before joining our staff, she served 32-years as a media specialist with the Randolph County School System.

Lisa started in the Asheboro Children's Room, and moved to Extension Services in 2019. She served on the Randolph County Aging Services Advisory Committee, and was instrumental in establishing the Mobile Library service.

Lisa says it was an honor and a privilege to serve the people of Randolph County as Extension Librarian. "I was invited into homes and trusted to fulfill reading requests as well as personal requests (help with putting socks on, opening jars, research questions, phone/tablet/computer help). I know I positively impacted lives and I made many cherished friendships along the way," she says.



*"Ms. Lisa," Lisa Canoy, presents a virtual storytime.*

One of her patrons told us in a recent survey, "At 85 years old — can't drive anymore, so am mostly homebound. I love to read, so it is a blessing to have Lisa to bring me books. She has introduced me to so many new authors... Lisa does a wonderful job of picking out books that I enjoy, plus she is such a beautiful lady inside and out."

At the other end of the range, in preschools Lisa was known as Lisa the Library Lady. "I loved seeing the excitement on children's faces as we read, sang, danced and played instruments together," she says. "I helped children learn and modeled best practices for teachers who regularly asked for my lesson plans and songs."

One of her pre-K teachers said in our survey, "Lisa creates a captivating learning environment for children. Her interactive songs and well-chosen books spark their curiosity and keep them engaged."

Lisa says she felt like a celebrity when she ran into her preschoolers in public. "They would excitedly run to hug me or shyly 'peep' at me, then ask if I was Library Lady."

She also enjoyed visiting underserved populations in the Mobile Library. "Children ran to us, hurrying to remove returns from their bookbags, so they could board the truck to explore and find their next great read," she says. "People, people, people — they made my job worthwhile and enjoyable!"

In retirement, Lisa is again enjoying both ends of the age range, taking care of her 6-month old grandson and her 84-year-old mother — and traveling as much as possible.



# Learn the art of bullet journaling

♣ Join librarians Charity Johnson and Meghan Carter for “Bullet Journaling: Life’s Minimalist Journal for Yourself,” 6:30 p.m. Thursday, February 19, at the Asheboro library.

Bullet journaling is a creative organizational tool that you essentially design yourself. Using a blank journal you

can draw your own calendars, create budget trackers and more. It generally suggests you make a list of things you want to accomplish for the month, then draw from that list to make weekly and daily to-dos. Everything exists in one notebook in the order you decide. Participants will need to bring a blank journal—either with or without lines—and a pen of any color.

## Get romantic about reading ...and other activities around the county

♣ Speed dating in Archdale and a mystery date in Liberty, all with books — what could be more romantic for Valentine’s Day?

Fall in love with a new book in **Booked for Love — A Speed Dating Book Exchange**, 10:30 a.m. Saturday, February 14, at the Archdale library. Bring a book you’re ready to trade and write a short “love letter” to it so other participants can get a taste of why it’s special, and swap your books.

In Liberty, go on a **Mystery Date with a Book** during February. Stop by the library and find gift bags with a brief description of the book that’s inside. Read at least 100 pages, write a brief book review, and be entered to win a \$25 gift card.

### All about lighthouses

The Franklinville and Seagrove libraries will offer adults and teens an opportunity to learn about North Carolina lighthouses, and paint a picture of one of them.

Local lighthouse aficionados Tony and Alma Pasek, members of the Outer Banks Lighthouse Society, will present a **North Carolina Lighthouse Tour** at Seagrove, 1 p.m. Saturday, February 7; and at Franklinville, 2 p.m. Sunday, February 22.

Meanwhile, a **Paint with Us** session will feature the Cape Lookout lighthouse. Bring an 8x10 or 9x12 canvas and the library will

provide the rest. No experience necessary. Seagrove, 1 p.m. Saturday, February 14; Franklinville, 2 p.m. Sunday, February 15.

### Seed Swap at Seagrove

Join Camp Ridge Homestead at the Seagrove library for sharing of seeds, and tips on saving and planting, in a “Seed Swap,” 1 p.m. Saturday, February 28.

### Stitching lessons

Sit down for a one-on-one knit and/or crochet class with librarian Charity Johnson. Personalized lessons are designed around your skill level, pace and goals. Email [cjohnson@randolphlibrary.org](mailto:cjohnson@randolphlibrary.org), or call Franklinville (336-824-4020) or Seagrove (336-873-7521) to set up a lesson.

### Shiitake mushrooms

Liberty will offer Shiitake Mushroom Production for Beginners, 5-7 p.m. Tuesday, February 17, for adults. Join Cody Craddock of Randolph County Cooperative Extension to learn how to inoculate your own logs to grow the mushrooms. Take home one log that you inoculate during the class.

Cost is \$15; visit <https://tinyurl.com/libmrm> to register.

### Winter Reading continues

Winter Reading programs for adults continue into March at the Randleman, Liberty, Seagrove and Franklinville libraries. Drop in for activities and reading rewards.



### Book discussions

**Asheboro Reads:** *From Scratch: A Memoir of Love, Sicily, and Finding Home* by Tembi Lock, 2 p.m. Tuesday, February 24.

**Archdale Book Break:** *Let Us Descend* by Jesmyn Ward, 2 p.m. Tuesday, February 17.

**Franklinville: Snippets Book Club.** Discuss articles from *The Sun* magazine, 12:30 p.m. Monday, February 16.

**Liberty Book Club:** *The Lincoln Highway* by Amor Towles, 6:30 p.m. Thursday, February 19.

**Liberty Readers Meet-Up:** *Eddie Winston is Looking for Love* by Marianne Cronin, 1 p.m. Monday, February 16, Liberty Senior Center.

### BYO book groups

Talk about books that you’ve read recently.

**Archdale, Book Bites,** 2 p.m. Tuesday, February 10.

**Ramseur Page Turners,** 2 p.m. Tuesday, February 3.

**Randleman Readers Recommend,** 3:30 p.m. Friday, February 6.

**Randleman Teen Talk Book Club,** 3:30 p.m. Friday, February 20.

**Seagrove, Un-Book Club,** 4 p.m. Friday, February 27.

## Bedazzle a book at the Asheboro library

“Bedazzle a Book” with glittering gems in a crafting event at the Asheboro library, 6:30 p.m. Thursday, February 19. Bring a gently used paperback (or purchase one at the Friends of the

Library Bookshop!) and make it sparkle. Space is limited; call 336-318-6803 to sign up.



# Sunset Series

## Hinkey video; Grandin coming up

♣ A video of actor Derek Hinkey's November 7 Sunset Series appearance is available on the Friends of the Library website, [randolphfriends.org](http://randolphfriends.org).

Hinkey talked with Archdale library manager Ashley Rose about his path through boxing and firefighting to acting, and his breakout role as Red Feather on the Netflix series *American Primeval*.

Mark your calendar for the next event featuring animal scientist, author and autism advocate **Temple Grandin**, 7:30 p.m. Saturday, March 14. Look for details in next month's newsletter.

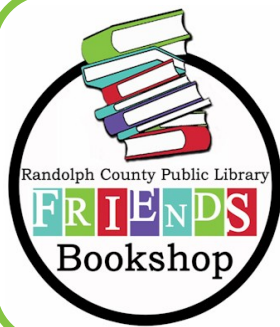


## Randolph County Public Libraries

201 Worth Street  
Asheboro, NC 27203

*Return Service Requested*

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Permit No. 50



**10 a.m. - 2 p.m.**

**Tuesdays,  
Thursdays and  
Saturdays**

**226 Sunset Ave.  
Asheboro**

[randolphfriends.org](http://randolphfriends.org)

## memorials & donations

**In Memory of: Joan Shackelford**  
By: David Shackelford

**In Honor of: Ralph Hardison**  
By: Linda Shirley and Suzanne Tate

**In Honor of: James Durham**  
By: Linda Shirley and Suzanne Tate

## Liberty to join Backyard Bird Count

♣ **Get ready for the Great Backyard Bird Count as the Liberty library hosts the Piedmont Bird Club, 3 p.m. Friday, February 13.**

Learn the basics of birding and the importance of protecting birds from glass surfaces and windows. There will be activity stations and the possibility of the release of a raptor rehabilitated by CLAWS Inc., a Chapel Hill animal rescue.

The Great Backyard Bird Count, February 13-16, is organized by the Cornell Lab of Ornithology and the National Audubon Society, and invites people to spend time in their favorite places watching and counting as many birds as they can find, and reporting them.

The observations help scientists better understand global bird populations before annual migrations. To participate, visit [birdcount.org/participate](http://birdcount.org/participate).